

December 2020—January 2021



**Have a wonderful holiday season!**



Please remember to  
**wear a face mask**

when coming to the door to speak with staff members and at all times inside the senior center. Thanks for your cooperation.

## WHAT'S INSIDE

- 02 Virtual Programs**
- 03 Guidelines**
- 04 Weekly Events**
- 05 Exercise**
- 06 A Message to You**
- 07 Announcements**
- 08 In Person Activities**
- 09 Medicare**
- 10 Services**

## Now Open With Reservations and Restrictions

We have waited and prepared for this time of reopening for many months. However, it will not look or feel like the senior center in which you used to freely come and go. Such is the case with everywhere we go these days.

We want you to know that your safety is of utmost importance to us. We are working to keep the center clean and safe. With that said, most of you remain in the high risk category for contracting and having serious complications from COVID-19. If you are not ready to come back, please know that we understand. We will continue to have our puzzle packets, jigsaw puzzles, coloring sheets and virtual programming available to you.

On page 3, you will find a complete list of the new guidelines and restrictions. These will change as new information and direction is given to us by the NCDHHS (NC Dept. of Health and Human Services) and the Caldwell Co. Health Dept. On page 8, you will find a schedule of the in-person events available at this time. Thank you.

**\*\* TEMPORARY \*\*  
 HOURS OF OPERATION:**

Monday - Friday  
 8:00 AM - 4:00 PM

650-A Pennton Ave. SW  
 Lenoir, NC 28645

Phone: (828) 758-2883  
 Fax: (828) 758-2348  
[office@caldwellseniorcenter.org](mailto:office@caldwellseniorcenter.org)  
[www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org)



The senior center will be **CLOSED** for staff and members on Dec. 21-25, 2020 for the Christmas holiday. There will be no puzzle packets



We will be **CLOSED** on Jan. 1st for staff and members. Have a safe holiday

# VIRTUAL PROGRAMS

**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. Call us to at 758-2883 to learn more.

## VIRTUAL ADVANCED CARE PLANNING WORKSHOP

December 10th, 1:30 PM and January 14th, 1:30 PM

Caldwell Hospice & Palliative Care will host these FREE workshops online. If you need a living will or healthcare power of attorney, please sign up. Go to our website, [www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org) or call 758-2883 to register. Once registered, please call us to pick up your forms or give us your email address so we can send the forms electronically.

## COPING WITH THE HOLIDAYS VIRTUAL PROGRAM

Dec. 2 at 12:00pm; Dec. 9 at 3:00pm; Dec. 15 at 6:00 pm

Caldwell Hospice & Palliative Care will lead discussions about ways of planning holiday events, remembering the missing loved ones, avoiding additional stress, and caring for yourself during a festive but difficult time. Please call 828-754-0101 or email [ksezer@caldwellhospice.org](mailto:ksezer@caldwellhospice.org) to register. You will be given a Zoom link. All three dates/times are for the same program and are FREE.



## VIRTUAL CAREGIVER SUPPORT GROUP

December 2nd, 1:00 PM

January 6th, 1:00 PM

Are you a caregiver in need of 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. This group will continue using Zoom on the first Wednesday of each month. Call the senior center or go to our website to register.

[caldwellseniorcenter.org](http://caldwellseniorcenter.org)

## ZOOM COFFEE CHAT

Friday mornings at 9:00 AM

Join our guest speakers for all kinds of community resources. Go to our website for the link. See you there!

## VAYA HEALTH VIRTUAL TRAININGS

VAYA Health's Adult and Geriatric Mental Health Specialty Team is providing their FREE informative trainings online since we are closed. 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: December 4th** (Register by Dec. 1st.)

"Person(RE)ality: Why Mine is Different" and "Overcoming Communication Barriers"

**DATE: January 8th** (Register by Jan. 5th.)

"OCD: Supporting People in an Adaptive Way" and "I'm Covered Up: What You Need to Know About Hoarding"

Community individuals, agency staff serving the aged, caregivers & anyone interested in learning about these topics are encouraged to attend. If interested, please go to our Facebook page, [www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org) or call us at 758-2883. You must register by the appropriate date listed, and a VAYA team member will contact you with the training link.

\*If you cannot attend on these dates, there are other dates/times available.

Call us at 758-2883 for more information.



# REOPENING GUIDELINES

## Senior Center Re-Opening Guidelines for Participation

The Senior Center has been working on a plan that includes new policies and procedures for visiting per recommended guidelines of the Center for Disease Control and Prevention, the North Carolina Department of Aging and Adult Services, and the Caldwell County Health Department.

