



THE SENIOR CENTER NEWSLETTER

VOLUME 10, ISSUE 7-8

JANUARY/FEBRUARY 2018

Activities and Programs are open to Adults 55 and over

2018 Medicare Premium and Deductible updates

The centers for Medicare and Medicaid Services announced the 2018 Medicare Part A & B premium and deductible costs.

Part B Premium:

Premium — \$134 per month (Premiums will be higher for individuals with annual incomes of \$85,000 or more and married couples with annual incomes of \$170,000 or more.)

Part B Deductible- The Medicare Part B deductible is \$183.00 in 2018.

Medicare Part A Premium- Most people do not pay a monthly Part A premium because they or a spouse have 40 or more quarters of Medicare-covered employment.

- If a person has less than 30 quarters of Medicare-covered employment the Part A premium is \$422 per month.
- If a person has 30 to 39 quarters of Medicare-covered employment, the Part A premium is \$232 per month.

**Part A Deductible and Coinsurance Amounts for Calendar Years 2016 and 2017
by Type of Cost Sharing**

	2017	2018
Inpatient hospital deductible	\$1,316	\$1,340
Daily coinsurance for 61 st -90 th Day	\$329	\$335
Daily coinsurance for lifetime reserve days	\$658	\$670
Skilled Nursing Facility coinsurance	\$164.50	\$167.50

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 Burke Senior Center is a Tobacco free facility and grounds.



Spring Cleaning

The Senior Center will be welcoming guests from the State and other Area Senior Centers in March for our Certification Inspection.

We ask that all classes and groups help us by cleaning up your areas and supplies in anticipation of this visit. We want our Center to look as good as possible.

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 with contact hours provided through N.C. DHR. A new topic will be discussed each month on the 3rd Wednesday from 1:30pm-3:30pm. To register please email dates to Jeffrey.dula@vayahealth.com

Topics:

- January 17th– Mental Health 101
- February 21st– Obsessive Compulsive Disorder
- March 21st– Hoarding
- April 18th– Depression & Suicide in Older Adults
- May 16th– Antidepressant Medications
- June 20th– Techniques for Effective Communication

Coffee, Cookies and

Coloring Social- Wednesday January 3rd and February 7th at 1pm. Join us for a social hour of coloring and cookies with good friends. (All supplies provided)

Guided Crochet

First Friday of the month
January 5th– Coin Purse
February 2nd– Puffy Hearts
12:30– 2:30pm.
 A different crochet project or technique will be demonstrated and patterns will be given out each month.

Book Club: 10am

January 9th: "The Handmaid's Tale" by Margaret Atwood

February 13th: " Born a Crime" by Trevor Noah

Creative Writing Group: 1pm

Writing prompts:
January 16th: Losing
February 20th: That Night

Lunch, Learn & Bingo

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

January 26th

Meal: Chili

Program: Burke United Christian Ministries

February 23rd

Meal: Spaghetti

Program: Heart Month

PACT: 5:30-7:00pm

(Partnering Adult Caregivers Together)

January 16th: Dinner: Soup

February 20th Dinner: Lasagna

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.

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.

January 24th at 2pm

(Covered Dish Lunch at 1:30pm)

February 28th at 2pm

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 February 19th at 2:30 pm. Veterans are invited to come and express themselves by guided acrylic painting on canvas.

Medicare 101:

January 16th, 1:00pm

February 20th, 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

Creative Crafting

2nd and 4th Wednesdays at 1pm.

January 10th: Snowman bottle

January 24th:
Quilling

February 14th:
Spiral Flower Heart Craft

February 28th:
Quilling

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— January 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

Monday: 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

9:30-11:30 Jewelry

10:00-4:00 Bridge

10:15-10:45 Chair Exercise

11:00-12:00 Motivational MMA (Boxing)*

12:30-2:30 Crochet /Knitting

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.

9:00-10:00 Aerobics

9:00- 11:00 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:

9:30 Choraleers

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day Senior Center Closed	2	3 <u>1:00 Coffee, Cookies, and Coloring</u>	4 8:30-10:30 Veterans Coffee Social	5 12:30 Guided Crochet
8 10-2 Burke Quilters 12:00 Seniors In Action	9 10:00 Book Club 11:00 Brain Games	10 8:30 Blood Pressure <u>1:00 Creative Crafting</u>	11 9:00 Table Rock AARP	12
15 Martin Luther King's Birthday Senior Center Closed	16 <u>1:00 Medicare 101</u> 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u>	17 <u>9:00-11:30 Living Healthy Workshop</u> 10:00 WWII Veterans <u>1:30-3:30 Mental Health 101 Training</u>	18 11:00 Herb Growers	19
22 10-2 Burke Quilters	23	24 <u>9:00-11:30 Living Healthy Workshop</u> <u>1:00 Creative Crafting—Quilling</u> <u>2:00 Council on Aging</u>	25	26 <u>11:30 Lunch and Bingo</u>
29	30	31 <u>9:00-11:30 Living Healthy Workshop</u> <u>2:00 Minutes to Win It Games</u>	RSVP: Activities that are underlined require pre-registration by calling 828-430-4147	

Burke Senior Center— February 2018

501 North Green St. Morganton, NC 28655

Everyday Activities

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.

Monday	Tuesday	Wednesday	Thursday	Friday
RSVP: 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 .	1	2	3	4
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

January and February Events

Mental Health 101 Training- January 17th 1:30pm–3:30pm. Burke Senior Center in Partnership with Vaya Health’s Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities with contact hours provided through the N.C. Division of Health Service Regulation (DHSR) . Open to all ages and professionals.

Creative Crafting–Join us for a fun and creative crafting experience January 10th (Snowman bottle), January 24th (Quilling), February 14th (Spiral Flower Heart Craft), and February 28th (Quilling) at 1pm. Must RSVP so that we have enough supplies

Lunch ,Learn & Bingo– January 26th at 11:30am. Bring your favorite side dish or dessert. David Burleson will be speaking about Burke United Christian Ministries. The senior center will provide the Chili. Remember to bring your gift for our Bingo game. RSVP

Living Healthy Workshop– Wednesdays 9:00-11:30am. January 17th to February 21st. 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 Chae Moore to Register, Class size is Limited

Minutes-To-Win It Games-January 31st at 2pm. Come join in the fun that is sure to get you moving and laughing. You’ve seen it on TV, now experience it live at the senior center. Refreshments provided.

Super Bowl Party– February 2nd at 8:30am. Wear your Teams Jersey or colors and celebrate the Super bowl with Trivia, snacks and a prize.

Sweet Treat Exchange– February 9th at 1pm. Bring 24 treats and the recipe to share with everyone and take home a mix of treats for yourself.

Hearing Loss, from Discovery to Good Communication -Thursday, February 22nd 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.

Lunch ,Learn & Bingo– February 23rd at 11:30am. Bring your favorite side dish or dessert. We will be talking about Heart Month, please wear RED in support of Heart Month. The senior center will provide Spaghetti. Remember to bring your gift for our Bingo game. RSVP



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 WBTW 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

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.
- The Printer Is Operational !! Cost is five cents per page and available Mon- Fri, from 1:00 to 5:00 p.m. Ask staff for assistance if you have any questions.
- **Senior Trips**— There are still seats available for the trip to **Washington, DC, from April 20-24, 2018. The price for SIA Members is \$565.00.** The registration fee for the Washington, DC, trip is \$75.00 with the final payment due February 13th, 2018.
- Tour Guides Needed- If you're interested, please call Janet Hunt at 828-433-6734 or JoAnn Jennings at 828-438-8210 today!

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.