

June—July 2021



**WORLD ELDER ABUSE
 AWARENESS DAY**
 Building Strong Support for Elders

Join our Coffee Zoom Chat on June 11th at 10:00 AM. Anita Roberts, Ombudsman with WPCOG AAA, will share information on how you can help stop elder abuse.



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HOURS OF OPERATION:

Monday, Tuesday & Wednesday
 8:00 AM - 4:00 PM
Thursday
 8:00 AM—7:00 PM
Friday
 8:00 AM—1:00 PM

650-A Pennton Ave. SW
 Lenoir, NC 28645

Phone: (828) 758-2883

Fax: (828) 758-2348

office@caldwellseniorcenter.org
 www.caldwellseniorcenter.org

A Message On Reopening

Thanks for your patience over the last year with trying virtual formats, following the guidelines, and working with us to safely reopen. We will continue to offer both virtual and in-person programs and activities. You are invited to participate in the way that best suits your comfort level.

As stated since March 2020, we will adapt as we are given directives from the NC Governor's office, NC Dept. of Health and Human Services, and the Caldwell Co. Health Dept. For June and July, our plan (as of May 7th) is to open with fewer restrictions. We plan to bring back card playing if requirements remain relaxed, and you won't have to register for most activities. Hoorah! See you soon!

OPERATION FAN/HEAT RELIEF

With funds provided by Duke energy, fans have been purchased for people meeting this criteria:

- Must be 60 years or older OR with a disability, and
- Must have a home situation where a threat to health and well-being exists.

Fans will be distributed on a first come, first serve basis, to those who qualify. You must provide proof of age and/or disability. For information call 758-2883.

CAROLINA CROSS CONNECTION (CCC)

CCC is a non-profit organization that partners with local churches & agencies to provide free home repairs. This June and July they will begin working on referrals for wheelchair ramps, porches, re-decking, handrails, yard work and exterior painting. All projects will be outside the home due to COVID-19 restrictions. Call 758-2883 to make a referral.

VIRTUAL PROGRAMS

VIRTUAL ADVANCE CARE PLANNING WORKSHOP

July 8th at 1:30 PM

Caldwell Hospice & Palliative Care will host this FREE workshop online. If you need a living will or healthcare power of attorney, please sign up. You may call 758-2883 or email us to register. Once registered, either pick up your forms at the senior center or provide an email address so forms can be sent electronically. Email: office@caldwellseniorcenter.org

ZOOM COFFEE CHATS

We will scale back to one monthly Zoom Coffee Chat beginning in June. Call or email us to get the zoom link.

June 11th at 10:00 AM—Anita Roberts, Ombudsman with the Area Agency on Aging will present a program about elder abuse and prevention including how to report abuse and signs of abuse.

July 23rd at 10:00 AM—“Wacky U.S. History Trivia” with Senior Center staff. Join us to play or just watch/listen!

PHONE BINGO (BY CONFERENCE CALL) 10:00 AM

June 10th prizes sponsored by Hickory Falls Health & Rehab.

July 8th prizes sponsored by Lenoir Healthcare

All you need is a telephone of any kind.

Here is how it works: 1) Call us to update your phone number and sign up, 2) We will send you a couple Bingo cards, 3) You will call in to the phone number we give to you on the specified dates/times, 4) You will play Bingo over a conference call, and 5) maybe win a prize. Call us at 758-2883 to sign up for Phone Bingo.

PHONE CHAT (BY CONFERENCE CALL)

June 24th at 10:00 AM

Join senior center staff for a time to share. We will give topics and let everyone have a chance to speak. Call us to sign up at 758-2883.

VIRTUAL CAREGIVER SUPPORT GROUP

June 2nd, 1:00 PM

July 7th, 1:00 PM

Are you a caregiver in need of a support system of people who understand? This group gives you a chance to exchange information, gain strategies, learn about community resources, share feelings and talk through issues. The Caregiver Support Group will continue using Zoom on the first Wednesday of each month. Call the senior center or email us to register.

Email is located on page 1.

No internet? You can call in to our virtual programs. You will not be able to see the program, but will be able to listen and comment.

VAYA HEALTH VIRTUAL TRAININGS

VAYA Health's Adult and Geriatric Mental Health Specialty Team is providing their FREE informative trainings online. The first topic will begin at 10:00 AM, followed by a 15-minute break. The second topic will begin at 11:15 AM.

