



Connections

October—November 2021

Due to the increase in COVID-19 cases, wearing a mask is required while inside the senior center. Face shields alone are not acceptable. Thank you.



VETERAN'S RECEPTION—November 12th, 9:30-10:30



We would like to invite our veterans to enjoy a special thank you on Nov. 12th. Stop in for a breakfast snack in the senior center lobby between 9:30 and 10:30 AM in recognition of your invaluable service in our military. Please register by calling 758-2883.

WHAT'S INSIDE

- 02 Programs
- 03 Oct. calendar
- 04 Nov. calendar
- 05 Exercise
- 06 What to Do
- 07 Announcements
- 08 Programs & Info
- 09 Medicare & Bingo
- 10 Services

OPEN ENROLLMENT

October 15th—December 7th, 2021

Each year during the Open Enrollment Period, Medicare beneficiaries will have the opportunity to compare and evaluate their current Medicare Prescription Drug coverage and make changes as necessary. By comparing plans during the Open Enrollment Period, Medicare beneficiaries can save money and make certain that their 2022 plan will be the best for their needs. Our SHIP counselors can help you find the best plan to fit your needs, by completing the comparison for you utilizing the Medicare website.

Please come by the Senior Center to complete your Medicare Prescription Drug Form. Forms may be picked up during office hours. Once the forms are completed, we will call you to schedule an appointment. Please respond early as space is limited.

You will have the choice to meet over the phone, on Zoom or in-person at this time. In-person appointments are subject to change.

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

NEED A WHEELCHAIR RAMP?

Foothills Service Project is a non-profit Christian service that builds accessibility ramps for Caldwell County residents age 60+ to ensure they can get in and out of their homes safely. They also do small repairs to floors/porches and install safety equipment. If you or someone you know would benefit from this service, call us at 758-2883 or contact Foothills Service Project directly at 828-879-8400 (foothillsserviceproject.org). The work is done at no cost unless you are able to help with supply costs or would like to make a donation.

PROGRAMS

PHONE BINGO (BY CONFERENCE CALL) 10:00 AM

October 14th —prizes sponsored by Guardian Home Health

November 18th— prizes sponsored by the senior center

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.

ADVANCE CARE PLANNING WORKSHOP

October 14th at 1:30 PM

Amorem will host these FREE workshops at the senior center on the second Thursday of each month. Due to the holiday, there will be no workshop in November. If you need a living will or healthcare power of attorney, please sign up. You will receive forms during the presentation and notaries will be on site to assist you. Please call 758-2883 to register as space is limited.

DESSERT WITH THE DIRECTOR

October 12th at 10:00 AM

Join our Director, April Austin, for a session of sharing ideas then take home a tasty snack. Bring your ideas for programs, activities and ways to make the senior center the place to be! Please register by calling 758-2883 so that we will have enough dessert for everyone.

FALL PREVENTION PROGRAM

October 22nd at 10:00 AM

Join Sarah Stamey with WPCOG Area Agency on Aging for a program on preventing falls in the home and when out and about. Learn the many causes of falls and dizziness that you may not have considered addressing with your doctor. Falls are not a normal part of aging. Register at 758-2883 as space is limited.

ADVOCACY EVENT

November 16th at 10:00 AM

We are sponsoring an advocacy event at the senior center. April Austin will teach you how to participate in successful advocacy from home and will practice writing effective cards/letters to send to legislators. Our Senior Tar Heel Delegate will give an update on pertinent issues affecting seniors, and you will be given an opportunity to ask questions and give input. Call 758-2883 to register as space is limited.

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.

VIRTUAL CAREGIVER OUTREACH & EDUCATION GROUP

October 6th, 1:00 PM

Kimberly Setzer,
Bereavement

Coordinator with

Amorem, will provide a program called "GRIEF + COVID = A Complicated Equation"

November 3rd, 1:00 PM

The program topic will be announced at a later date.

Are you a caregiver in need of information and resources? This group gives you a chance to exchange information, gain strategies and learn about community resources. It will continue using Zoom on the first Wednesday of each month. Call the senior center at 758-2883 or email us to register. (See front page for email.)

CALDWELL HUMANE SOCIETY

October 7th at 3:00 PM

Tony Novak, volunteer with the Humane Society, will be at the senior center to share services they provide and all the ways volunteers are needed to help stray animals and provide follow-up for pets. Call 758-2883 to register as space is limited.

