

# East Burke Senior Center

Burke County Senior Services

## AUGUST 2018 Newsletter

\* Revised

### LOCATION

101 MAIN AVE WEST  
HILDEBRAN, NC 28637

828-397-3397

### HOURS OF OPERATION

8:00A.M-5:00P.M.  
MONDAY-FRIDAY

### STAFF

REBECCA BOVA  
ASSISTANT DIRECTOR &  
SITE MANAGER

### OFFICE ASSISTANTS:

LANA LOWMAN  
JUDY MEDLEY

**The Mission of Burke  
County Senior Services  
is to advocate for and to  
improve the welfare of  
older adults in Burke  
County.**

*The East Burke Senior  
Center is a Tobacco free  
facility and grounds.*

### **Activities and Programs are open to Adults 55 and over**

### **Welcome New Assistant Director & Site Manager**

Becca Bova is joining the East Burke Senior Center on August 6th. Some of you may already know Becca as she has worked for a number of years as the Adult Program Coordinator for the Burke County Library. Becca has a lot of experience and ideas to share with you and we are delighted to have her on staff. Please join me in welcoming Becca to

our center. ~ Roxanne Powell,  
Senior Services Director



## **Medicare Open Enrollment Oct. 15, 2018– Dec. 7, 2018**

The Medicare Prescription Drug coverage annual election period provides current Medicare beneficiaries with one opportunity each year (between Oct. 15 and Dec. 7) to select a new Part D prescription drug plan for the new year. Our SHIIP Medicare counselors can help you find the best plan to fit your needs by using the Medicare website to compare the plans.

For assistance, come by the senior center Monday- Friday, 8:00 a.m. – 5:00 p.m. to complete the purple appointment form and we will give you an appointment time. Forms are available beginning Sept. 3, 2018. Fill out your form quickly as our appointments go fast. Be sure to bring your Medicare card and list of prescription medications to complete the form onsite.

## Senior Center Services

**Provide Various Health Screenings and Health Promotion** programs geared towards the older adult free of charge or at reasonable cost.

**Tax Aide/ AARP** – Tax Assistance for the Elderly – Prepared by AARP volunteers and E-File Federal and State Tax Returns. Volunteers needed.

**SHIIP (Senior Health Insurance Information Program)** – Provide counseling services for older adults and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information. Also assist with signing up for Medicare Parts A, B, & D.

**Reverse Mortgage Counseling** – Provided to Seniors through the Western Piedmont Council of Governments Area Agency on Aging office. Assist clients in obtaining appointments.

**Outreach-** staff available to present at your church or other civic gatherings, and health fairs.

**Social Security** – Assist in filling out online applications for initial enrollment and other basic services.

**Transportation** – Assist clients in meeting their transportation needs, including Senior Carpooling, **General and Medical Transportation.**

**Housing** – Assist clients in finding and contacting local housing options. Application completion assistance is available.

**AARP** – Host the East Burke AARP at East Burke Senior Center, Host the Table Rock AARP (All Hearing Impaired) at the Burke Senior Center, work with the Burke County AARP.

Host the **Burke County Council on Aging**

**Durable Medical Equipment** – Seniors can borrow free of charge various home health equipment including wheel chairs, bathroom chairs, and other common pieces of equipment. (Subject to availability) – This is through a Partnership with Handicare, INC.

**Home Improvement** – Assist clients with home improvement through various agencies including Foothills Service Project and Carolina Cross Connection.

**Legal Services** – Available through Legal Aid of North Carolina. Host annual Will Clinics every July. All services are by appointment only. Notary available onsite to assist with Power of Attorney, Health Care POA and living wills.

**Support Groups** – PACT (Partnering Adult Caregivers Together) offered the second Tuesday each month at the Burke Senior Center. Vietnam Combat Support Group, WWII/Korean Support Group, and Grandparents Raising Grandchildren at the East Burke senior center also available. Call for full listing of available support groups.

**Home Delivered, and Congregate Meals** available through Burke county Nutrition Program. Also serve as a Meals On Wheels delivery location. Volunteers needed.

**Home Health & In-Home Aide Services-** We can assist you in filling out and sending in intake forms for grant funded services. We can complete referrals to local agencies providing home health services in your home.

**Medicaid-** Assist you in completing the Medicaid application online or paper format, including Medicare Savings Program.

**Job Training & Job Placement-** Senior Center serves as SCSEP host. Provide assistance with online job applications, including NCWorks.

**Adult Day Health-** Assist with enrollment to local Adult Day Health program.

**Mental Health-** Educational programs provided onsite. Assistance and Referral to mental health support programs available.

**Disaster Preparedness-** Information available to assist you in preparation and readiness should a disaster occur.

**Hospice-** Host presentations annually on Hospice care. Can assist you in referrals for care.

**Long Term Care Facilities/ Ombudsman Program-** Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' rights advocate. Community Advisory Committee volunteers needed to visit residents in local long term care facilities.

