

1984

COUNTY OF BURKE SENIOR CENTER

2018



THE SENIOR CENTER NEWSLETTER

VOLUME 10, ISSUE 9-10

MARCH/APRIL 2018

Activities and Programs are open to Adults 55 and over

OAA Funding Cuts and federal budget issues for seniors

The current proposed federal budget for FY19 includes some major funding cuts for senior related services. Listed below are programs that are in jeopardy of losing critically needed funding.

Home Delivered Nutrition

Congregate Nutrition

Chronic Disease Self Management Education– proposed elimination

Elder Falls Prevention- proposed elimination

State Health Insurance Assistance Program (SHIIP)- proposed elimination

Senior Community Service Employment Program- proposed elimination

Federal Budget Advocacy Event:

Join us on March 5th at 9am to see how you can advocate to help protect these programs. We will have sample letters of support and how to contact your representatives. We will be mailing all of the letters together for a bigger impact. If you would still like to know how to advocate but are unable to attend we will be hosting drop[in opportunities until 11am. We will also make advocacy packets available for pick up at the front desk.

Here is a local opportunity to Advocate: Senior Center Advisory Committee has 2 vacancies. This Council meets quarterly to provide support and guidance to the Senior Center Staff and programing. Join to help represent our seniors and the Senior Center.

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

Activities Against Alzheimer's

April 4th At 11am

Hunter Barbee is completing his Senior Project for High School here at our center. He will be hosting this program that will include activities that can help prevent the progression of the disease and can help even after the process has started. Please join us to support his Senior Project.



Jazz Band and Dancing

Including Ballroom, waltz, and more

Featuring the

City Rhythm Jazz Band

Saturday April 7th, 2018
7-9:30pm

Ages 55+ invited

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 Morganton-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 2pm-3pm 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.
- Yoga**- Tuesday afternoons at 2pm Class is \$ 5 per person per class for teacher and will be taught by Rhonda Cook of Breathe Yoga and Wellness. Yoga meets at the Breathe studio located at 131 West Union St.
- 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.

New! 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 senior center so the restaurant can prepare for the number attending in our group.
 March 13th at 5:30pm. Timberwoods.
 April 10th at 5:30pm. La Salsa's

Guided Crochet
 First Friday of the month
March 9th- Shamrock and coffee cup cozy
Date Moved this month only
April 6th- Dishcloths
12:30- 2:30pm.
 A different crochet project or technique will be demonstrated and patterns will be given out each month.

Lunch, Learn & Bingo
 11:30am Bring your favorite side dish or dessert. **Remember to bring your small gift for our Bingo game.**
March 23rd Meal: Vegetable Soup
 Program: Emergency Preparedness
April - No Bingo Due to Voting

PACT: 5:30-7:00pm
 (Partnering Adult Caregivers Together)
March 20th: Dinner: Baked chicken and Potatoes
April 17th Dinner: Spaghetti
 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.
March 28th at 2pm
 (Meet at Burke United Christian Ministries)
April 25th at 2pm
 (Meet at Blue Ridge Community Action)

Book Club:10am
 March 13th: "The Rosie Effect" by Graeme Simison
 April 10th: " Small Great Things" by Jodi Picoult
Creative Writing Group:1pm
 Writing prompts:
 March 20th: That First Year
 April 17th: Mischieif

Medicare 101:
March 20th, 1:00pm
April 17th, 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.
March 14th: Popsicle Stick Basket
March 28th: Quilling
April 11h: Wire Wrapped Pendants
April 25th: 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— March 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
 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:
 ~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:
 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
 2:00-3:00 Computer Coaching
 2:00-3:00 Hand Pottery
 2:30-4:00 Line Dance Friends
 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
 2:00-3:00 Computer Coaching
 5:30-6:30 Aerobics