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

OCTOBER

+ denotes in-person

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HALLOWEEN COSTUME PARTY—October 29th at 10:00 AM</p> <p>It is that time of the year to put on your creative thinking cap. Create a costume and join the spooktacular fun! You do not have to dress up. Just join us for a fun time of games, refreshments and laughs. This year, all participants at the party will vote for 3 winners. Contest entrants must be senior center members. The prizes are donated by our sponsor, Brookdale Lenoir! Please register by Oct. 22nd as space is limited.</p>				<p>1</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 VAYA Health Program +</p>
<p>4</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)+</p> <p>1:30 Caroliners +</p>	<p>5</p> <p>Travel Tues. *</p> <p>9:30 Senior Songbirds+</p> <p>10:00 Senior Crafters +</p> <p>1:30 Rooted & Rockin' *+</p> <p>2:00 Thera Fitness *+</p>	<p>6—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders * +</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Caregiver Outreach & Education Group *</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>7</p> <p>Think about it Thursday *</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>1:30 Adult Coloring Club</p> <p>3:00 Humane Society Program</p> <p>5:30 Tai Chi/Qigong * +</p>	<p>8</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 BINGO with Guardian Home Health +</p>
<p>11</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>12—Travel Tues. *</p> <p>9:30 Senior Songbirds+</p> <p>10:00 Dessert with the Director +</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Blood Pressures+</p> <p>1:30 Thera Fitness *+</p>	<p>13—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders * +</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>14—Think about it *</p> <p>9:00 Fun & Friendship +</p> <p>10:00 Phone Bingo (conference call) *</p> <p>1:30 Euchre +</p> <p>1:30 Advance Care Planning Workshop+</p> <p>5:30 Tai Chi/Qigong * +</p>	<p>15</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 “What to Do When a Loved One Passes Away” +</p>
<p>18</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>19—Travel Tues. *</p> <p>9:30 Senior Songbirds+</p> <p>10:00 Retired School Personnel Meeting +</p> <p>1:30 Thera Fitness *+</p>	<p>20—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders * +</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>21—Think about it *</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Estate Planning +</p> <p>1:30 Euchre +</p> <p>5:30 Tai Chi/Qigong * +</p>	<p>22</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 Fall Prevention +</p>
<p>25</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>11:00 Food Pantry +</p> <p>1:30 Caroliners +</p>	<p>26—Travel Tues. *</p> <p>9:30 Senior Songbirds+</p> <p>9:30 Nail Clinic +</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Thera Fitness *+</p>	<p>27—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders * +</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>28—Think about it *</p> <p>9:00 Fun & Friendship +</p> <p>10:00 “Ghosts, Goblins & Things that go BUMP! In the Night” at Heritage Museum +</p> <p>1:30 Euchre +</p> <p>5:30 Tai Chi/Qigong * +</p>	<p>29</p> <p>8:30 Senior Cardio *+</p> <p>9:00 Senior Strength *+</p> <p>10:00 Halloween Party+</p> 

* denotes virtual

NOVEMBER

+ denotes in-person

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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)+</p> <p>1:30 Caroliners +</p>	<p>2</p> <p>Travel Tuesday *</p> <p>9:30 Senior Songbirds +</p> <p>10:00 Senior Crafters +</p> <p>1:30 Thera Fitness **</p>	<p>3—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders **</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Caregiver Outreach & Education Group *</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>4—Think About It *</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>5</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 VAYA Health Program +</p>
<p>8</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>3:00 "Types of Estates to File"</p>	<p>9—Travel Tuesday *</p> <p>9:30 Senior Songbirds</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Blood Pressure Checks +</p> <p>1:30 Thera Fitness **</p>	<p>10</p> <p>Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders **</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>11</p> <p>CLOSED</p> 	<p>12</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>9:30-10:30 Veteran's Reception +</p>
<p>15</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>16</p> <p>Travel Tuesday *</p> <p>9:30 Senior Songbirds</p> <p>10:00 Senior Crafters +</p> <p>10:00 Advocacy Event+</p> <p>1:30 Thera Fitness **</p>	<p>17—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders **</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>18—Think About It *</p> <p>9:00 Fun & Friendship +</p> <p>1:30 Euchre +</p> <p>1:30 "Successful Financial Management for Retirees" +</p> <p>5:30 Tai Chi/Qigong * +</p>	<p>19</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Senior Strength * +</p> <p>10:00 BINGO with Hickory Falls +</p>
<p>22</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>11:00 Food Pantry +</p> <p>1:30 Caroliners +</p>	<p>23</p> <p>Travel Tues. *</p> <p>9:30 Senior Songbirds</p> <p>9:30 Nail Clinic +</p> <p>10:00 Senior Crafters+</p> <p>1:30 Thera Fitness **</p>	<p>24—Wellness Wed. *</p> <p>8:30 Senior Cardio * +</p> <p>9:00 Balance Builders **</p> <p>10:00 Beg. Line Dance +</p> <p>11:00 Int. Line Dance +</p> <p>1:00 Wood Carving +</p> <p>1:00 Cribbage +</p>	<p>25</p> <p>26</p> <p>----- CLOSED -----</p> <p>Have a safe and wonderful holiday.</p>  <p>HAPPY THANKSGIVING</p>	
<p>29</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>30—Travel Tues. *</p> <p>9:30 Senior Songbirds</p> <p>10:00 Senior Crafters +</p> <p>1:00 Mah Jongg +</p> <p>1:30 Thera Fitness **</p>	<p>DO YOU LIKE TO SING?</p> <p>Tuesdays at 9:30 AM</p>  <p>The Caldwell Senior Songbirds Chorus is looking for more singers and a pianist. This group goes to the local nursing homes to sing familiar songs to the residents weekly. If interested, please call the senior center at 758-2883. Jane Simmons is the director. Consider giving the gift of song to those who truly need it.</p>		

EXERCISE OPPORTUNITIES

Please note the changes and additions to our exercise opportunities!