The Center is currently open to staff only during office hours 5 days a week from 8:00 am – 4:00 pm. The center will re-open to regular participants for specific scheduled programming with limitations and restrictions in stages. Time frames and implementation of reopening stages will be evaluated and could change based on announcements from state and local authorities. Although different from what we have done in the past, these limitations and restrictions are necessary and will be implemented to help prevent the spread of COVID-19.

### **The following guidelines will be in place for re-opening and will remain in effect until further notice:**

- Participants who are age 65 or older or have serious underlying health conditions are encouraged to talk to their healthcare provider to assess their risk and to determine if they should stay home or if they may participate in senior center activities.
- All persons will be required to wear a face covering while in the senior center.
- Pre-registration is required for **ALL** activities; “drop-ins” will not be allowed. All persons arriving to participate in **ANY** activity **MUST** be registered in advance. If a person has not registered in advance, he/she will not be allowed to attend. Regular participants will be permitted to use the facility only during their scheduled program time. Participants must speak with senior center staff or a senior center office volunteer to register. Registrations left by voicemail or made by e-mail will not be considered an advance registration. Register for Monday classes the previous Friday.
- Drop-in visitors will not be permitted at this time. All visitors to the facility must make an appointment with a staff member.
- There will be minimal programming with no luncheons, special events, or social group meetings/gatherings.
- All activities will have a limited number of seats. No large group events or meetings will be held until further notice.
- All participants will need to sign a liability waiver prior to registering for their first program.
- Before entering our building, all persons (patrons, volunteers, instructors, vendors, and staff) must submit to the health screening and temperature check. Anyone with a temperature of 100.4 or higher will not be permitted.
- A minimum personal physical distance of 6 feet must always be maintained during any activity.
- All participants must enter through the front door. No one will be able to enter via the kitchen, sunroom, or back door. Participants are encouraged to exit via the back door unless there are physical limitations that make this difficult. You may then exit the front door. The sunroom and kitchen doors are exits in an emergency only. Anyone allowing any person to enter through a door not specified as an entrance will be asked to leave.
- Participants may arrive 15 minutes prior to the start of the activity for which they have registered. All participants will be expected to leave the building when the activity is over. This is to control the number of people in the building and to mitigate the potential spread of germs and COVID-19. Our facility will be unlocked to admit participants for a program, locked once participants have arrived, and unlocked to allow them to leave. (All entrance and exit doors meet fire code standards and can be easily opened from the inside.)
- Participants may bring their own beverage or snack to consume on premises. Absolutely no food or beverage may be brought to share with others.
- The water fountain is off limits.
- The kitchen and equipment (including refrigerator/freezer/microwave, etc.) are off limits.
- All reading material, puzzles, cards, board games, or anything used by multiple people will not be available for use in the center until further notice.
- Visitors, volunteers, and participants are not allowed in staff offices.
- If a participant is diagnosed with or exposed to COVID-19, please contact senior center staff as soon as possible.

## DECEMBER—ONLINE

| MONDAY                              | TUESDAY                             | WEDNESDAY  | THURSDAY  | FRIDAY   |
|-------------------------------------|-------------------------------------|--|---|--|
|                                     | 1<br>Travel Tues. on Facebook/Email | 2—8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email<br>1:00 Caregiver Support Group Zoom | 3<br>New puzzle packets go out tomorrow.                                      | 4—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>10:00 VAYA Health<br>1:00 Zoom Yoga |
| 7<br>8:30 Zoom Exercise with April  | 8<br>Travel Tues. on Facebook/Email | 9<br>8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email                                   | 10- 1:30 Advanced Care Planning Workshop Zoom<br>New puzzle packets tomorrow. | 11—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga                     |
| 14<br>8:30 Zoom Exercise with April | 15—Travel Tues. on Facebook/Email   | 16-<br>8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email                                 | 17<br>New puzzle packets go out tomorrow                                      | 18— 8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga                    |



**CLOSED for the Christmas holiday**  
**Dec. 21-25, 2020**  
**MERRY CHRISTMAS!**



|                                     |  |   |  |
|-------------------------------------|--|---|--|
| 28<br>8:30 Zoom Exercise with April | 29<br>Travel Tuesday on Facebook/Email | 30- 8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email | 31<br>New puzzle packets go out TODAY. |
|-------------------------------------|--|---|--|