Thursday:
 9:00-12:00 Game Mornings
 9:30 Choraleers

Monday	Tuesday	Wednesday	Thursday	Friday
RSVP: Activities that are underlined require pre-registration by calling 828-430-4147			1 8:30-10:30 Veterans Coffee Social	2 March 3rd 7:00 Saturday Night Dance
5 9-11 Federal Budget Advocacy Event	6 1-3 Quilting Prep	7 9-12 Hepatitis C Screenings 12:00 March Madness Game Viewing 1:00 Coffee, Cookies, and Coloring	8 9:00-12:00 Game Mornings Start 9:00 Table Rock AARP	9 12:30 Guided Crochet
12 10-2 Burke Quilters 12:00 Seniors In Action	13 10:00 Book Club 11:00 Brain Games 2:00 Reverse Mortgage Program 5:30 Night Out Dinner— Timberwoods	14 8:30 Blood Pressure 1:00 Creative Crafting—Popsicle Stick Baskets	15 11:00 Herb Growers	16
19 2:30 VArt	20 1:00 Medicare 101 1-3 Creative Writing Group 5:30-7:00 PACT (Caregivers Support Group)	21 10:00 WWII Veterans 1:30-3:30 Hoarding Disorder Training	22	23 11:30 Lunch and Bingo
26 10-2 Burke Quilters	27 1-3 Quilting Prep	28 1:00 Creative Crafting—Quilting 2:00 Council on Aging	29 8:30 EGG-salut Easter Breakfast	30 Good Friday Holiday Senior Center Closed

Burke Senior Center – April 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
 12:30-2:30 Crochet / Knitting
 2:00-3:00 Computer Coaching
 2:00-3:00 Hand Pottery
 2:30-4:00 Line Dance Friends
 5:30-6:30 Aerobics

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
 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:

~**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.

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
 2:00-3:00 Computer Coaching
 5:30-6:30 Aerobics

Thursday:

9:00-12:00 Game Mornings
 9:30 Choraleers

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-2 Burke Quilters	3 1-3 Quilting Prep	4 <u>11:00 Activities Against Alzheimer's</u> <u>1:00 Coffee, Cookies, and Coloring</u> <u>4-6:30pm Diabetes Workshop</u>	5 8:30-10:30 Veterans Coffee Social	6 <u>9:00 Canning Basics</u> <u>12:30 Guided Crochet</u> April 7th <u>7:00 Saturday Night Dance- Jazz Band</u>
9 10-2 Burke Quilters 12:00 Seniors In Action	10 10:00 Book Club 11:00 Brain Games <u>5:30 Night Out Dinner- LaSalsas</u>	11 8:30 Blood Pressure <u>1:00 Creative Crafting</u> <u>2:00 Estate Planning</u> <u>2:00 Eat Smart, Move More, Take Control</u> <u>4-6:30pm Diabetes Workshop</u>	12 9:00 Table Rock AARP	13 <u>1:00 Clue Bingo</u>
16 2:30 VArt	17 <u>1:00 Medicare 101</u> 1-3 Creative Writing Group <u>5:30-7:00 PACT (Caregivers Support Group)</u>	18 10:00 WWII Veterans <u>1:30-3:30 Depression & Suicide in Older Adults</u> <u>2:00 Eat Smart, Move More, Take Control</u> <u>4-6:30pm Diabetes Workshop</u>	19 11:00 Herb Growers Early Voting April 19th to May 5th	20
23	24 1-3 Quilting Prep	25 8:30 Blood Pressure <u>1:00 Creative Crafting</u> <u>2:00 Council on Aging</u> <u>2:00 Eat Smart, Move More, Take Control</u> <u>4-6:30pm Diabetes Workshop</u>	26 <u>No Bingo today due to Voting</u>	27
30	RSVP: Activities that are underlined require pre-registration by calling 828-430-4147.			

March and April Events

Hepatitis C Screenings– March 7th 9am-12noon. High County Community Health is offering Free Hepatitis C Screenings open to the entire community. Results will be available the same day.

March Madness Game– March 7th at 12pm. We will turn on the 2nd round of ACC Playoff games in the downstairs lobby and have light snacks. Game starts at 12 noon.

