



THE SENIOR CENTER NEWSLETTER

VOLUME 11, ISSUE 3-4

SEPTEMBER/OCTOBER 2018

Activities and Programs are open to Adults 55 and over

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 prescription drug plan for the new year. Our 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 Burke County 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 Sept. 4, 2018! Fill out your form now, our appointments go fast.

Bring your Medicare card and List of Prescription Medications to complete purple form onsite.

Important Medicare Updates

Just a reminder that people who have Medicare need to check your mailboxes for your new Medicare card. Medicare will no longer publish cards utilizing your social security number. This is to help protect you against fraud and identity theft. Your new card will have a combination of letters and numbers.

All cards are mailed to you. Medicare will not call you asking for your social security number or bank account number. You do not need to pay for your card...that is a scam. Medicare will mail you the new card automatically. For information on Medicare Fraud, contact the Senior Medicare Patrol at 855-408-1212

**BURKE COUNTY
SENIOR SERVICES**
501 N Green St.
Morganton, NC 28655

828-430-4147
FAX 828-430-4151

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

SENIOR CENTER STAFF

Roxanne Powell
Director

Amanda Garrison
Site Manager

Barbara Cuthbertson
Office Assistant

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

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 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 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.

Lap Quilting - Mondays 9am-11am Work on your own lap quilting projects and share ideas

Wood Working - Monday & Wednesday 9am-11am Interested in woodworking? Work in our wood shop!

Aerobics Exercise Class - Monday, Wednesday, & Friday 9-10am and Monday and Wednesday 5:30 to 6:30pm. Low-impact aerobics for men & women \$1 per class in mornings and \$2 per class at night

Chair Exercise - Monday, Wednesday, & Friday 10:15am-10:45am Class includes stretching and light aerobic exercise

Crochet/ Knitting - Monday & Friday 12:30-2:30 Crochet or knit with the group, share patterns and ideas with one another

Computer Coaching - Monday and Wednesday 12pm-1pm Make an appointment for help with tablets, e-readers, phones, and computers.

Woodcarvers - Tuesday 9am-11am Join the group as they carve and fellowship together

Ceramics - Tuesday 9am-11am Paint and decorate a piece to take with you (small fee per project to cover supplies)

Painting - Tuesday 9am-11am This group works on individual projects and shares ideas

Ballroom Dance - Tuesday 10am-12 Noon Love to dance? Come dance with us!

Hand and Foot (Cards) - Tuesday & Thursday 1-4pm Hand and Foot is a canasta style card game.

Hand Pottery - Monday 2:00pm workshop- This group meets to work on their own and does not have a teacher (\$1 per meeting for supplies)

Basket Weaving - Wednesday 9:30am-12noon Share patterns, ideas and techniques of basket making with the group

Bridge - Friday 10am-4pm Bring some friends and play Bridge.

Choraleers (Senior Choir) - Thursday 9:30am-11am Sing and practice each week and perform throughout the community.

Woman's Line Dance - Thursday 1:30pm-2:30pm (\$1 Per Class) Workshop following class till 3:30pm

Practice and have fun line dancing with the group. The workshop allows beginners to ask for help and learn the dances step by step.

Line Dance Friends— Monday 2:30-4:00pm Practice line dances with friends.

Jewelry - Friday 9:30-11:30am Make rings, necklaces, bracelets and much more, learn and share ideas with the group.

Sit & Sew— Tuesdays 8am-2pm Informal group of sewers with emphasis on quilting, hand or machine. Social sharing of ideas and techniques.

Tai Chi— Tuesday, Thursday, Saturday at 9:30am. Class is \$5 per person per class for teacher and will be taught by Taber Black Belt Academy. Tai Chi Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

Game Mornings— Thursday 9-12pm. Play board games and card games with friends. A variety of different games available.

Everyday Drop In Activities

Monday -Friday 8AM-5PM

Computer Lab/Internet- We have 4 computers for use, and wireless internet and printer (cost is five cents per page)

Library— If you enjoy reading, we have several bookshelves of books, where you can take a book or bring a book.