## JANUARY—ONLINE

| MONDAY   | TUESDAY                              | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--------------------------------------|--|--|--|
| For information on these calendar activities, please call us at 758-2883.<br><a href="http://www.caldwellseniorcenter.org">www.caldwellseniorcenter.org</a><br>Check Facebook and emails for programs added after newsletter is printed. |                                      |  |  | <b>New Year's Day<br/>CLOSED</b>                                 |
| 4<br>8:30 Zoom Exercise with April   | 5<br>Travel Tues. on Facebook/Email  | 6—8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email<br>1:00 Caregiver Support Group Zoom | 7<br>New puzzle packets go out tomorrow.                                       | 8—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga  |
| 11<br>8:30 Zoom Exercise with April  | 12—Travel Tues. on Facebook/Email    | 13<br>8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email                                  | 14—1:30 Advanced Care Planning Workshop<br>New puzzle packets go out tomorrow. | 15—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga |
| 18<br>8:30 Zoom Exercise with April  | 19<br>Travel Tues. on Facebook/Email | 20<br>8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email                                  | 21<br>New puzzle packets go out tomorrow.                                      | 22—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga |
| 25<br>8:30 Zoom Exercise with April  | 26<br>Travel Tues. on Facebook/Email | 27<br>8:30 Zoom Yoga<br>Wellness Wed. on Facebook/Email                                  | 28<br>New puzzle packets go out tomorrow.                                      | 29—8:30 Zoom Exercise<br>9:00 Zoom Coffee Chat<br>1:00 Zoom Yoga |

# EXERCISE OPPORTUNITIES

## LOW INTENSITY STRETCHING & TONING CLASS WITH APRIL (30 min. class)

Mondays & Fridays at 8:30 AM (In-Person and Zoom) No late entry after 8:30 AM.

April is offering this exercise class at the senior center for up to 8 people. You are required to sign a waiver before registering and to register for each class the day before it is scheduled. (Call on Friday to reserve a spot in the Monday class.) Please bring a water bottle and hand weights if you need them. Face masks and social distancing are required. Call 758-2883 to register.

Check our website for the Zoom link for this class. [www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org)

## ZOOM YOGA WITH ELLEN (1-hour class)

In-person—Wed. at 8:30 AM and Zoom—Wed. at 8:30 AM & Fri. at 1:00 PM

Ellen Crider is now offering both in-person yoga and Zoom yoga classes. The Wednesday class is held at the senior center for 8 people. You will need to sign a waiver before registering. Call to register the day before class each week. A \$5 per class free will offering is appreciated. You will need a water bottle and yoga mat. Call 758-2883 to register. Face masks and social distancing are required. The Zoom classes on Wednesdays and Fridays are FREE and do not require registration. Links to the classes may be found at [www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org) or on Facebook.

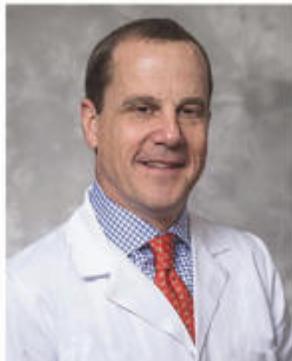


Caldwell Urology Associates is a division of Caldwell Memorial Hospital

### 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**

Caldwell Urology Associates  
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## A MESSAGE TO YOU

Dear Friends,

Each November, we launch a campaign asking you to support your senior center by donating. Donations are the lifeline of providing services to seniors in Caldwell County. Historically, donations from our members are our second largest funding source. This year the need is more critical than ever.

Since our closure in March, your senior center has shifted focus. We began making changes and working to address social isolation issues. We have hosted more than 85 virtual programs. We have done Yoga together, featured information on wills, healthcare, disaster preparedness, caregiving and many more. We have offered 1 on 1 coaching to teach people how to use Zoom. We have assisted more than 300 Medicare beneficiaries by phone or Zoom, and that number continues to grow as we work through open enrollment. Travel Tuesday emails have taken us on 34 weeks of virtual trips together. We have shared 27 weeks of health and wellness tips and videos for Wellness Wednesday. More than 1,800 puzzle and coloring packets have been made to help those of you at home to occupy your time. We have loaned hundreds of jigsaw puzzles and appreciate the donations. The senior center has distributed more than 500 facemasks, household supplies and hand sanitizer. Our staff have also responded to more than 2,000 phone calls. Through our partnership with Yokefellow Christian Ministries, we have distributed more than 350 bags of food to seniors in need.

This year we have learned to change and to adapt. This situation has forced us into an unknown world creating ways for us to develop new concepts and ways to reach people. Our virtual program options brought us new friends who had not previously be able to participate in our programs. The addition of our YouTube channel and Facebook page allows people to access our programs if they were unable to attend scheduled programs. Our email and Facebook pages have given us new outlets to provide valuable information. We have gained insight that will allow us to grow our programs and services through creative outlets for many years to come.

