

# BURKE SENIOR CENTER NEWSLETTER

## AUGUST 2020

### 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 pick up/complete the purple appointment request form. (Bring your Medicare card and List of Prescription Medications to complete purple form onsite.)**

Forms are available Sept. 1st, 2020! Fill out your form quick, our appointments are first come first serve and go fast.

**We care about your safety! This year forms can be returned by mail or by locked drop box, and appointments will be conducted by phone, virtually by Zoom, or by parking lot appointments in your car.**



Older adults are at higher risk for severe illness from COVID-19. If you or those you care for are at higher risk for severe illness, you should:

- Stay at home if possible
- Keep away from others who are sick
- Limit close contact with others
- Wash your hands often

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>



### BURKE COUNTY SENIOR SERVICES

501 N Green St.  
Morganton, NC 28655

828-430-4147  
Fax 828-430-4151

8:00 am-5:00 pm  
Monday-Friday

*Currently all activities and programs are canceled. Call for Appointment*

### SENIOR CENTER STAFF

Roxanne Powell  
Director

Amanda Garrison  
Site Manager

Barbara Cuthbertson  
Office Assistant

NUTRITION SERVICES  
Lana Lowman

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.

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

# Senior Center Virtual Classes

The Burke Senior Center will be offering the following classes by Zoom this month: \*Please call the Senior Center or Email Amanda to register for the Virtual Programs.

**Virtual Brain Games:** Tuesday August 4th at 1:00pm. Join us for some fun games, riddles and trivia to exercise your brain.

**Virtual Extra Help Program Information:** Thursday August 6th at 2:00pm. This meeting will answer general questions about the Extra Help program and if you may qualify and how you can apply for the program. Medicare beneficiaries can qualify for Extra Help with their Medicare prescription drug plan costs. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 States or the District of Columbia.

**Virtual Chair Exercise:** Friday August 7th at 9:00am, Tuesday August 11th at 9:00am, and Monday August 24th at 9:30am. Join us for a light stretching and exercise class that you can follow along at home in a chair.

**Virtual Medicare 101:** Wednesday August 12th at 1:00pm. If you will be turning 65 in the next few months this can be a valuable program. We will be discussing the parts of Medicare and how they work and what you might need.

**Virtual PACT Caregiver Meeting:** Tuesday August 25th at 2:00pm. Join us for a reunion of our caregiver support group. We will be checking in with everyone and helping with resources and questions about caregiving during COVID-19.

## Information

### INFORMATION AND ASSISTANCE FOR OLDER ADULTS

Call the senior center at 430-4147 for information about services or resources in Burke County.

### NCBAM HOPE LINE

If you are 65 or older and feel isolated or lonely, the North Carolina Baptist Aging Ministry wants to help! A friendly voice is available Monday– Friday from 9am to 9pm. 1-866-578-4673

### TRANSPORTATION

Handi-Care, Inc. in Drexel receives a grant to provide free medical transportation. 828-437-8429

Greenway Public Transportation provides general and Medicaid transports. 828-464-9444

### COVID 19 INFO LINE

Burke County Emergency Services has an information line if you have questions about the symptoms of COVID 19. Call them with questions at (828)764-9388.

After Hours Line NC Public Information Line 1-866-462-3821

### FOOD PANTRIES

If you are in need of food, here are a few options. Contact the senior center for a full list of pantries in the county.

Burke United Christian Ministries: 828-433-8075

The Outreach Center: 828-439-8300

East Burke Christian Ministries: 828-397-7074

### LEGAL ASSISTANCE

Legal Aid of North Carolina— Foothills

(Appointment schedules may be altered by closure.)

Staff from Legal Aid partner with the senior center to provide Will Clinics annually. This is an opportunity to make simple wills for persons over age 60. If interested, call us to be added to the waiting list. For more information, call the senior center at 828-430-4147.