DATE: June 4th (Register by June 1st.)

“PTSD: Invisible Scars” and “Coping with Anxiety: Medications and More”

DATE: July 2nd (Register by June 29th)

“Crisis Prevention: Keeping Your Cool Under Pressure” and “Overcoming Communication Barriers”

Community individuals, agency staff serving the aged, caregivers & anyone interested in learning about these topics are encouraged to attend. If interested, please call us at 758-2883. You must register by the appropriate date listed.

FACEBOOK & Email Virtual Opportunities

Travel Tuesday—Travel virtually with us each week.

Wellness Wednesday—Check out our weekly wellness tips.

Think About it Thursday—

Weekly topics to ponder and to take action if you desire.

* denotes virtual

JUNE

+ denotes in-person

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Fitness Room ⇒ Billiards Table ⇒ Computer Lab Open daily during office hours. No reservation needed.	1 Travel Tues. * 10:00 Senior Crafters + 1:30 Balance Builders *+ 2:00 Rooted & Rockin' *+	2 –Wellness Wed. * 8:30 Yoga/Qigong *+ 11:00 Intermediate Line Dance + 1:00 Wood Carving + 1:00 Cribbage + 1:00 Caregiver Support Group *	3 Think about it Thursday * 9:00 Fun & Friendship + 1:30 Euchre + 1:30 Coloring Club + 5:30 Tai Chi/Qigong *+ We close at 7:00 PM.	4 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 VAYA Health Program * We close at 1:00 PM.
7 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Knitting & Crocheting + 10:00 Oil Painting (\$20 due) + 1:30 Caroliners +	8 Travel Tues. * 10:00 Senior Crafters + 1:00 Mah Jongg + 1:30 Balance Builders *+ 2:00 Rooted & Rockin' *+	9 Wellness Wed. * 8:30 Yoga/Qigong *+ 11:00 Intermediate Line Dance + 1:00 Wood Carving + 1:00 Cribbage +	10 Think about it Thursday * 9:00 Fun & Friendship + 10:00 Phone Bingo * 1:30 Euchre + 1:30 Medicare 101 * 5:30 Tai Chi/Qigong *+ We close at 7:00 PM.	11 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Zoom Coffee Chat—Anita Roberts * We close at 1:00 PM.
14 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Knitting/ & Crocheting + 10:00 Oil Painting + 1:30 Caroliners +	15 Travel Tues. * 10:00 Senior Crafters + 1:30 Balance Builders *+ 2:00 Rooted & Rockin' *+	16 Wellness Wed. * 8:30 Yoga/Qigong *+ 11:00 Intermediate Line Dance + 1:00 Wood Carving + 1:00 Cribbage+	17–Think about it * 9:00 Fun & Friendship + 1:30 Euchre + 2:00 iPhone Clinic + 3:00 Smartphone Clinic + 5:30 Tai Chi/Qigong *+ We close at 7:00 PM.	18 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Bingo with Hickory Falls + We close at 1:00 PM.
21 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Knitting/ & Crocheting + 10:00 Oil Painting + 1:30 Caroliners +	22 Travel Tues. * 10:00 Senior Crafters + 1:00 Mah Jongg + 1:30 Balance Builders *+ 2:00 Rooted & Rockin' *+	23 Wellness Wed. * 8:30 Yoga/Qigong *+ 11:00 Intermediate Line Dance + 1:00 Wood Carving + 1:00 Cribbage +	24–Think about it * 9:00 Fun & Friendship + 1:30 Euchre + 10:00 Phone Chat * 2:00 iPhone Followup + 3:00 Smartphone Followup + 5:30 Tai Chi/Qigong *+ We close at 7:00 PM.	25 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Vein Clinic + We close at 1:00 PM.
28 8:30 Senior Cardio *+ 9:00 Senior Strength *+ 10:00 Knitting/ & Crocheting + 10:00 Oil Painting + 1:30 Caroliners +	29 Travel Tues. * 10:00 Senior Crafters + 1:30 Balance Builders *+ 2:00 Rooted & Rockin' *+	30 Wellness Wed. * 8:30 Yoga/Qigong *+ 11:00 Intermediate Line Dance + 1:00 Wood Carving + 1:00 Cribbage +	Do I still need to wear a mask? Probably. Updates on guidelines and restrictions will be available at the senior center and our website. www.caldwellseniorcenter.org	

