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COUNTY OF BURKE SENIOR CENTER

2017



# THE SENIOR CENTER NEWSLETTER

VOLUME 10, ISSUE 5-6

NOVEMBER/DECEMBER 2017

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

## The theme for National Family Caregivers Month November 2017 is *“Caregiving Around the Clock”*

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer’s or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

**Morning:** Getting off to work. The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day before getting yourself out the door for work.

**All Day Long:** Managing medications. Up to 70% of the time, the family caregiver – not the patient –manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date medication list.

**During the Workday:** Juggling caregiving and work. Six out of 10 family caregivers work full - or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

**Evening:** Family time and meal time. Ensuring that you get proper nutrition will help you maintain strength, energy, stamina, and a positive attitude. Nutrition is as important for you as the caregiver as it for your loved one. Caregiving affects the whole family.

**Late at Night:** Taking time for yourself. Late at night might be the only time you get a few minutes for yourself. Make sure you take time to rest and recharge. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

**The Middle of the Night:** Emergency room visits. Have you ever had to take your loved one to the emergency room in the middle of the night? Be prepared ahead of time with what you need to know and what you need to have with you.

During National Family Caregivers Month, we recognize the challenges family caregivers face when their loved ones need *Caregiving Around the Clock*. (Information From <http://caregiveraction.org/national-family-caregivers-month-theme/>)

### **BURKE COUNTY SENIOR SERVICES**

SENIOR CENTER

501N Green St.  
Morganton, NC 28655

828-430-4147  
FAX 828-430-4151

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

MONDAY-FRIDAY

Roxanne Powell  
Director

Amanda Garrison  
Site Manager

Tippy Doak  
Office Assistant

Glenda Ballenger  
Aide

#### **Nutrition Services**

Angie Ross

#### **Veterans Services**

Molly Eller  
828-439-4376

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

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

**Training Opportunity**

Open to the Public and Professionals

Vaya Health Geriatric and Adult Mental Health Specialty Team is offering FREE training. A new topic will be discussed each month on the 3rd Wednesday from 1:30pm-3:30pm. Anyone interested in learning about these topics are encouraged to attend.

**November 15th:** Substance use in the Older Adult

**December 20th:** Schizophrenia and other Psychotic Disorders

**Inclement Weather Policy**

During inclement weather & for the safety of our participants, we follow the Burke County School System regarding delays and/or cancellations of our activities/classes only. If schools are on a delay, our activities/classes will also be on a delay. However, the senior center building will remain open unless closed by Burke County Government Administration.

The Senior Center is only CLOSED to participants and staff when all of Burke County Government is closed for scheduled holidays or severe weather.

Every effort will be made to post closures on the WSOC and WBTV television channels and the 92.1 WMNC Big Dawg radio station.

You are welcome to call the staff prior to traveling on wintery days @ 430-4147. Updated 1/18/2017

**Guided Crochet**

First Friday of the month  
**November 3rd**– Mini Christmas Stocking  
**December 1st**– Crochet Candy Cane Holders

**12:30– 2:30pm.**

A different crochet project or technique will be demonstrated and patterns will be given out

**Book Club:**10am

**November 14th:** "What ever"

**December 12th:** Religion or faith

**Creative Writing Group:**1pm

Writing prompts:

**November 21st:**

"Hillbilly Elegy" by J D Vance

**December 19th:** "A Thousand Naked Strangers" by Kevin Hazard

**Christmas Party & Bingo**

December 22nd at 11:30am

**Bring your favorite side dish or dessert.**

The senior center will provide the ham.

Remember to bring your wrapped gift for our Christmas Bingo game.

**PACT: 5:30-7:00pm**

(Partnering Adult Caregivers Together)

**November 21st: Dinner:** Ham

**December 19th Dinner:** Turkey

This is a free support group for caregivers to meet with others to share experiences, learn new skills, and get answers to questions. Group is open, friendly and informal. There will be a meal with the meeting. Reservations are requested to attend.

**Creative Crafting**

2nd and 4th Wednesdays at 1pm.

**November 8th:**

Snow Globe

**November 22nd:**

Christmas wreath

**December 13th:**

Paper ornaments

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

**Veterans**

**Coffee Social:** Come enjoy free coffee and socialize together the first Thursday of each month from 8:30-10:30am

**WWII/ Korean Veterans**

**Group Meeting**– This group meets monthly on the third Wednesday at 10am.

**VArt** ( Veterans Artistically realizing talent)- Mon November 20th and December 18th at 2:30 pm. Veterans are invited to come and express themselves by guided acrylic painting on canvas.