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

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

Exercise Equipment— We have a room of exercise equipment, including 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)

(Liability Waiver is Required for Exercise Equipment and Classes)

Burke Quilters Guild - 1st, 2nd and 4th Mondays - 10am-2pm The Guild meets here at the Senior Center, and membership is required.

Blood Pressure Checks - 2nd & 4th Wednesday 8:30-10:30am A Volunteer RN will be on site to take your blood pressure reading for free.

Herb Growers - 3rd Thursday - 11am The Alder Springs Herb Growers meet here each month to have workshops and keep up the outdoor garden on site.

Table Rock AARP - 2nd Thursday - 9am-3pm Table Rock is the Deaf and Hard of Hearing chapter of the AARP. This is the meeting place for the chapter's monthly meetings. Bring covered dish and Admission Fee.

Saturday Night Dance - 1st Saturday- 7pm-9:30pm There will be a break for food; please bring a finger food to share with the group.

Brain Games- 2nd Tuesday -11am. Join us monthly for group games of riddles and puzzles and exercise your brain.

Coffee, Cookies and Coloring Social- 1st Wednesday at 1pm. Join us for a social hour of coloring and cookies with good friends. (All supplies provided)

Quilting Prep- 1st and 4th Tuesday- 1pm-3pm. This is an informal group that meets to work on individual projects.

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)- the third Monday at 2:30 pm. Veterans are invited to come and express themselves by guided acrylic painting on canvas.

Dinner Night Out : 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 senior center so the restaurant can prepare for the number attending in our group. Sept. 11th 5:30pm. AJ's Steakhouse Oct. 9th 5:30pm. Zekos Italian

Guided Crochet
First Friday of the month
September 7th
October 5th
12:30- 2:30pm.
Need Help with crochet patterns or stitches?

Guides can help you read patterns and understand stitches and help you to learn new ones.

Lunch, Learn & Bingo
11:30am Bring your favorite side dish or dessert. **Remember to bring your small gift for our Bingo game.**

Sept. 28th Meal: Lasagna
Program: Fire Safety

No Meal in October due to Early Voting/ Elections

PACT: 5:30-7:00pm
(Partnering Adult Caregivers Together)
Sept. 18th: Roasted Chicken
Oct. 16th: Ham & Veggies

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.

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.

October 3rd at 10 am
Public Meeting with AARP at Morganton Recreation Center

October 24th at 2pm
(Burke Senior Center)

Book Club:10am
Sept. 11th: "The Ghost Map" by Steven Johnson
October 9th: " Turtles All the Way Down" by John Green
Creative Writing Group:1pm
Writing prompts:
Sept. 18th: Annoyances
October 16th: A Mark on the World

Medicare 101:
September 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. Please RSVP

Creative Crafting
2nd and 4th Wednesdays at 1pm.

Sept. 12: Basket Weaving Bowl
Sept 26: Wire Rings
October 10: Pumpkins
October 24: Quilling Turkey
Join us for a fun and creative crafting experience. A wide variety of crafts will be created over the year.
Limited Seating Must RSVP

Burke Senior Center – September 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday:
 9:00-10:00 Aerobics \$
 9:00-11:00 Lap Quilting
 9:00-11:00 Woodworking
 10:15-10:45 Chair Exercise
 12:00-1:00 Motivational
 MMA (Boxing)*

Friday:
 9:00-10:00 Aerobics \$
 9:30-11:30 Jewelry
 10:00-4:00 Bridge
 10:15-10:45 Chair Exercise
 12:30-2:30 Crochet /
 Knitting




Tuesday:
 8:00-2:00 Sit & Sew
 9:00-11:00 Woodcarvers
 9:00-11:00 Painting
 9:00-11:00 Ceramics
 9:30 Tai-Chi * \$
 10:00-12:00 Ballroom
 1:00-4:00 Hand & Foot cards

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

Thursday:
 9:00-12:00 Game Mornings
 9:30 Choraleers
 1:00-4:00 Hand & Foot cards
 1:30-3:30 Women's Line
 Dance \$
 9:30 Tai-Chi * \$