* denotes virtual

JULY

+ denotes in-person

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We hope our new way of distinguishing virtual and in-person programs is not confusing. Special programs are in bold & blue print.</p> <p>Activities & programs with an asterisk * are virtual (online or conference call).</p> <p>Activities & programs with a + are in-person at the senior center.</p> <p>Activities & programs with an * and a + are virtual and in-person. Call or email for virtual program links.</p>			<p>1</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>1:30 Coloring Club +</p> <p>5:30 Tai Chi/Qigong * +</p> <p>We close at 7:00 PM.</p>	<p>2</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 VAYA Health Program *</p> <p>We close at 1:00 PM.</p>
<p>5</p> <p>CLOSED</p> 	<p>6</p> <p>Travel Tues. Facebook *</p> <p>10:00 Senior Crafters +</p> <p>1:30 Balance Builders * +</p> <p>2:00 Rooted & Rockin' * +</p>	<p>7— Wellness Wed. *</p> <p>8:30 Yoga/Qigong * +</p> <p>11:00 Intermediate Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p> <p>1:00 Caregiver Support Group *</p>	<p>8</p> <p>9:00 Fun & Friendship +</p> <p>10:00 Phone Bingo *</p> <p>1:30 Euchre +</p> <p>1:30 Advance Care Planning Workshop *</p> <p>5:30 Tai Chi/Qigong * +</p> <p>We close at 7:00 PM.</p>	<p>9</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>We close at 1:00 PM.</p>
<p>12</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Knitting/ & Crocheting +</p> <p>10:00 Oil Painting (\$20 due) +</p> <p>1:30 Caroliners +</p>	<p>13</p> <p>Travel Tues. Facebook *</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Balance Builders * +</p> <p>2:00 Rooted & Rockin' * +</p>	<p>14</p> <p>Wellness Wed. *</p> <p>8:30 Yoga/Qigong * +</p> <p>11:00 Intermediate Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>15</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>2:00 iPhone Clinic +</p> <p>3:00 Smartphone Clinic +</p> <p>5:30 Tai Chi/Qigong * +</p> <p>We close at 7:00 PM.</p>	<p>16</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Bingo with Lenoir Healthcare +</p> <p>We close at 1:00 PM.</p>
<p>19</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Knitting/ & Crocheting +</p> <p>10:00 Oil Painting +</p> <p>1:30 Caroliners +</p>	<p>20</p> <p>Travel Tues. Facebook *</p> <p>10:00 Senior Crafters +</p> <p>1:30 Balance Builders * +</p> <p>2:00 Rooted & Rockin' * +</p>	<p>21</p> <p>Wellness Wed. *</p> <p>8:30 Yoga/Qigong * +</p> <p>11:00 Intermediate Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>22</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>2:00 iPhone Followup +</p> <p>3:00 Smartphone Followup +</p> <p>5:30 Tai Chi/Qigong * +</p> <p>We close at 7:00 PM.</p>	<p>23</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Zoom Coffee Chat "Wacky U.S. History Trivia" *</p> <p>We close at 1:00 PM.</p>
<p>26</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Knitting/ & Crocheting +</p> <p>10:00 Oil Painting +</p> <p>1:30 Caroliners +</p>	<p>27</p> <p>Travel Tues. Facebook *</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Balance Builders * +</p> <p>2:00 Rooted & Rockin' * +</p>	<p>38</p> <p>Wellness Wed. *</p> <p>8:30 Yoga/Qigong * +</p> <p>11:00 Intermediate Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>29</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>3:00 Medicare 101 +</p> <p>5:30 Tai Chi/Qigong * +</p> <p>We close at 7:00 PM.</p>	<p>30</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>We close at 1:00 PM.</p>

EXERCISE OPPORTUNITIES

Call or email us for links to exercise classes. office@caldwellseniorcenter.org

SENIOR CARDIO (30 min.)
Mon. & Fri. at 8:30 AM
Low-Moderate impact aerobics in person and online. (\$1 donation for senior center)

SENIOR STRENGTH (30 min.)
Mon. & Fri. at 9:00 AM
Exercises to increase strength and flexibility in person and online. (\$1 for senior center)

BALANCE BUILDERS (30 min.)
Tuesdays at 1:30 PM
Exercises to improve Balance in person and online. (\$1 donation for senior center)

ROOTED & ROCKIN' (30 min.)
Tuesdays at 2:00 PM
Chair aerobics in person and online. (\$1 for senior center)

April Austin teaches the classes above.