**Medicare 101:**

**December 19th, 1:00pm**

This program will review what Medicare is, what it covers, and the parts you may need. This seminar is useful to anyone about to turn 65 or start Medicare. RSVP

**Coffee, Cookies and**

**Coloring Social**- Wednesday November 1st and December 6th at 1pm. Join us for a social hour of coloring and cookies with good friends. (All sup-

**Council on Aging**

This council serves in an advisory capacity to the Burke County Board of Commissioners on matters concerning the aging population and the need for programs to enhance the quality of life in older citizens residing in the county.

**November 15th at 2pm**

(Meeting at Blue Ridge Community Action)

**No Meeting in December**

# Burke Senior Center– November 2017

## 501 North Green St. Morganton, NC 28655

## Everyday Activities

**Monday:** 1:00-4:00 Hand & Foot (cards)  
 9:00-10:00 Aerobics 1:30-3:30 Women's Line Dance  
 9:00- 11:00 Lap Quilting 9:30 Tai-Chi \*  
**Friday:** 9:00-10:00 Aerobics  
 10:15-10:45 Chair Exercise 9:30-11:30 Jewelry  
 12:30-2:30 Crochet /Knitting 10:00-4:00 Bridge  
 1:30-2:30 Motivational MMA 10:15-10:45 Chair Exercise  
 (Boxing)\* 2:00-3:00 Computer Coaching 11:00-12:00 Motivational MMA  
 2:00-3:30 Hand Pottery (Boxing)\*  
 5:30-6:30 Aerobics 12:30-2:30 Crochet /Knitting

**Tuesday:** 9:00-11:00 Woodcarvers  
 9:00-11:00 Painting  
 9:00-11:00 Ceramics  
 10:00-12:00 Ballroom  
 1:00-4:00 Hand & Foot (cards)  
 2:00-3:00 Yoga\*  
 9:30 Tai-Chi \*

**Wednesday:** 9:00-10:00 Aerobics  
 9:00-11:00 Woodworking  
 9:30-12:00 Basket Weaving  
 10:15-10:45 Chair Exercise  
 1:30-2:30 Motivational MMA  
 (Boxing)\*  
 2:00-3:00 Computer Coaching  
 5:30-6:30 Aerobics

**Thursday:** 9:30 Choraleers

**Notes:**  
**Classes with fees:**  
 Aerobics \$1 (day)  
 \$2 (night)  
 Line Dance \$1  
 Hand pottery \$1  
 Yoga \$5  
 Tai-Chi \$5

**Senior Center Without Walls:** Classes marked with an \* meet at the following locations:  
 ~**Motivational MMA** meets at Bone Breaker Gym located at 728 East Union St.  
 ~**Yoga** meets at the Breathe studio located at 131 West Union St.  
 ~**Tai Chi** Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>RSVP:</b> Activities that are underlined require pre-registration by calling 828-430-4147	1 <u>1:00 Coffee, Cookies, and Coloring</u>	2 8:30-10:30 Veterans Coffee Social	3 <u>8:15 AARP Smart Driver Course</u> 12:30 Guided Crochet 7:00 Sat. Night Dance November 4th	6 10-2 Burke Quilters 12:00 Seniors In Action
7 8:30 Blood Pressure <u>1:00 The Gift- Living Wills</u> <u>1:00 Creative Crafting</u>	8 9:00 Table Rock AARP <u>9:00 Know the 10 Signs- Alzheimer's</u> <u>2:15 Hearing Loss from Discovery to Communication</u>	9 11:00 Herb Growers <u>11:30 Pot Luck Thanksgiving Lunch-bring side dish</u> No Choraleers or Line Dance Today	10 Senior Center Closed for Veterans Day	13 10-2 Burke Quilters 12:00 Seniors In Action
14 10:00 Book Club 11:00 Brain Games	15 10:00 WWII Veterans <u>1:30 Substance Use Training</u> No Evening Aerobics	16 11:00 Herb Growers <u>11:30 Pot Luck Thanksgiving Lunch-bring side dish</u> No Choraleers or Line Dance Today	17 9-4 Fall Craft Show Saturday Nov 18th 9-12 Fall Craft Show	20 <u>9-12pm Stained Glass Christmas Ornament Workshop</u> 2:30 V Art
21 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u>	22 8:30 Blood Pressure <u>9-12pm Stained Glass</u> <u>1:00 Creative Crafting</u>	23 Senior Center Closed for Thanksgiving	24 Senior Center Closed for Thanksgiving	27 <u>9-12pm Stained Glass</u> 10-2 Burke Quilters
28 28	29 29	30 30		

