

THE EAST BURKE SENIOR CENTER NEWSLETTER

SEPTEMBER 2018

Activities and Programs are open to Adults aged 55 and older



Dear Friends,

Summer is winding down, days are getting shorter, nights are getting cooler and fall weather is coming. It's easy in the summer to get dehydrated, but did you know that you can also become dehydrated in the winter? Dehydration is a condition where more fluids are leaving the body than entering the body. If you are a caregiver, it is important to really watch for signs of dehydration. When you are older, the difference between hunger and thirst is hard to differentiate so it is important to always maintain your hydration. The less a person drinks water, the less thirsty they become over time. Most senior citizens are consistently dehydrated and require about two and a half quarts of pure water each day.

There are many symptoms of dehydration, these include:

Confusion, Inability to Urinate, Fatigue, Headache, Muscle Weakness, Chronic fatigue and lethargy, Drowsiness, Sunken Eyeballs, and Dry Mouth

Some of these symptoms may be hard to notice if someone you are caring for has dementia. If they do have dementia, make sure you keep an extra eye on their daily consumption of water. The risk for dehydration is increased for those with Alzheimer's. They will forget to drink, or will not be able to communicate that they are thirsty, or will have difficulty swallowing. If there is a lack of water, then it is the number one trigger for daytime fatigue in seniors.

Water plays a vital role in our bodies, especially seniors. Over time, lack of water may cause loss of muscle tone, slow metabolism, weight-gain, increased toxicity, or organ failure. It may also play a part in negative effects such as, dry skin, arthritis, hypertension, migraines and problems with their digestive system. If there is no water in the body, then the kidney will not be able to excrete its required minimum ten ounces of waste per day. This will eventually cause build-up within the body causing kidney stones.

Essentially, nothing can take place in the body without water being present. It helps regulate body temperature, carry nutrients, removes waste and keeps you hydrated. There are so many benefits with drinking water that no matter what age you are at you should make it a priority. It will also increase your mood, boost your energy and overall help you live a healthy lifestyle.

The goal is to stay hydrated and healthy during any season. If you can't stay hydrated at home, you're welcome to join us at the senior center. With lots of activities happening daily, socializing, beverages, and air conditioning, there is something for everyone!

**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 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 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 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 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 1pm. Marv Higgins will instruct on the basics of photography.

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

Tai Chi - Monday, Wednesday & 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. **Supplies Provided.**

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.



Everyday Drop In Activities

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

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 SEPTEMBER 2018



DAILY ACTIVITIES

Monday:

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

Tuesday:

- 9:00 Exercise
- 12:00 Carry-In Luncheon
- 1:00 Sign Language
- 2:00 Line Dancing
- 3:00 Unifour Chorus

Wednesday:

- 9:00 Exercise
- 10:00 Tai Chi
- 1:00 Photography

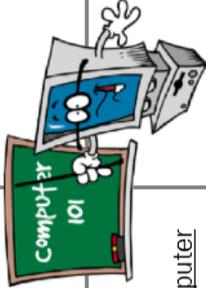
Thursday:

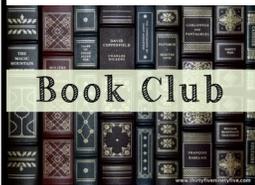
- 9:00 Exercise
- 2:00 Pottery

Friday:

- 9:00 Exercise
- 10:00 Computer Coaching
- 10:00 Tai Chi

*Sponsored by the Burke County Public Library

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Underlined events on this calendar require pre-registration by calling 828-397-3397.					
2	3 	4 12:30 Flu Shots	5 1:00 Bottle Slumping	6 1:00 Coffee, Cookies & Coloring	7 2:00 Computer Basics	1 
9	10 	11 1:00 Writer's Workshop	12 10:00 BINGO 11:00 Décor Bottles 2:00 Birdhouse Painting	13 2:00 Build Your Own Birdhouse	14 11:00 Social Butterflies 1:00 Acrylic Pour	15
16	17 3:00 Scrap-booking	18 12:30 Flu Shots 	19 9:00 Paint Your Nails 1:00 Slumped Bottle Decorating 1:00 Tie Die 2:00 "Wonder" Movie*	20 10:00 BINGO 4:30 Seniors Night Out—Atlanta Bread	21 2:00 Bees Knees & Honey Tasting 2:00 Computer Basics	22 Honey 
23	24 2:00 Grandparents Raising Grandchildren	25 12:00 Birthday Bash 12:30 Tarheel Legislation Presentation	26 1:00 Wooden Bowl Painting 2:00 Christmas Pottery 	27 11:00 Brain Games	28 11:00 Social Butterflies 1:00 Acrylic Pour	29 