**Rehabilitation Services-** Assistance available to connect with area agencies providing rehab services including vocational rehab, independent living, and long term care rehab.

**Elder Abuse / Adult Protective Services-** Reporting assistance provided onsite when needed.

**Respite-** Assistance available to connect you with the Family Caregiver Support Program respite services and Project CARE.

**Senior Games-** Applications available onsite and assistance provided for completion, submission and Silver Arts transportation.

**TAB -Telephone Assurance program of Burke-** Daily calls to seniors to check on well-being and safety.

**Energy Assistance-** Senior centers serve as FAN distribution site. LIEAP and CRISIS Intervention assistance available onsite.

**Food Distribution-**Referrals to local food banks available including BUCM, EBCM, The Outreach Center, and others.

## Continuing Activities and Programs

**The East Burke Senior Center offers group activities on a regular basis; these groups are primarily centered around an activity but do not necessarily have a teacher or leader.**

**Morning Exercise-** Daily at 9am. Start the day with a morning stretch.

**Tai Chi** - Monday & Friday 10am . An ancient Chinese exercise with graceful, slow movements.

**Chair Yoga** - Monday & Friday 10:45am Class includes stretching and light chair exercise .

**Computer Coaching** - Friday 10 am. Receive help with tablets, e-readers, computers and smartphones. See staff to make an appointment.

**Hand Pottery** - Thursday 2:00pm - Sign up to make your own personalized creation.

**Line Dance** - Tuesday 2:00pm Practice and have fun line dancing with the group. The workshop allows beginners to ask for help and learn the dances step by step.

**Social Butterflies-** Select Fridays at 10:00am. This group creates simple crafts to give back to society. Great fellowship, luncheon and plenty of laughter. Everyone welcome. RSVP.

**Writers Workshop**– Second Tuesday each month 1:00pm

**Bingo**– Second Wednesday each month 10:00am. Join the fun and leave with wonderful prizes.

**Scrapbooking**– Third Monday each month 3:00pm. Have fun while learning how to preserve and arrange your personal and family history and photos in the form of a book.

**Tie Dye**– Third Wednesday each month 1:00pm

**Grandparents Raising Grandchildren**– Fourth Monday each month 2:00pm

**Cooking Class**– See calendar for dates.

**Crafting Classes-** Every Wednesday- Various crafts provided throughout the month including jewelry making, beading, painting, baskets, etc. See our monthly calendar for a list of upcoming classes.

**Coloring & Cookie Social-** First Thursday at 11am. Color the stress away with friends.

**Brain Games-** Fourth Thursday at 11am. Join us monthly for group games of riddles and puzzles to exercise your brain.

**Polish Your Nails-** Third Wednesday each month at 9:00am.

**Crochet Club-** Bring your favorite crochet materials & project and share ideas with others.

**Priority for all classes/activities is given to Seniors ages 55 and older unless otherwise stated.**

**Everyday Drop In Activities      Monday -Friday 8AM-5PM**

**Computers/ Internet-** We have 4 computers for use, and wireless internet

**Printer** available- cost is 10 cents per page- see staff for assistance

**Crochet/ Knitting** - Crochet or knit with friends, share patterns, ideas & techniques. Bring your yarn and a crochet hook!

**Games/ Cards-** Join other seniors in Hand & Foot, Rumikub, or other card & board games.

**Pool Tables**—Play billiards with friends or brush up on your skills

**Shuffleboard Table-** Try this new, challenging and fun table game

**Ping Pong Table-** Play Ping Pong with friends (equipment available from office staff)

**Exercise Equipment**— Visit our exercise room to stay fit using treadmills, elliptical, and bikes

**Horseshoe Pits-** Play Horseshoe with friends (equipment available from office staff)

**Corn Hole**— Play corn hole with friends. (equipment available from office staff)

**Blood Pressure Checks** - Take the first step to a healthier life with self-monitoring.

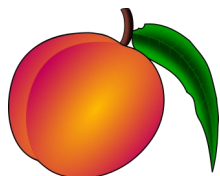
**Tuesday Lunches at 12:00**

Enjoy a meal with friends every Tuesday.

This is a carry-in lunch so bring your favorite side dish or dessert to share.

August 21st staff will provide Hot Dogs for your main course. Bring some side items and we will finish with a bowl of ice cream! Yum.

August is National Peach Month. Peaches are a good source of Vitamins A, B, & C. They are the third most popular fruit grown in America



**Creative Crafting**

Join us for a fun and creative crafting experience. A wide variety of crafts will be created over the year.

**Limited Seating - Must RSVP**

- Aug 1, 10:00am      Painting Apple Baskets with Katie
- Aug 8, 2:00am      Faux Stained Glass with Judy
- Aug 10, 1:00pm      Acrylic Pour Gourds with Vicki
- Aug 15, 11:00am      Wooden Ladies with Lana
- Aug 22, 2:00pm      Christmas in August– Painting Figurines with Judy
- Aug 24, 1:00pm      Acrylic Pour with Vicki
- Aug 29, 2:00pm      Faux Stained Glass with Judy

See RSVP/Sign-Up sheets for additional information and possible wait list information.