# August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Virtual 10 Warning Signs of Alzheimer's	4 1:00 Virtual Brain Games	5 If you are turning 65 and need help with Medicare, phone appointments are available.  Call (828) 430-4147 to schedule an appointment.	6 Last Day to register to play August Virtual Bingo!!  2:00 Virtual Extra Help Program Information	7 9:00 Virtual Chair Exercise  10am Virtual Substance use, Misuse and Opioids  11:15 Virtual Commonly Misused Medications
10 10:00 Virtual Understanding Alzheimer's & Dementia	11 9:00 Virtual Chair Exercise  12:00 Virtual Living with Alzheimer's for Caregivers– Early stages –Part 1	12 1:00 Virtual Medicare 101	13 1:30 Virtual Substance use, Misuse and Opioids  2:45 Virtual Commonly Misused Medications  2:00 Virtual Dementia Conversations: Driving, Doctor Visits	14 <b>National Creamsicle Day</b>  
17 2:00 Virtual Effective Communication Strategies	18 12:00 Virtual Living with Alzheimer's for Caregivers– Early stages –Part 2	19 10am Virtual Substance use, Misuse and Opioids  11:15 Virtual Commonly Misused Medications  12:00 Virtual Healthy Living for your Brain and Body During a Pandemic	20 2:00 Virtual Understanding and Responding to Dementia Related Behavior	21 <b>National Senior Citizens Day</b>  
24 9:30am Virtual Chair Exercise  10:00 Virtual Understanding and Responding to Dementia Related Behavior	25 12:00 Virtual Living with Alzheimer's for Caregivers– Early stages –Part 3  2:00 Virtual PACT Caregiver Meeting  1:30 Virtual Substance use, Misuse and Opioids  2:45 Virtual Commonly Misused Medications	26 2:00 Virtual Dementia Legal and Financial Issues	27 2:00 Virtual Effective Communication Strategies	28 Remain active while we're far apart. Google <i>go4life</i> for workout videos you can do in your living room.  
31 <b>National Eat Outside Day!</b>  	<b>Burke Senior Center</b>  501 N. Green St Morganton, NC 28655  (828)430-4147  Certified Senior Center of Excellence	In response to COVID-19, Burke County Senior Services is suspending all programs/activities until further notice.  Staff can still be reached by calling 828-430-4147.	*Please call the Senior Center or Email Amanda to register for the Virtual Programs.  828-430-4147  amanda.garrison@burkenc.org	Virtual Programs are offered by:  Burke Senior Center  Alzheimer's Association  Vaya Health

# Alzheimer's Association Virtual Programs

Burke Senior Center is excited to partner with the Alzheimer's Association to connect you to training. Attendees are invited to join via video/webinar or through a toll-free number. There is no charge to participate, but registration is required. For a complete list of upcoming virtual programs or to register for a class, visit [alz.org/northcarolina/helping\\_you/virtual-offerings](http://alz.org/northcarolina/helping_you/virtual-offerings) or call 800-272-3900. Participants will be sent conferencing details prior to the date.

## Understanding Alzheimer's and Dementia

[August 10, 2020 | 10:00-11:00 AM](#)

## 10 Warning Signs of Alzheimer's

[August 3, 2020 | 10:00-11:00 AM](#)

## Living with Alzheimer's for Caregivers -Early-stage

*(three-part series)*

[Part 1 - August 11 | NOON-1:00 PM](#)

[Part 2 - August 18 | NOON-1:00 PM](#)

[Part 3 - August 25 | NOON-1:00 PM](#)

## Healthy Living for Your Brain and Body During a Pandemic

[August 19, 2020 | NOON-1:30 PM](#)

## Effective Communication Strategies

[August 17, 2020 | 2:00-3:00 PM](#)

[August 27, 2020 | 2:00-3:00 PM](#)

## Understanding and Responding to Dementia- Related Behavior

[August 20, 2020 | 2:00-3:00 PM](#)

[August 24, 2020 | 10:00-11:00 AM](#)

## Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

[August 13, 2020 | 2:00-3:00 PM](#)

## Legal and Financial Issues

[August 26, 2020 | 2:00-4:00 PM](#)

# Upcoming August Training Opportunities

Burke Senior Center is excited to partner with VAYA again for another great training. VAYA has established a schedule for August that provides four opportunities to obtain information on related topics. Each week, we will be hosting a web-based learning opportunity for: "Substance Use, Misuse, and the Opioid Crisis, *And*, Commonly Misused Medications: Medication Effects on the Aging Brain ." Each learning segment will be one hour in length, with a 15 minute break between segments. Each is accredited through the North Carolina Division of Health Service Regulation (DHSR). This accreditation allows for the opportunity of earning 1 contact hour for each hour of education received. This is a FREE training for all seniors, caregivers, family members and professionals.