# Burke Senior Center– December 2017

## 501 North Green St. Morganton, NC 28655

### Everyday Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>RSVP:</b> Activities that are underlined require pre-registration by calling 828-430-4147  For more information on any of the classes and programs listed in this calendar, please contact the Senior Center .				
4  10-2 Burke Quilters 12:00 Seniors In Action	5  10:00 Book Club 11:00 Brain Games	6  <u>1:00 Coffee, Cookies, and Coloring</u>	7  8:30-10:30 Veterans Coffee Social	8  12:30 Guided Crochet  7:00 Sat. Night Dance Dec 2nd
11  Holiday Hat Day 2:30 VArt	12  Festive Sweater Day <u>1:00 Medicare 101</u> 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u>	13  8:30 Blood Pressure <u>1:00 Creative Crafting</u>	14  9:00 Table Rock AARP	15  Red and Green day <u>11:30 Christmas Party</u>
18  Senior Center Closed Christmas Holiday	19  Senior Center Closed Christmas Holiday	20  Sock Day 10:00 WWII Veterans <u>1:30 Schizophrenia Training</u>	21  Cookies and Cocoa 11:00 Herb Growers 2:30 NC Attorney Generals Office Scam Presentation	22  11:30 Christmas Party
25  Senior Center Closed Christmas Holiday	26  Senior Center Closed Christmas Holiday	27  Senior Center Closed Christmas Holiday	28  28	29  29

**Monday:**  
 9:30 Choraleers  
 1:00-4:00 Hand & Foot (cards)  
 1:30-3:30 Women's Line Dance  
 9:30 Tai-Chi \*  
**Friday:**  
 9:00-10:00 Aerobics  
 1:30-3:30 Lap Quilting  
 9:00 –11:00 Woodworking  
 10:15-10:45 Chair Exercise  
 12:30-2:30 Crochet /Knitting  
 1:30-2:30 Motivational MMA (Boxing)\*  
 2:00-3:00 Computer Coaching  
 2:00-3:30 Hand Pottery  
 5:30-6:30 Aerobics  
**Tuesday:**  
 8:00-2:00 Sit & Sew  
 9:00-11:00 Woodcarvers  
 9:00-11:00 Painting  
 9:00-11:00 Ceramics  
 10:00-12:00 Ballroom  
 1:00-4:00 Hand & Foot (cards)  
 2:00-3:00 Yoga\*  
 9:30 Tai-Chi \*  
**Wednesday:**  
 9:00-10:00 Aerobics  
 9:00 –11:00 Woodworking  
 9:30-12:00 Basket Weaving  
 10:15-10:45 Chair Exercise  
 1:30-2:30 Motivational MMA (Boxing) \*  
 2:00-3:00 Computer Coaching  
 5:30-6:30 Aerobics  
**Thursday:**  
 8:30 Walking Club\*

**Saturday:**  
 9:30 Tai-Chi \*  
**Notes:**  
**Classes with fees:**  
 Aerobics \$1 (day)  
 \$2 (night)  
 Line Dance \$1  
 Hand pottery \$1  
 Yoga \$5  
 Tai-Chi \$5  
**Senior Center Without Walls:** Classes marked with an \* meet at the following locations:  
 ~**Motivational MMA** meets at Bone Breaker Gym located at 728 East Union St.  
 ~**Yoga** meets at the Breathe studio located at 131 West Union St.  
 ~**Tai Chi** Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

## November and December Events

**AARP Smart Driver Course**: November 3rd 8:15am. The course is intended to help drivers live more independently as they age and remain safe on today's roads. Since the program's inception in 1979, more than 14 million participants have completed the course. More than 6,000 AARP-trained volunteers conduct our classroom course each year. The NC AARP Smart Driver classroom course lasts four hours.

Participant Cost : \$15 for AARP members and \$20 for non-members( Pay at beginning of class) RSVP

**Fall Craft Show**– Friday November 17th 9am-4pm and Saturday November 18th 9am-12noon . Shop for handmade crafts and gifts at our Annual craft sale. Items for sale include: Crochet Items, paintings, woodworking, Quilted postcards, pillows, baskets, Jewelry, Quilling, plastic canvas and much more.

**Stained Glass Christmas Ornament Workshop**- 3 Day Workshop. Monday November 20th -9am-12pm, Wednesday November 22nd -9am-12pm, and Monday November 27th -9am-12pm. Call 828-430-4147 to register by November 15th, 2017

**The Gift-Making Your Wishes Known** –Wednesday November 8th at 1pm. Burke Hospice and Palliative Care will present a program about advance directives (Living Wills and Health Care Power of Attorneys) and making your final wishes known. Notary will be available. Please Call to RSVP.