YOGA & QIGONG (1 hr.)
Wednesdays at 8:30 AM
Standing and seated yoga & Qigong with Ellen Crider, Yoga Therapist, in person and online. Learn therapeutic movements, breathing techniques, energy harnessing and the power of colors. (\$5 free will offering appreciated for Ellen.)

TAI CHI & QIGONG (45 min.)
Thursdays at 5:30 PM
Gentle movements combined with Qigong taught by Ellen Crider, Yoga Therapist and Natural Healer in person and online. (\$5 free will offering appreciated for Ellen.)

CAROLINERS (1 hr.)
Mondays at 1:30 PM
Sharon Berry instructs this advanced line dance class. (\$1 appreciated for Sharon)

LINE DANCE CLASS (1 hr.)
Wednesdays at 11:00 AM
This is an intermediate level line dance class taught by Sharon Berry that meets during the summer months and is for those with some line dancing experience. Those wishing to learn may join the Beginner Basics class in September. (\$1 appreciated for Sharon)



Caldwell Urology Associates is a division of Caldwell Memorial Hospital

INTRODUCES

**Caldwell Urology Associates
Ralph H. Duckett, MD**

Dr. Duckett received his Doctor of Medicine at Wake Forest University School of Medicine and completed his residency at Wake Forest University Baptist Medical Center, Department of Urology. Dr. Duckett has been practicing medicine for more than 21 years and treats all Urological conditions including: Urinary incontinence (Leakage) male and female, Pelvic Prolapse female (commonly seen in elderly patients).



Dr. Duckett looks forward to helping you.

Call for an appointment: 828-757-6431

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WHAT TO DO?

Need a hobby or new interest?

ADULT COLORING CLUB

1st Thursday of each month, 1:30-3:00 PM

Bring colored pencils and enjoy coloring together. Coloring sheets are provided or you may bring your own. A structured class with an instructor will begin in the Fall.

KNITTING & CROCHETING GROUP

Mondays, 10:00 AM—12:00 Noon

Bring your needles, yarn and projects to work alongside others. Experienced and new yarn crafters are welcome.

SENIOR CRAFTERS

Tuesdays, 10:00 AM—12:00 Noon

Crafters teach and learn from each other. New crafters are welcome!

WOOD CARVING GROUP

Wednesdays, 1:00—3:00 PM

Bring your tools and projects to work on. New and experienced wood carvers are welcome.

BILLIARDS

Monday, Tuesday, Wednesday, 8 AM—4 PM

Thursday, 8 AM—7 PM; Friday, 8 AM—1 PM

A pool table is ready for you to play with old friends or make new ones.

FITNESS ROOM

Monday, Tuesday, Wednesday, 8 AM—4 PM

Thursdays, 8 AM—7 PM; Friday, 8 AM—1 PM

There are treadmills, stationary bikes and weights for you to use.

Do you enjoy card games?

CRIBBAGE

Wednesdays, 1:00-3:00 PM

Come learn to play this great card game!

EUCHRE

Thursdays, 1:00—3:00 PM

A social card game with 3 or more players. Come learn if you don't know how!

SENIOR FUN AND FRIENDSHIP CLUB

Thursdays, 9:30 AM—1:00 PM

This group meets for socializing at 9:00 AM and card games begin at 9:30. Games include Bridge and Hand & Foot, or you can start a new game. Club dues are \$15/year. If you are wanting to join the group, please call 758-2883 before attending. Ask about food restrictions before bringing snacks.

Other games?

MAH JONGG

2nd and 4th Tuesdays, 1:00—4:00 PM

New players are welcome to come and learn!

If you have another game you are interested in playing, let us know.

Are you interested in playing chess? Let us know because an opponent awaits.



IN-PERSON BINGO AT THE SENIOR CENTER!



BINGO WITH HICKORY FALLS

Friday, June 18th at 10:00 AM

Join Danielle for a great time together playing bingo! Prizes are donated by Hickory Falls Health & Rehabilitation. Limited space is available, so please register at 758-2883.

BINGO WITH LENOIR HEALTHCARE

Friday, July 16th at 10:00 AM

Join Tamika for bingo and lots of fun! Prizes are donated by Lenoir Healthcare. Limited space is available so please register at 758-2883.

ANNOUNCEMENTS

A Special Thanks . . .