Friday August 7th	10:00-11:00 am	Substance Use, Misuse, and the Opioid Crisis
(Register by August 4th)	11:15-12:15pm	Commonly Misused Medications: Medication Effects on the Aging Brain
Thursday August 13th	1:30pm-2:30pm	Substance Use, Misuse, and the Opioid Crisis
(Register by August 10th)	2:45pm-3:45pm	Commonly Misused Medications: Medication Effects on the Aging Brain
Wednesday August 19th	10:00-11:00m	Substance Use, Misuse, and the Opioid Crisis
(Register by August 14th)	11:15-12:15pm	Commonly Misused Medications: Medication Effects on the Aging Brain
Tuesday August 25th	1:30pm-2:30pm	Substance Use, Misuse, and the Opioid Crisis
(Register by August 20th)	2:35pm-3:45pm	Commonly Misused Medications: Medication Effects on the Aging Brain

Call or Email the Senior Center to register your name, email and choice of training date. Phone: 828-430-4147 or Email: [Amanda.garrison@burkenc.org](mailto:Amanda.garrison@burkenc.org). The day before the webinar, you will receive an email with your link and instructions on how to sign in to the training.

# Exercise Ideas

We know nothing takes the place of exercising with friends, and hopefully we will see you back in our exercise classes soon! Until then, we encourage you to get out and walk on pretty days or put on some music in the house and move! Anything you do will keep your muscles toned, get your heart rate elevated and promote good balance. Look up these great websites below to exercise at home! (Check with your physician before beginning a exercise routine)

**Line Dancing** (submitted by Sharon Berry– Caldwell County)

<https://www.youtube.com/watch?v=uxRMn0FI19Y>

**Tai Chi for Beginners with Dr. Paul Lam** (to improve immunity and reduce stress)

<https://www.youtube.com/watch?v=hIOHGrYCEJ4>

**Endurance exercise workout** (from National Institute on Aging)

<https://www.youtube.com/watch?v=8E8iCYG16ho>

**Other Go4Life Exercise Videos** (from National Institute on Aging) (strength, Balance, Flexibility) [https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8)

[list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8](https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8)

# Virtual Field Trip

## Montreal, Canada

No need to leave the house to travel to Montreal. Visit this Expedia Travel video to have a virtual trip and learn about the largest city in Canada's Québec province .

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=poe2cLk9ko&list=PLdgCS0JzrmKHvEWqmb3-1tUQmT8ZWBrv&index=40)

[v=poe2cLk9ko&list=PLdgCS0JzrmKHvEWqmb3-1tUQmT8ZWBrv&index=40](https://www.youtube.com/watch?v=poe2cLk9ko&list=PLdgCS0JzrmKHvEWqmb3-1tUQmT8ZWBrv&index=40)



Fun Facts:

1. Grey stone and red brick are the most common building materials used on Montreal homes
2. The coldest day ever recorded in Montreal was on January 15th, 1957, with the all-time low of  $-37.8^{\circ}\text{C}$
3. Montreal is the fur capital of Canada, as the city produces over 80% of the nation's fur products
4. Montreal has a long human history stretching back over 8,000 years. It wasn't until 1535 that the first European – Jacques Cartier – laid eyes on what is today Montreal. Then 70 years later Samuel de Champlain set about creating a fur trading post. In 1642 the first real colony named Ville Marie was established.
5. Montreal is one of the five largest French speaking cities in the world. Paris is first.
6. No building in Montreal can be taller than the cross on the Mount Royal Mountain.



# Medicare

## Virtual Medicare 101

Wednesday August 12th, 1pm-2:30pm

If you will be turning 65 in the next few months this can be a valuable program. We will be discussing the parts of Medicare and how they work and what you might need. Call or Email the Senior Center to register your name and email. Phone: 828-430-4147 or Email: [Amanda.garrison@burkenc.org](mailto:Amanda.garrison@burkenc.org). The day before the webinar, you will receive an email with your link and instructions on how to sign in to the training.

### Virtual Extra Help Program Information

Thursday August 6th, 2-3pm

Medicare beneficiaries can qualify for Extra Help with their Medicare prescription drug plan costs. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 States or the District of Columbia.

This meeting will answer general questions about the Extra Help program and if you may qualify and how you can apply for the program.

Phone: 828-430-4147 or

Email: [Amanda.garrison@burkenc.org](mailto:Amanda.garrison@burkenc.org). The day before the webinar, you will receive an email with your link and instructions on how to sign in to the training.