November brought the first stage of our reopening. We are excited to be able to offer some in person activities such as Yoga and Exercise, along with our fitness room, billiard table, and computer lab. We have adapted to new social distancing guidelines and are prepared to offer more services as people feel safe returning to the center. All our virtual programs, activity packets, and services by phone will continue to be offered.

We hope that you will consider supporting our efforts. Your donation makes a difference. Our goal is to raise \$14,000 through donations this year. With 3,000 members, it takes just \$5.00 from each one to beat that goal. No donation is too small! Your support will help carry us into the future. We appreciate all the wonderful ways you continue to support our staff members and your senior center. Our hope is that 2021 brings good health and more chances to see you.

Best regards,

Caldwell Senior Center

My personal gift will be \$ \_\_\_\_\_ (total). Paid: \$ \_\_\_\_\_ (\_\_\_monthly \_\_\_quarterly \_\_\_annually).

Donor Name: \_\_\_\_\_

I would like to sponsor a day at \$30 per day. (Pick a day) 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

I would like to make a contribution to be given in:

\_\_\_\_ Memory of/ \_\_\_\_\_

\_\_\_\_ Honor of/ \_\_\_\_\_

# ANNOUNCEMENTS

Thank you to everyone who participated in our STEP-tember Fitness Challenge. We had 21 walkers who walked over 5,000,000 STEPS! Way to go!



## NEEDED

We are always in need of jigsaw puzzles. Please return them once you are finished or donate new ones on the table by the door. Thanks!



## A Special Thanks . . .

### FINANCIAL DONATIONS

Rob & Ellen Hooper  
Joyce Stewart  
Carolyn Jones  
Martha Livingston  
Robert & Donna Belk  
Jennifer Hedrick, in memory of John Picton  
Caldwell Co. Health Dept., in memory of John Picton  
Patty Benfield, in honor of Velma Phillips

James & Sue Trivette  
Bob Wyckoff  
Mary Alice Norwood  
Ann Sime

### VIRTUAL PROGRAM PROVIDERS

Ellen Crider, Yoga classes  
Brandi Newell, Caldwell Hospice & Palliative Care  
Chris Garcia, UNC Healthcare Rehabilitation Services  
Halle Annas, ukulele & guitar music  
Crystal Dula, McCreary Cancer Center  
Karen Phoenix, Project CARE  
Ann Elmore, NC Secretary of State's Office

*Thank You!*

Thanks for the many anonymous donations!

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# IN-PERSON ACTIVITIES

The most important thing to remember about our Stage 1 reopening is that it could change from week to week. Since we are printing this newsletter in early November, it could already look a little different. You may pick up a current schedule at the senior center, check your email or call us.

The other important things to remember are to wear your mask and practice social distancing at all times while inside the senior center. You must have a signed waiver on file before registering for activities. You may register for each activity the day before by calling 758-2883.

Remember to arrive 10 minutes early for activities.  
If late for an exercise class, you will not be able to enter.

## BILLIARDS

Monday-Friday (2-hour timeslots, 2 players)  
9:30-11:30; 12:00-2:00  
Bring your own cue stick.

## COMPUTER LAB

Monday-Friday (45 min. timeslots, 2 people)  
9:30-10:15; 10:30-11:15; 11:30-12:15

## EXERCISE ROOM

Monday-Friday (45 min. timeslots, 2 people)  
9:30-10:15; 10:30-11:15; 11:30-12:15

## LOW INTENSITY STRETCHING & TONING

Mondays & Fridays at 8:30 AM (30 min. class, 8 people)  
Instructor: April Austin  
Masks are worn during exercise. Bring a water bottle (and weights if you like).  
A \$1 donation per class is appreciated.

## OIL PAINTING WITH MARILYN

Mondays at 10:00 AM (2 hr. class, no new students)  
Instructor: Marilyn Gragg  
Bring water if needed. \$20/month fee.

## YOGA WITH ELLEN

Wednesdays at 8:30 AM (1 hr. class, 8 people)  
Instructor: Ellen Crider  
Masks are worn during exercise. Bring a water bottle and yoga mat.  
A \$5 per class free will offering is appreciated.

## Read the warning signs



A time may come when you'll need to consider giving up the keys. Many chronic health conditions can compromise driving skills, from the obvious culprits like cataracts, arthritis, Alzheimer's disease and sleep apnea, to the less-obvious ones (diabetes, for example, if your blood sugar levels suddenly dip).

### So how do you know if it's time?

Here are five questions to ask yourself — or a loved one you are concerned about — to assess whether it's OK to stay behind the wheel.