FINANCIAL DONATIONS

Wade Heffner	Joyce Stewart
Rob & Ellen Hooper	Deborah Raina
John Martin	Steve Brooks
Bill and Sharon Berry	Mary Bellinger
Goldie Gould	Mary Alice Norwood
Don & Bonnie Bowie	Town of Gamewell
Carolyn Lingle	

NEEDED

We are always in need of jigsaw puzzles at the senior center.
Thank you for all of the donations!

Thanks to Hickory Falls Health & Rehabilitation for the June bingo prizes!

Thanks to Lenoir Healthcare for the July bingo prizes.

In memory of . . .

John O'Keefe by Lorraine O'Keefe
Raymond Triplett by Glenda Johnson

VIRTUAL PROGRAM PROVIDERS

Caldwell Hospice & Palliative Care
VAYA Adult & Geriatric Mental Health Specialty Team
Terri Clapsaddle & Rachel Gallardo, Diabetes Education

Ellen Crider, Yoga classes
Angela Clark, Attorney

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



PROGRAMS & INFORMATION

CELL PHONE HELP CLINICS

Do you need assistance with your iPhone or smartphone? Representatives from Carolina West/Bark Mobile will be at the senior center to answer questions and provide a Zoom tutorial. The clinics are FREE and limited space is available. Please call 758-2883 to register. Don't forget your phone and questions. You must be registered to attend.

IPHONE CLINIC

Thursday, June 17th from 2:00—3:00 PM

A follow up clinic for those attending the June 17th clinic will be held on June 24th at 2:00PM.

Thursday, July 15th from 2:00—3:00 PM

A follow up clinic for those attending the July 15th clinic will be held on July 22nd at 2:00 PM.

SMARTPHONE CLINIC

Thursday, June 17th from 3:00—4:00 PM

A follow up clinic for those attending the June 17th clinic will be held on June 24th at 3:00PM.

Thursday, July 15th from 3:00—4:00 PM

A follow up clinic for those attending the July 15th clinic will be held on July 22nd at 3:00 PM.

VEIN CLINIC WITH VENAFLUX

June 25th at 10:00 AM FREE!

Screening for vein disease is very important for you to stay on top of your health! Uncomfortable symptoms you experience in your legs could stem from problems related to your veins. Vein disease is not always as obvious as large, bulging varicose veins. If you are suffering from:

Spider and varicose veins	• Heaviness
• Swelling of the legs or ankles	• Leg cramps
• Pain or heaviness when you stand	• Itchy legs
• Aching	• Discoloration/ Pigmentation changes
	• Leg ulcers
	• Leg fatigue

Join Venaflux: Vein & Vascular for a short vein seminar at the senior center and sign up for a 15-min. vein screening slot to help determine if you may be candidate for varicose vein treatment. Please register by calling 758-2883 and space is limited. You will have to wait between the seminar time and your screening.

SENIOR PLANET

FROM AARP

Senior Planet from AARP offers virtual courses, programs, and activities to specifically help seniors learn new skills, save money, get in shape, and make new friends.

Senior Planet offers exercise classes, courses, workshops, social events, and senior-relevant tech-related lectures on the latest gadgets, apps, and websites. Those gadgets, apps and websites are just a means to an end: enabling older adults to come together and find ways to learn, work, create, and thrive in today's digital age.

Go to their website and click on the "Join Us Online" tab at the top of the page to browse all the free offerings and opportunities.

<https://seniorplanet.org/>



WHO TO CALL?

If an older adult is in immediate danger, call 9-1-1.

If you need to talk about a situation

involving the abuse or

exploitation of an older adult, call the Caldwell County Dept. of Social Services at 828-426-8288.

Your call is confidential and your information may save someone's life.

Join our Zoom Coffee Chat with Anita Roberts, Ombudsman with WPCOG Area Agency on Aging for a presentation on Elder Abuse Prevention. See details on page 2.



MEDICARE

A Senior Health Insurance Information Program (**SHIIP**) Volunteer will be on duty at the Senior Center on varying dates and times. If you will have Medicare in the next 3 months and would like to speak with a SHIIP counselor, please call 758-2883.



To Call SHIIP Toll Free dial 1-855-408-1212.



