

THE EAST BURKE SENIOR CENTER NEWSLETTER

OCTOBER 2018

Activities and Programs are open to Adults aged 55 and older



Dear Friends,

Fall has arrived! The leaves are changing, the temperatures are dropping, and the holiday season is upon us. Some adults navigate the difficulties of holidays and Halloween is no exception.

Once a year, all things spooky and frightening seem to overtake local communities. Halloween causes us to transform our homes, invite strangers to our door for candy, dress up in costumes, and generally behave in seemingly strange ways. It's tradition and for most, a lot of fun.

But viewed from the perspective of someone who has Alzheimer's, Halloween might feel like a living nightmare.

Halloween and Seniors with Alzheimer's

If you are a caregiver for someone who has Alzheimer's, you are probably aware of the behavioral symptoms of the disease. These often include anxiety and agitation, which may cause your loved one to become restless and wander.

People at any stage of Alzheimer's disease experience anxiety and agitation more often and more easily than the rest of the population. Even during the initial stages of the disease, restlessness can appear as a symptom. So it's easy to see how agitation might be heightened for someone with Alzheimer's during a holiday designed to instill a little fear in everyone.

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People of all ages should be able to enjoy the upcoming holiday season and Halloween should be no exception. If you, or someone you know needs help finding the resources, we are here to help.

Happy Fall Ya'll!
The Staff of the East Burke Senior Center

**BURKE COUNTY
SENIOR SERVICES**
*East Burke
Senior Center*

**101 Main Avenue West
Hildebran, NC 28637**

**828-397-3397
828-764-9300
Fax: 828-764-9305**

Monday
8:00 AM - 7:00 PM

Tuesday - Friday
8:00 AM - 5:00 PM

Rebecah Bova
Assistant Director

Lana Lowman
Office Assistant

Judy Medley
Office Assistant



**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 and its grounds
are Tobacco Free.*

Services Provided at the East Burke Senior Center

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 and State Tax Returns. Volunteers needed.

SHIIP (Senior Health Insurance Information Program) - Provide counseling services for older adult 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 the 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 Grand children at the East Burke Senior Center also available. Call for a full listing of available support groups.

Home Delivered and Congregate Meals are 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 our 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 for referrals for care.

Long Term Care Facilities/Ombudsman Program - Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' right 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 proved 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 on site.

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

Continuing Activities & 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. Unless noted, supplies for groups are not included.

Photography - Wednesdays at 1:00 pm. Marv Higgins will instruct on the basics of photography.

Morning Exercise - Daily at 9:00 am. Start the day with a morning stretch.

Tai Chi - Monday, Wednesday & Friday 10:00 am . An ancient Chinese exercise with graceful, slow movements.

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

Cross Stitching - Wednesdays at 1:00 pm. Learn how to cross stitch or refresh your skills!

Computer Coaching - Friday 10:00 am. Receive help with tablets, e-readers, computers and smartphones. See staff to make an appointment.

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

Line Dance - Tuesday 2:00 pm 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 - Fridays at 10:00 am. 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 1:00 pm

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

Scrapbooking – Third Monday each month 3:00 pm. 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 1:00 pm

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

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 11:00 am. Color the stress away with friends.

Brain Games - Fourth Thursday at 11:00 am. Join us monthly for group games of riddles and puzzles to exercise your brain.

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

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



Everyday Drop In Activities

Monday from 8:00 am - 7:00 pm; Tuesday - Friday 8:00 am - 5:00 pm

Computer Lab and Wifi Internet (\$.10 per page to print), Pool Tables, Ping Pong Table, Exercise Equipment, Horseshoe Pits, Corn Hole Boards, Library and Reading Area, Laugh Club, Board and Card Games, Blood Pressure Checks and so much more!



EAST BURKE SENIOR CENTER OCTOBER 2018



DAILY ACTIVITIES

Monday:

9:00 Exercise
10:00 Tai Chi
10:45 Chair Yoga

Tuesday:

9:00 Exercise
12:00 Lunch & Learn
1:00 Sign Language
2:00 Line Dancing
3:00 Unifour Chorus

Wednesday:

9:00 Exercise
10:00 Tai Chi
1:00 Photography
1:00 Cross Stitch

Thursday:

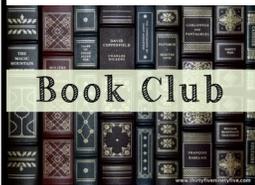
9:00 Exercise
1:00 Pottery

Friday:

9:00 Exercise
10:00 Tai Chi
10:45 Chair Yoga

*Sponsored by the Burke
County Public Library

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 Owl Wreath	2 12:00 Lunch & Learn Meal: Meatloaf Guest Speaker: Debbie Mace Board of Elections	3 11:00 Fall Theme Ornaments	4 11:00 Fall Tree Painting 1:00 Coffee, Cookies & Coloring	5 8:30 Breakfast with the Director 11:00 Social Butterflies 2:00 Computer Basics	6 
7	8 FIRE PREVENTION WEEK	9 12:00 Lunch & Learn Meal: Chicken Salad Guest Speaker: Deputy Fire Marshall 1:00 Writer's Workshop	10 10:00 BINGO	11 11:00 Jute Santa	12 11:00 Guided Fall Painting 2:00 Book Themed Craft*	13
14	15 3:30 Scrap-booking	16 12:00 Lunch & Learn Meal: Tacos Guest Speaker: Sheriff Whisnant 	17 9:00 Nail Painting 11:00 Spider Cups 1:00 Tie Dye	18 11:00 Yarn Pumpkins 4:30 Seniors Night Out @ The Snack Bar	19 11:00 Social Butterflies 2:00 Computer Basics <i>Social Butterflies</i> 	20
21	22 2:00 Grandparents Raising Grandchildren	23 12:00 Lunch & Learn Meal: Sloppy Joes Guest Speaker: Friends of the Library 3:30 Zephyr Wood- wind Ensemble	24 10:00 BINGO 12:00 Halloween Tree 2:00 Knitting	25 11:00 Brain Games 1:00 CD Art	26	27
28	29 <i>Family Fall Festival</i> 5:00 - 7:00 Fall Festival w/ BCPLS	30 12:00 Halloween Party & Luncheon Meal: Meatball Mummies with Marinara Sauce	31 11:00 Haunted House Craft 2:00 "Hocus Pocus" Movie*		Underlined events on this calendar require pre-registration by calling 828-764-9300.	