1. Do you frequently have difficulty reading street signs and seeing street markings?
2. Does driving leave you feeling anxious and stressed?
3. Have friends or family members expressed concern regarding your driving, or said they don't feel safe with you behind the wheel?
4. Do you have difficulty with certain physical requirements of driving? For example, do you have trouble looking over your shoulder when changing lanes?
5. Are you currently taking medication that causes drowsiness or otherwise impedes your ability to drive?

If you answered yes to even one of these questions, and you want to keep driving, consider these steps.

- Make sure your medications are not causing issues.
- Consult a driver rehabilitation specialist.
- Take a driving course.
- Make technological upgrades to your car.

This excerpt is taken from a 2018 AARP Bulletin, "Keep Driving Safely as you Age", by Warren Clarke. To read it in its entirety, you may go to [aarp.org](http://aarp.org) and search for the article.

# 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, \$1,595/month Couple, \$2,155/month

**Asset limits:** Individual, \$13,110 Couple, \$26,160 (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.**



## Medicare Open Enrollment

October 15th-December 7th, 2020

If you wish to make changes to your Medicare, you can still do so through December 7th. The appointments at the senior center have been filled. Anyone needing assistance may call the NC Department of Insurance at **1-855-408-1212** to speak with a specialist. They are doing comparisons over the phone just as our senior center SHIIP volunteers have done this year. We continue to be available to those new to Medicare who have questions.



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# SERVICES

## INFORMATION AND ASSISTANCE FOR OLDER ADULTS

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

## LEGAL ASSISTANCE

Legal Aid of North Carolina Morganton Office Staff from Legal Aid of N. C. Morganton Office comes one or two times 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. Call us for information 758-2883.

## MOBILE FOOD PANTRY

The senior center is a site on the 4th Monday of each month for the Yokefellow Senior Mobile Pantry. We have resumed our normal procedure at 1:30 PM. Please register at 758-2883.

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

### 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 a phone appointment with a counselor – 758-2883.

To call SHIIP Toll Free, dial 1-855-408-1212.

## TRANSPORTATION

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

### Mobile Food Pantry

December ?? at 1:30 PM

January 25th at 1:30 PM

If you are in need of extra food each month, are over 60, and are a resident of Caldwell County, give us a call. The Yokefellow Senior Pantry comes to the senior center normally on the 4th Monday of each month.

Please call us at 758-2883 if interested.

*Joy to the World*

**December 25th at 11:30 AM**

Hudson First Baptist Church will have their Christmas Day Lunch for those in need. This will be for pick-up and delivery (for those who do not drive) orders only.

If you are interested, call 828-728-4297.

6 FEET

**WAIT**

**6 feet apart. Avoid close contact.**

@NCDHHS #StayStrongNC

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.

# BUSH AND ASSOCIATES

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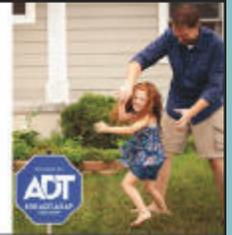
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MANAGEMENT  
PALLIATIVE MEDICINE

To discuss resources available to you, call us at 828.754.0101, visit [www.caldwellhospice.org](http://www.caldwellhospice.org), or discuss concerns with your physician.



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**Return Service Requested**

Limited scholarships may be available to those needing assistance with fee-based activities. Please see April Austin or Ingrid Farrar if you are in need.



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

## CENTER INFORMATION

**Inclement Weather Policy:** If the Caldwell County Schools are closed, the Senior Center is closed. 1-hour delay, we open at 9:00am; 2-hour delay, we open at 10:00am; 3-hour delay, we open at 11:00am. Any activities scheduled before the opening time will be cancelled. Call us or go to [www.caldwellschools.com](http://www.caldwellschools.com).

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](http://smile.amazon.com).

### STAFF

**April Austin**, Executive Director  
**Ingrid Farrar**, Assistant Director  
**Vicki Comanescu**, Administrative Assistant/SHIP Counselor

Volunteer Receptionists,  
**Mary Bellinger**  
**Joyce Stewart**  
**Jackie Triplett**

### BOARD MEMBERS

|                                     |                           |
|-------------------------------------|---------------------------|
| <b>Mary Bellinger</b> , Chairperson | <b>John Greene</b>        |
| <b>Rick Rash</b> , Vice Chairperson | <b>Rob Hooper</b>         |
| <b>Sheila Burns</b> , Treasurer     | <b>Mark Kastner</b>       |
| <b>Bob Wyckoff</b> , Secretary      | <b>Mary Alice Norwood</b> |
| <b>Phyllis Fields</b>               | <b>Joyce Stewart</b>      |
| <b>Ethan Gilley</b>                 |                           |



### 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.