New! Game Mornings–Beginning March 8th at 9-12pm and occurring every Thursday. Play board games and card games with friends. A variety of different games available.

New! Night Out Dinner– March 13th at 5:30pm. Restaurant: Timberwoods. 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. See page 4 for April restaurant.

Reverse Mortgage Program– March 13th at 2pm. Reverse Mortgage Information program for adults who are seeking a reverse mortgage loan or are just interested in learning more about their options. Offered by the Area Agency on Aging. Not a Sales Pitch.

Creative Crafting–Join us for a fun and creative crafting experience March 14th (Popsicle Stick Basket) and March 28th (Quilling) at 1pm. Must RSVP so that we have enough supplies

Lunch, Learn & Bingo– March 23rd at 11:30am. Bring your favorite side dish or dessert. Program: Emergency Preparedness. The senior center will provide Soup. Remember to bring your gift for our Bingo game. RSVP

EGG-salent Easter Breakfast– March 29th at 8:30am. Join us for an EGG-salent Easter Breakfast, and play a game. RSVP

Diabetes Self-Management Workshop– Wednesdays March 21st– April 25th -4pm to 6:30pm. Do you live a life with type 1 or type 2 diabetes or provide care for someone who does? Are you interested in learning new techniques to manage your disease physically, emotionally and mentally? Then the Diabetes Self-Management class may just be the class for you. Snacks will be provided and all materials are FREE of charge. Please call Chae Moore at 828.764.9220 to register.

Canning Basics– Friday April 6th at 9am. Join us for a free presentation to learn the basics of pressure and water bath canning! Get an introduction to safe preservation techniques, explore equipment used, and get all of your canning questions answered. This is the perfect pre-session to this May's hands on canning workshops! Class offered by the Burke County Cooperative Extension office. RSVP

Estate Planning: April 11th at 2pm. Simple? Easy to understand? These aren't words that are normally associates with wills and estate plans! Certified Estate Planner, David Hudson will explain the "need to know" basics of estate planning, and the three big mistakes that are most commonly found when plans are made. RSVP

Eat Smart, Move More, Take Control– Wednesdays April 11th—May 16th 2018—2-3pm. A Nutrition program for adults. Come learn lifelong habits to help you eat healthy and be physically active! Program Benefits: Sample healthy foods, a cookbook, water bottle and spice jar to keep, information to help you control sodium, fat, and added sugar. A 6 week program of engaging and interactive sessions. Must register by calling the Senior Center.

Clue Mystery Bingo– Friday April 13th at 1pm. There has been a Murder! Help us solve the crime by playing bingo to win clues of the mystery for your team. This will be a mix of bingo and the classic game "Clue". Light snacks will be served. RSVP required, limited seating.

Early Voting– Voting will begin on April 19th to May 5th. Voter registration is available onsite during early voting. Precinct voting will be held on May 8th.



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



Open Mic/ Talent Group- Richard Harwood is interested in starting an open mic/ talent share group where folks can come and share music/literature/ etc with each other. He is experienced keyboard, guitar, and songwriter. Are there any folks interested in meeting with him to explore this idea?

Help Needed- Senior Center Advisory Committee has 2 vacancies. This Council meets



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:

March 21st- Hoarding

April 18th- Depression & Suicide in Older Adults

May 16th- Antidepressant Medications

June 20th- Techniques for Effective Communication

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. We'll have our first election in the spring with new board members taking office in July. If you would like to serve on the Board of Directors, please contact any board member to let them know of your interest.
- **Senior Trips**- The Board also approved the trip destinations for 2019. In the spring of next year, Janet Hunt and JoAnn Jennings will be taking you to Savannah/Charleston; and in the fall of 2019, you'll be boarding a bus for New York City and all that it has to offer. Once the details are finalized, the Trip Committee will announce the dates and itineraries.
- Tour Guides Needed- If you're interested, please call Janet Hunt at 828-433-6734 or JoAnn Jennings at 828-438-8210 today!
- Any questions? Call President Linda McGalliard at 305-613-2226.

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.