### Extra Help Program

QUALIFICATIONS AND BENEFITS OF EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS

**Income limits** to qualify for Extra Help are:

Individual, \$18,732

Couple, \$25,368

**Asset limits:** Individual, \$14,390

Couple, \$28,720

(cash, investments—do not count your home)

With Extra Help, you save on premium costs, co-pays, deductibles, and you may avoid a coverage gap. We can assist with applications. Please call 430-4147 for an appointment.



**SHIIP**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner  
855-408-1212 (toll free) • [www.ncdoi.com](http://www.ncdoi.com)

## National Immunization awareness month

Vaccines are an important step in protecting against serious and sometimes deadly diseases. Even healthy adults can become seriously ill and can pass certain illnesses on to others.

Immunizations are especially important for older adults and for adults with chronic conditions such as asthma, COPD, diabetes, or heart disease.

Medicare covers a number of vaccines for beneficiaries under Medicare Part B and the Medicare prescription drug plans (Part D).

Ask a SHIIP counselor for more information.

# AUGUST

### S.H.I.I.P.

#### (SENIORS HEALTH INSURANCE INFORMATION PROGRAM)

Staff and volunteers are trained by the S.H.I.I.P. division of the NC Dept. of Insurance to answer questions about Medicare, Medicare Advantage Plans, Medicare Prescription Drug coverage, Medicare Supplement policies and Long Term Care Insurance. Please call for Information or assistance from a counselor – (828) 430-4147. To call SHIIP Toll Free, dial 1-855-408-1212

# August Progressive Quarantine Bingo

Name:

Phone #:

<b>B</b> <b>(1-15)</b>	<b>I</b> <b>(16-30)</b>	<b>N</b> <b>(31-45)</b>	<b>G</b> <b>(46-60)</b>	<b>O</b> <b>(61-75)</b>
		<b>FREE SPACE</b>		

Join us for an at home long lasting game of bingo quarantine style.

How this game will work:

1. Use the blank card above to create your very own personal bingo card by marking each blank space with a number from that column (do not repeat any numbers).
2. Once you have created your card, send a picture of your card by email or if unable to take a photo call us to register for the Bingo game. (Must be registered by **August 6th** to win a prize.)
3. Game will begin on August 1st– Each day a number will be released on our Facebook page and registered players can be emailed or called. (weekend numbers will be given on Mondays). The game will last all month and all winning cards will be entered into a drawing for a gift.
4. Game will be played as regular BINGO with up, down, across and diagonal.
5. Have fun!

## Seniors in Action Corner



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- Meetings are cancelled until further notice.
- Senior Trips- **The Trip to Nova Scotia has been canceled.** All members with reservations will be contacted directly to receive refunds.
- Right now, the long-distance trip to The Ark is as scheduled for this fall. If that changes, all members with reservations will be contacted directly.
- Registration for the following 2021 trips has begun:

### **Virginia Beach, Colonial Williamsburg & Historic Norfolk.- April 19-23, 2021 \$655.**

This five-day, four-night trip includes: Transportation on a top-quality motorcoach, 4 nights lodging 8 meals including: 4 breakfasts and 4 dinners, The Virginia Beach Boardwalk, Visit to Colonial Williamsburg including a guided tour, Dinner cruise & entertainment on the Spirit of Norfolk, Admission to the Nauticus and Battleship Wisconsin, Visit to Yankee Candle Village, Virginia Beach Aquarium & Marine Science Center, and so much more.

**A deposit of \$75.00 is due at registration, with the final payment due on 2/12/21.**

### **Grand Canyon, Las Vegas & The Hoover Dam – September 8-21, 2021, - \$1,475.00.**

This 14-day, 13-night trip includes: Transportation on a top-quality motorcoach that is video equipped, 13 nights lodging, including 3 consecutive nights in a Las Vegas Casino Hotel, 19 meals including: 10 breakfasts and 9 dinners, Free day to shop, explore, and discover Las Vegas, Admission to the Hoover Dam Visitor Center, Visit to the magnificent Petrified Forest National Park, Visit Grand Canyon National Park including an IMAX Grand Canyon Movie, Gaming and sight-seeing on the famous Las Vegas Strip, Guided tour of spectacular Valley of Fire State Park, and so much more. **A deposit of \$75.00 is due at registration, with the final payment due on 6/25/21.**

- Long distance trip contacts: Janet 828-433-6734, JoAnn 828-438-8210, or Darlene 828-347-2776.
- **Upcoming Day Tours**—Day trips are now suspended until further notice because of social distancing and group size restrictions. We hope to start again in the fall, and we will keep you posted.

## 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.