Notes:
Classes with fees:
 Aerobics \$1 (day)
 \$2 (night)
 Line Dance \$1
 Hand pottery \$1
 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.
 ~**Tai Chi** Class meets at Taber Black Belt Academy at 570 E. Fleming Drive.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>RSVP:</u> Activities that are underlined require pre-registration by calling 828-430-4147.</p> <p>Senior Center Closed Labor Day</p>	<p>3</p> <p>1-3 Quilting Prep 2:00 <u>Estate Planning</u></p>  <p>10:00 Book Club 11:00 Brain Games 5:30 <u>Dinner Night Out</u> – AJ's Steakhouse</p>	<p>4</p> <p>1:00 Coffee, Cookies, and Coloring</p> <p>5</p> <p>8:30-10:30 Veterans Coffee Social</p> 	<p>6</p> <p>12:30 Guided Crochet</p>	<p>7</p> <p>September 1st 7:00 Saturday Night Dance</p>
<p>17</p> <p>2:30 VArt</p>	<p>18</p> <p>1-3 Creative Writing Group 5:30-7:00 <u>PACT (Caregivers Support Group)</u></p>	<p>19</p> <p>10:00 WWII Veterans 1:00 <u>Medicare 101</u> 1:30 <u>Dementia-Specific Medications</u></p>	<p>20</p> <p>11:00 Herb Growers</p>	<p>21</p> <p>9:00 Breakfast with the <u>Director</u></p>
<p>24</p> <p>10-2 Burke Quilters</p>	<p>25</p> <p>1-3 Quilting Prep</p>	<p>26</p> <p>8:30 Blood Pressure 10:30 NARFE 1:00 <u>Creative Crafting</u> 2:00 Council on Aging 4:00 <u>Chronic Disease Self Management</u></p>	<p>27</p> <p>11:30 <u>Lunch, Learn and Bingo</u></p> 	<p>28</p> <p>11:30 <u>Lunch, Learn and Bingo</u></p>

Burke Senior Center – October 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday:

9:00-10:00 Aerobics \$
 9:30-11:30 Jewelry
 10:00-4:00 Bridge
 10:15-10:45 Chair Exercise
 12:30-2:30 Crochet /Knitting

Saturday:

9:30 Tai-Chi * \$

Tuesday:

9:00-10:00 Aerobics \$
 9:00- 11:00 Lap Quilting
 9:00 –11:00 Woodworking
 10:15-10:45 Chair Exercise
 12:00-1:00 Motivational
 MMA (Boxing)*
 12:00-1:00 Computer Coaching
 12:30-2:30 Crochet /Knitting
 2:00-3:00 Hand Pottery
 2:30-4:00 Line Dance Friends
 5:30-6:30 Aerobics \$

Wednesday:




8:00-2:00 Sit & Sew
 9:00-11:00 Woodcarvers
 9:00-11:00 Painting
 9:00-11:00 Ceramics
 9:30 Tai-Chi * \$
 10:00-12:00 Ballroom
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Thursday:

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

Friday:

9:00-10:00 Aerobics \$
 9:30-11:30 Jewelry
 10:00-4:00 Bridge
 10:15-10:45 Chair Exercise
 12:30-2:30 Crochet /Knitting

Monday	Tuesday	Wednesday	Thursday	Friday
10-2 Burke Quilters 	1-3 Quilting Prep	1:00 Coffee, Cookies, and Coloring 4:00 <u>Chronic Disease Self Management</u> 	8:30-10:30 Veterans Coffee Social	12:30 Guided Crochet October 6th 7:00 Saturday Night Dance
10-2 Burke Quilters 12:00 Seniors In Action	10:00 Book Club 11:00 Brain Games 5:30 <u>Night Out Dinner-Zekos</u>	8:30 Blood Pressure 1:00 <u>Creative Crafting</u> 4:00 <u>Chronic Disease Self Management</u>	9:00 Table Rock AARP	12
2:30 VArt	1-3 Creative Writing Group 5:30-7:00 <u>PACT (Caregivers Support Group)</u>	10:00 WWII Veterans 1:00 <u>Post Traumatic Stress Disorder (PTSD)</u> 4:00 <u>Chronic Disease Self Management</u>	11:00 Herb Growers	19
10-2 Burke Quilters	1-3 Quilting Prep	8:30 Blood Pressure 1:00 <u>Creative Crafting</u> 2:00 Council on Aging 4:00 <u>Chronic Disease Self Management</u>	8:00-10:00 Health Fair 	26
29	30	4:00 <u>Chronic Disease Self Management</u>		RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.