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

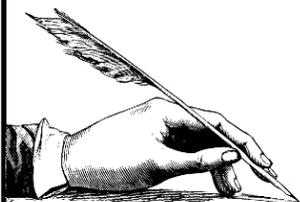
Join us for dinner with friends. Each month we will pick a restaurant to dine at. Cost of meal and transportation is each person's responsibility. Please RSVP to the Senior Center so the restaurant can prepare for the number attending in the group.

This Month: **Atlanta Bread Company**
@ 4:30 pm

Fellowship Lunch

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

September 4th - Spaghetti
September 11th - Roast
September 18th - Baked Chicken
September 25th - Birthday Bash - Hot Dogs & Ice Cream



Writer's Workshop

September's Writer's Topic is "Summer Reflections". Write your favorite summer memory in past-tense in third person. There is no length requirement. We will discuss our reflections and writing on Tuesday, September 11th at 1:00 PM in the Computer Room.

September Events

- Flu Shots** - 9/4 & 9/18 at 12:30 PM - CVS will offer flu shots and file all forms with your insurance.
- Bottle Slumping** - 9/5 at 1:00 PM - create your own cheese tray or décor by slumping a bottle.
- National Read A Book Day** - sit and enjoy a book of your choosing in our reading area.
- Coffee, Cookies & Coloring** - 9/6 at 1:00 PM - socialize while coloring fun designs.
- Computer Basics** - 9/7 & 9/21 at 2:00 PM - learn the basics of computer use.
- Writers Workshop** - 9/11 at 11:00 AM - "Summer Reflections" topic and discussion.
- BINGO** - 9/12 & 9/20 at 10:00 AM - fun games and prizes - everyone is a winner.
- Décor Bottles** - 9/12 at 11:00 AM - let your creativity flow and decorate a bottle.
- Birdhouse Painting** - 9/12 at 2:00 PM - design a birdhouse to grace your garden.
- Build Your Own Birdhouse** - 9/13 at 2:00 PM - kits donated by Lowes Hardware - build and paint your own.
- Acrylic Pour** - 9/14 at 1:00 PM - Vickie will help you with a special pour.
- Scrapbooking** - 9/17 at 3:00 PM - Glenda will help you create a photo masterpiece.
- Paint Your Nails** - 9/19 at 9:00 AM - Lana will help you beautify your nails.
- Slumped Bottle Decorating** - 9/19 at 1:00 PM - decorate your slumped bottle to take home.
- Tie Dye** - 9/19 at 1:00 PM - Create your own "far out" tie dye item.
- "Wonder" movie showing** - 9/19 at 2:00 PM - BCPLibrary is hosting the movie "Wonder". Popcorn served.
- Seniors Night Out** - 9/20 at 4:30 PM - Meet at Atlanta Bread Co. in Hickory for dinner with friends.
- Bees Knees & Honey Tasting** - Robert Smith, a local Beekeeper, will present the benefits and necessity of bees in our environment. There will be a free honey tasting.
- Wooden Bowl Painting** - 9/26 at 1:00 PM - paint your own bowl and create a centerpiece or accent piece for your home.
- Christmas Pottery** - 9/26 at 2:00 PM - craft your own piece of Christmas (it will be here sooner than you think!).
- Brain Games** - 9/27 at 11:00 AM - solve puzzles, riddles and games while stimulating the brain.

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.



Be Alert & Be Ready! Hurricane Season

Atlantic Hurricane Season is June 1st to November 30th. This year, forecasters are predicting near or above normal storms. Forecasters predict 10—16 named storms, of which 5 to 9 could become hurricanes, including 1 to 4 becoming major hurricanes (Source: noaa.gov). Knowing what you need to have in an emergency kit and how to prepare or evacuate if needed (Source readync.org).



Learn more about how to prepare and respond to disasters from sources above or from ReadyNC.org.

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.