General Transportation Services- Want a free ride to our Senior Center? For a limited time, Greenway Public Transportation has a grant that can provide you free transportation to our senior center and other locations in Burke County. For more information, call Greenway Public Transportation at 828-464-9444.



Senior Center Carpooling- Do you know seniors in your neighborhood who can't drive and need a ride to the senior center? Maybe we do! Carpooling is a wonderful way to help others experience the great things going on at our senior center. We will connect you with a friend in need of a ride and you simply pick them up on your way here. Share a ride and share the fun! Please talk with a staff member if you would like to volunteer to help, or if you need a ride. See staff for more information



**Take care of your brain —  
for yourself and for those  
who love you most.**

**BrainHealth.gov**

What better way to engage your brain than with our new class

## **“Brain Games”**

Join us on the first Wednesday at 11am each month for group games of riddles and puzzles to exercise your brain. Lots of fun and laughter.

Who knew exercise could be this easy?

### **SENIOR CENTER BUZZ-CORNER**

#### **Would you like to receive your newsletter via email ?**

Send us your e-mail address to the attention of [Rebecca.bova@burkenc.org](mailto:Rebecca.bova@burkenc.org). We will add you to the list so we can email you the Newsletter directly to your home computer or smartphone.

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<b><u>1</u></b> 9:00 Exercise 10:00 Crafts– Painting Apple Baskets w/Katie	<b><u>2</u></b> 9:00 Exercise 11:00 Coloring Fun 2:00 Pottery	<b><u>3</u></b> 9:00 Exercise 9:30 Craft—Stained Glass w/Curtis Lambert 10:00 Cooking w/ Norma 10:00 Computers 10:00 TaiChi 10:45 Chair Yoga
<b><u>6</u></b> 9:00 Exercise 10:00 Tai Chi 10:45 Chair Yoga 1:00 Writers Workshop	<b><u>7</u></b> 9:00 Exercise 12:00 Carry-In Lunch 2:00 Line Dancing 3:00 Unifour Chorus	<b><u>8</u></b> 9:00 Exercise 10:00 BINGO 2:00 Craft—Faux Stained Glass with/Judy	<b><u>9</u></b> 9:00 Exercise 2:00– Pottery	<b><u>10</u></b> 9:00 Exercise 9:30 Craft—Stained Glass w/Curtis Lambert 10:00 Computers 10:00 TaiChi 10:45 Chair Yoga 11:00 Social Butterflies 1:00 Acrylic Pour Gourds
<b><u>13</u></b> 9:00 Exercise 10:00 Tai Chi 10:45 Chair Yoga	<b><u>14</u></b> 9:00 Exercise 10:00 Linedance w/Kids 12:00 Carry-In Lunch 2:00 Line Dancing 3:00 Unifour Chorus	<b><u>15</u></b> 9:00 Polish Your Nails 9:00 Exercise 11:00 Craft- Wooden Ladies with Lana 1:00 Tie Dye	<b><u>16</u></b> 9:00 Exercise 11:00 Bingo 2:00– Pottery	<b><u>17</u></b> 9:00 Exercise 9:30 Craft—Stained Glass w/Curtis Lambert 10:00 Computers 10:00 TaiChi 10:45 Chair Yoga
<b><u>20</u></b> 9:00 Exercise 10:00 Tai Chi 10:45 Chair Yoga 2:00 Grandparents Raising Grandchildren 3:00 Scrapbooking	<b><u>21</u></b> 9:00 Exercise 12:00 Carry-In Lunch with Hotdogs 2:00 Line Dancing 3:00 Unifour Chorus	<b><u>22</u></b> 9:00 Exercise 2:00 Craft– Christmas in August– Painting Figurines w/Judy	<b><u>23</u></b> 9:00 Exercise 11:00 Brain Games 2:00– Pottery	<b><u>24</u></b> 9:00 Exercise 10:00 Computers 10:00 TaiChi 10:45 Chair Yoga 11:00 Social Butterflies 1:00 Acrylic Pour w/Vicki
<b><u>27</u></b> 9:00 Exercise 10:00 Tai Chi 10:45 Chair Yoga  6	<b><u>28</u></b> 9:00 Exercise 12:00 Carry-In Lunch 2:00 Line Dancing 3:00 Unifour Chorus	<b><u>29</u></b> 9:00 Exercise 2:00 Craft- Faux Stained Glass w/Judy	<b><u>30</u></b> 9:00 Exercise 2:00 Pottery	<b><u>31</u></b> 9:00 Exercise 10:00 Computers 10:00 TaiChi 10:45 Chair Yoga