**Know the 10 Signs- Early Detection Matters**— Thursday November 9th at 9am. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

**Annual Pot-Luck Thanksgiving Dinner**- Thursday November 16th at 11:30Am. The Senior Center will provide the Turkey as well as paper goods and drinks but we do ask that **everyone please bring a side dish or dessert**. Please RSVP

**Hearing Loss, from Discovery to Good Communication** -Thursday, November 9 from 2:15 to 3:45 p.m. This free educational program will be presented by Cynthia Harmon, Hard of Hearing Services Specialist from the N.C. Division of Services for the Deaf and the Hard of Hearing. The program will benefit people with hearing loss, their family members and friends, and their service providers. Topics covered will include signs of hearing loss, what to do if you or someone you know has these signs, tips for self-advocacy, and strategies for effective communication. There will be a 20-minute video, "Let's Make It Clear." Assistive listening devices will be available to help attendees hear the presenter. If you have questions about the program, please contact Cynthia at 1-800-999-8915, ext. 107 or [cynthia.harmon@dhhs.nc.gov](mailto:cynthia.harmon@dhhs.nc.gov).

**NC Attorney Generals Office Scam Presentation**- December 21st at 2:30pm. Carol Young will be here on Thursday December 21st to speak about Scams, Fraud and how to protect yourself. Online safety tips, Identity theft, avoiding scams and credit freezes are some of the topics that will be covered. Please share this information with friends and family that you feel may benefit from this presentation. Please RSVP by calling 430-4147.

**Holiday Fun Week**: Join us for a week of festive holiday events

Monday December 18th– **Holiday Hat Day** -Wear your Santa or other Christmas themed hat.

Tuesday December 19th– **Festive Sweater Day**- Wear your most festive sweater to the senior center today

Wednesday December 20th– **Sock Day**—Wear your most festive holiday socks

Thursday December 21st– **Cookies and Cocoa**- Cocoa and Cookies will be served all day in the upstairs lobby

Friday December 22nd– **Red and Green Day**– Show your sprit by wearing red and green

**Christmas Party & Bingo**- December 22nd at 11:30am. **Bring your favorite side dish or dessert.**

The senior center will provide the ham. Remember to bring your wrapped gift for our Christmas Bingo game. **RSVP**



Share the joy of Christmas by choosing a local senior to purchase a small gift for and you can be a Santa To A Senior!

Paper Christmas Ornaments will be posted on our Senior Center office window for you to choose from. Each ornament will have a wish list created by the senior of items they are in need of. Ornaments will be available in mid November for you to pick up. When bringing your gift bag to the senior center, please staple or tape the ornament to the gift. Please return your gift to the senior center by the date listed on your ornament.

We will also be collecting miscellaneous items to help support this program:

- Body Wash, Soap, Lotion, Postage Stamps, Flashlights and Magnifiers, Lap Blankets,
- Pajamas, Sweat Shirts & Pants (all sizes Large to 2XL are needed)

These items can be brought to the senior center unwrapped and will be used for the Be A Santa Program. If you have any questions regarding this program, please see Angie Ross for more information.

## Everyday Drop In Activities

Monday -Friday 8AM-5PM

**Computer Lab/Internet-** We have 4 computers for use, and wireless internet. **Library-** If you enjoy reading, we have 2 bookcases of books, where you can take a book or bring a book. **Pool Tables**—Play pool with friends or brush up on your skills, **Ping Pong Table-** Play Ping Pong with friends (equipment available from office staff) **Horseshoe Pits-** Play Horseshoe with friends (equipment available from office staff) **Corn Hole-** Play corn hole with friends. **Exercise Equipment**— We have a room of exercise equipment including ellipticals, bikes and a treadmills.

## Senior Center Services

**S.H.I.I.P. (Seniors Health Insurance Information Program) Volunteers, Legal Assistance -Legal Aid of North Carolina Morganton Office, Notary Service , Senior Tar Heel , Senior Nutrition Program, Information and Assistance for Older Adults, Reverse Mortgage Counseling –Area Agency on Aging, TAB (Telephone Assurance for Burke)**

## SENIORS IN ACTION CORNER

The Seniors in Action is a non-profit organization whose mission is to provide financial and volunteer support to the Burke Senior Center to: Improve and expand existing programs and develop new programs to provide services to all Burke County seniors who are 55 and older.

- Board Meeting- 2nd Monday each month at 12pm
- Holiday Light Show Trolley Tour- November 28th– Call Linda at 305-613-2226 for information.
- **Senior Trips**– The Trip Committee will be here collecting payments for trips to Washington DC and Niagara Falls on November 7th from 8-2pm. Senior Center Staff can not accept payments.
- Seniors in Action membership is \$3/year per person and \$5/year per couple. Renew Now!

## SENIOR CENTER BUZZ-CORNER

- Send us your e-mail address to [amanda.garrison@burkenc.org](mailto:amanda.garrison@burkenc.org) so that we can email you the Newsletter.
- Please call and say “Thank You” to the businesses who sponsor our calendar in the Morganton News Herald.