September Events

Computer Coaching– Time Change– Mondays and Wednesdays 12noon-1pm by appointment. Come work with a computer coach to learn basics about computers.

Estate Planning Seminar– September 4th at 2pm. An informational program on what estate planning is and what documents that you may need. RSVP.

Breakfast with the Director– September 14th at 9am. Join us for breakfast with the director and share your input into the senior center programs and activities. Let your voice be heard and learn of future programs that are planned. RSVP.



Chronic Disease Self Management Class– Wednesdays September 26th to October 31st, 4pm-6:30pm. Are you age 60 or older with an ongoing health condition such as diabetes, arthritis, high blood pressure or heart disease? Free workshop once a week for six weeks, set goals, make plans to improve your health, manage pain, increase fitness and much more. Call Lisa Moore at 764-9218 to Register, Class size is limited.

NARFE– September 26th 9th 10:30am The National Active and Retired Federal Employees Association is a 501(c)(3) nonprofit membership organization dedicated to protecting and enhancing the earned pay, retirement and health care benefits of federal employees and retirees.

October Events



Early Voting/ Elections: Beginning October 18th - November 3rd, the senior center will again host early voting for the upcoming fall Elections. Actual election day will be on November 6th. If you have a class or group that typically meets in the larger multi-purpose room during these dates, please check with staff to make arrangements in other available classrooms.

Health Fair: Friday October 26th 8:00 - 10:00am. Tons of information all in one place. Cholesterol Screenings provided by CMC Morganton (do not eat or drink after midnight). Come join us for fun as you learn about resources and services available from local agencies. Flu Shots and Door prizes also available.



Chronic Disease Self Management Class Continues– Wednesdays September 26th to October 31st, 4pm-6:30pm. Are you age 60 or older with an ongoing health condition such as diabetes, arthritis, high blood pressure or heart disease? Free workshop once a week for six weeks, set goals, make plans to improve your health, manage pain, increase fitness and much more. Call Lisa Moore at 764-9218 to Register, Class size is limited.



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



Help Needed- Senior Center Advisory Committee has 2 vacancies. This Council meets quarterly to provide support and guidance to the Senior Center Staff and programming. Join to help represent our seniors and the Senior Center.



Volunteers Needed to serve on our Senior Center Advisory Board. This board provides support and guidance in Senior Center programming and awareness.

Training Opportunity

Open to the Public and Professionals

The Burke Senior Center in partnership with Vaya Health Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities. A new topic will be discussed each month on the 3rd Wednesday from 1:30pm-3:30pm. Community individuals, agency staff serving older adults, caregivers and anyone interested in learning about these topics are encouraged to attend. To register please call 430-4147

September 19th: Dementia- Specific Medications

October 17th: Post Traumatic Stress Disorder PTS

November 21st: Substance use in the Older Adult

December 19th: Schizophrenia and other Psychotic Disorders



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.
- Senior Trips- Registration for the following two 2019 trips has begun:
 - ◊ Savannah, Jeckyll Island & Charleston, SC - February 25 - March 1, 2019 - \$500. The deposit for Savannah is due by October 15, 2018, or when the bus is full.
 - ◊ New York City & Statue of Liberty - September 26 - October 1, 2019 - \$630. The deposit for New York City is due by May 20, 2019, or when the bus is full.
 - ◊ Alaskan Cruise- June 2019
- Contact Janet Hunt at 828-433-6734 or JoAnn Jennings at 828-438-8210 for information on the overnight trips. They are also here at the Senior center on Tuesdays from 8am-2pm.
- Any questions? Call President Linda McGalliard at 828-413-1122.

Senior Center Buzz-Corner

- Send us your e-mail address to 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.