Book Club

Interested in discussing titles in a group? Let the staff know if you would be interested in joining a Book Club.

Seniors Night Out Dinner

Join us for dinner with friends. Each month we will pick a restaurant to dine at. Cost of meal and transportation is each person's responsibility. Please RSVP to the Senior Center so the restaurant can prepare for the number attending in the group.

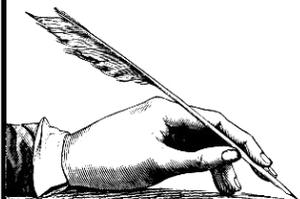
This Month: **The Snack Bar**

@ 4:30 pm

Fellowship Lunch

12:00 PM Every Tuesday
Bring your favorite side dish or dessert.

October 2nd - Meatloaf
October 9th - Chicken Salad
October 16th - Tacos
October 23rd - Sloppy Joes
October 30th - Meatball Mummies & Halloween Bash!



Writer's Workshop

October's Writer's Topic is "Fall". Write your interpretation of "Fall" in a poem form. There is no length requirement. We will discuss our poems and writing on Tuesday, September 11th at 1:00 PM in the Computer Room.

October Events

- Owl Wreath - 10/1 at 11:00 AM - You will need a metal wreath form, deco mesh & florals to make owl feathers.*
- Fall Themed Ornaments - 10/3 at 11:00 AM - Enjoy making paper ornaments to hang and share.
- Fall Tree Painting - 10/4 at 11:00 AM - Let your creativity flow with Q-tips!
- Coffee, Cookies & Coloring - 10/4 at 1:00 PM - sip and socialize while coloring fun designs.
- Computer Basics - 10/5 & 10/19 at 2:00 PM - learn the basics of computer use.
- Breakfast with the Director - 10/5 at 8:30 AM - Have breakfast and discuss topics related to the center with the director.
- Writers Workshop - 10/9 at 11:00 AM - "Fall" poem.
- BINGO - 10/10 & 10/2 at 10:00 AM - fun games and prizes - everyone is a winner!
- Jute Santa - 10/11 at 11:00 AM - Create a Santa from jute and paper mache.
- Guided Fall Painting - 10/12 at 11:00 AM - Paint a fall themed scene. You will need a 9"x12" minimum size canvas.
- Book Themed Craft - 10/12 at 2:00 PM - Sponsored by BCPLS. Ms. Danielle will teach a craft with books.
- Scrapbooking - 10/15 at 3:30 PM - Glenda will help you create a photo masterpiece.
- Paint Your Nails - 10/17 at 9:00 AM - Lana will help you beautify your nails.
- Spider Cups - 10/17 at 11:00 AM - Amanda will help you make your own creepy spider cups!
- Tie Dye - 10/17 at 1:00 PM - Create your own "far out" tie dye item.
- Yarn Pumpkins - 10/18 at 11:00 AM - Make and take a yarn pumpkin or make a whole pumpkin patch.
- Seniors Night Out - 10/18 at 4:30 PM - Meet at The Snack Bar in Hickory for dinner with friends.
- Zephyr Woodwind Ensemble - 10/23 at 3:30 PM - Listen to the beautiful presentation by the BCPLS on the porch.
- Halloween Tree - 10/24 at 11:00 AM - Create a eerily easy Halloween Tree to add to your spooky décor.
- Brain Games - 10/25 at 11:00 AM - solve puzzles, riddles and games while stimulating the brain.
- CD Art - 10/25 at 1:00 PM - make some funky upcycled art with CDs.
- Family Fall Festival - 10/29 from 5 - 7:00 PM with the BCPLS. Fun for all ages! Games, crafts, food and fun all for free!
- Haunted House Craft - 10/31 at 11:00 AM - Made a haunted house to add to your Halloween tree and yarn pumpkins.
- "Hocus Pocus" Movie & Popcorn - 10/31 at 2:00 PM - Watch the Sanderson Sisters attempt to take back over Salem!

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.



A Laugh & A Tease

Joke of the Month:

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.



Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.



Brain Teaser:

What is full of ears but cannot hear?

Interested in Trips?

Let Rebecah know if you're interested in daytrips or overnight and long distance trips.

Have ideas?

Inform the staff if you have a craft, program, etc. that you would like to see at the center.

Around the Center:

- ◆ Send your email address to Rebecah.Bova@BurkeNC.org and we will add you to the newsletter email list.
- ◆ Please remember to use the MySeniorCenter kiosk to sign in to ALL programs and events. This helps us with tracking, our certifications, and funding.
- ◆ Update your information with us if you have a change of address, phone number, etc.