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

Income limits to qualify for Extra Help are: Individual, \$1,610/month
Couple, \$2,178/month

Asset limits: Individual, \$13,290 Couple, \$26,520 (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. **Call 758-2883 for assistance.**



VIRTUAL & IN PERSON MEDICARE 101 CLASSES

June 10th at 1:30 PM via Zoom

July 29th at 3:00 PM in person at the senior center

Are you new to Medicare? Do you need help deciphering the difference between advantage plans, supplements and Part D drug plans? If you do or have questions about Medicare, register for our virtual or in person Medicare 101 class. SHIIP* counselors from the senior center will be available to answer your questions and supply valuable information to enable you to make good decisions about plan coverage. Please register by calling 758-2883 or emailing us. The link will be sent to you in an email prior to the program. (Email: office@caldwellseniorcenter.org)

**The Basics:
What you need to
know!**

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14-1643

SERVICES

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

Call the senior center at 757-8635 for information about services and resources in Caldwell County.

LEGAL ASSISTANCE

Legal Aid of North Carolina Morganton Office Staff from Legal Aid of N. C. Morganton Office comes at least once a year (as long as annual funding lasts) to make simple wills for persons over age 60. An appointment is necessary and a waiting list is maintained. Legal services for civil matters are provided by the Morganton office for seniors who qualify financially. The senior center does not have an attorney on staff nor one who provides regular services. Although we are unable to recommend attorneys, you may call the Senior Legal Helpline at 1-877-579-7562 for assistance. Call us for information about Legal Aid of NC at 758-2883.

MOBILE FOOD PANTRY

The senior center is a food distribution site on the 4th Monday of each month for the Yokefellow Senior Mobile Pantry at 1:30 PM. Please register at 758-2883. You will be reminded by an automated phone call.

PHONE CALLS FROM THE SENIOR CENTER

Periodically we send out recorded calls with information about the senior center. These calls generally do not require that you call the senior center back. If you stay on the line, the message is repeated. If you miss it, we normally have it repeated on our voicemail message. These calls will show up on caller ID as our telephone number. 758-2883

NOTARY SERVICES

Certified staff members at the senior center. If you are in need of a notary, please call the senior center at 758-2883 to make an appointment.

SENIOR TAR HEEL CARDS

For people over 60 and who are Caldwell Co. residents, these cards may be picked up at the senior center. Many businesses give discounts to seniors. Good for free entry or a discount to county school sporting events at schools that honor them. One card per person may be obtained. Please bring an ID with you.

S.H.I.I.P. (SENIORS HEALTH INSURANCE INFORMATION PROGRAM)

Certified volunteers & senior center staff. Staff and volunteers are trained by the S.H.I.I.P. division of the NC Department 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 an appointment with a counselor – 828-758-2883. To call SHIIP Toll Free, dial 1-855-408-1212.

TAX ASSISTANCE (758-2883)

Caldwell Co. is unable to assist with taxes this year. Please call for a referral number.

TRANSPORTATION

Greenway Transit provides transportation in Caldwell County. Call (828) 464-9444 by noon three days before the requested date to schedule a ride.

COMPUTER/INTERNET

Computers are available for your use Mon.–Fri. during office hours. See page 1 for hours.

The Satie and J. E. Broyhill Caldwell Senior Center is open to all Caldwell County residents age 60 and better and their spouses. A full schedule of activities is offered five days a week. There are no membership fees, but donations are accepted to support the programs. For more information about any of the activities, classes or programs, give us a call at 758-2883.

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Limited scholarships may be available to those needing assistance with fee-based activities.



Programs are funded in part by a grant awarded by the Unifour Foundation, Inc. Endowment.

CENTER INFORMATION

Inclement Weather Policy: In the event of bad weather causing us to have a delay or close, we will notify you through Facebook and on our voicemail. The closure information will also be on our website at www.caldwellseniorcenter.org.

Call 828-758-2883 to hear our voicemail message.

STAFF

April Austin, Executive Director

Ingrid Farrar, Assistant Director

Vicki Wyckoff, Administrative Assistant/SHIIP Counselor

Jeanie Muhammad, Receptionist (Senior Community Services Employment Program)

Volunteer Receptionists,
Mary Bellinger
Joyce Stewart

We are registered as a charitable organization with Amazon.

0.5% of the cost of any purchases you make will be donated to Caldwell Senior Center if you sign in with smile.amazon.com.



MISSION STATEMENT

The mission of Caldwell Senior Center is to provide services and activities which enhance the lives of older adults, encouraging their involvement in the community, and providing advocacy.

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