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

SENIOR STRENGTH (30 min.)
Mon., Wed. & Fri. at 9:00 AM
Exercises to increase strength and flexibility in-person and online. (\$1 donation appreciated)

BALANCE BUILDERS (30 min)
Wednesdays at 9:00 AM
Exercises to improve Balance in-person and online. (\$1 donation appreciated)
April Austin teaches all of the classes above.

TAI CHI & QIGONG (45 min.)
Thursdays at 5:30 PM
Gentle movements of Tai Chi combined with Qigong both in-person and online. (\$5 freewill offering appreciated.)

Ellen Crider, Yoga Therapist and Natural Healer (E-RYT-500) is the instructor.

THERA FITNESS (1 hr.)
Tuesdays at 1:30 PM
Exercise class focusing on functional conditioning and balance in-person and online. It helps decrease stress, increase respiratory capacity & energy, and minimize debilitating effects of osteoporosis. (Donations are appreciated)
C. Vicki Gold (PT, MA) is the instructor.

LINE DANCE CLASSES BEGINNER BASICS (1 hr.)
Wednesdays at 10:00 AM
We invite anyone wanting to learn the basics of how to line dance. **Liz Gray is the instructor.** (\$1 donation appreciated)

INTERMEDIATE LINE DANCE (1 hr.)
Wednesdays at 11:00 AM
The perfect class to sharpen your line dance skills. (\$1 donation appreciated)

CAROLINERS (1 hr.)
Mondays at 1:30 PM
Advanced line dance class (\$1 donation appreciated)
Sharon Berry teaches the two classes above.



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
401 Mulberry Street SW, Ste 210
Lenoir, NC 28645

We bring healing home



Proud partner of Fyfe Regional Medical Center

828.324.3025

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1643

WHAT TO DO?

Need a hobby or new interest?

ADULT COLORING CLUB

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

The coloring club will resume under the instruction of Deborah Cucore. Bring colored pencils and enjoy a relaxing and positive time with friends.

KNITTING & CROCHETING GROUP

Mondays, 10:00 AM—12:00 Noon

Bring your needles, yarn and projects to work alongside others. New yarn crafters are welcome as there are several people to teach you to knit and/or crochet.

SENIOR CRAFTERS

Tuesdays, 10:00 AM—12:00 Noon

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

SENIOR SONGBIRDS

Tuesdays, 9:30 AM

This Chorus practices on the first Tuesday of each month at the senior center then travels to area nursing homes to provide music to the residents. They perform every Tuesday morning except for months with a 5th Tuesday. New singers 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 a NEW weight machine for you to use.

Do you enjoy games?

CRIBBAGE

Wednesdays, 1:00-3:00 PM

Come learn to play this great card game!

EUCHRE

Thursdays, 1:30—3:30 PM

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

SENIOR FUN AND FRIENDSHIP CLUB

Thursdays, 9:00 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 would like to join the group, please call 758-2883 before attending.

MAH JONGG

2nd and 4th Tuesdays, 1:00—4:00 PM

New players are welcome to come and learn!

PARTNERSHIP WITH THE CALDWELL HERITAGE MUSEUM!

We are enjoying our monthly partnership with Cindy Day, Executive Director. She will continue to offer some programs at the senior center and others at the Caldwell Heritage Museum.

October 28th at 10:00 AM

Location: Caldwell Heritage Museum

Join Cindy [at the Heritage Museum](#) for her program,

“Ghosties, Goblins, and Things That Go BUMP! In the Night”.

Find out about local hauntings and lore. Refreshments will be provided by the senior center staff.

November 9th at 10:00 AM

Location: Caldwell Heritage Museum

In recognition of Veteran's Day, Cindy will present “Caldwell Co. American Revolution Patriots” [at the Heritage Museum](#).



Please register for these programs by calling 758-2883 as space is limited.

ANNOUNCEMENTS

A Special Thanks . . .

FINANCIAL DONATIONS

Elizabeth Thomas
Pat Miller
David Reese
Rob & Ellen Hooper
Mary Bellinger
Exercise Classes
Line Dancers

In memory of . . .

Oscar Smith, Mae Brooks & Bonnie
Luth by Anne Smith
Robert Smith by Marianella Greene
Helen Kovachi by Fran Fox

In honor of . . .

Sheila Burns, Sharon Berry, April Austin,
Vicki Wyckoff & Ingrid Farrar by
Anne Smith

Thanks to Vicki Gold for stepping in to lead exercise on Tuesdays while April was out. We appreciate you!

Thank you to our many anonymous donors who kindly leave money in our donation box.
Also, thanks to those who donate puzzles, incontinence supplies, medical equipment, bingo prizes, etc.

STEP-tember Prize Sponsors

Thank you so much!

Caldwell Chamber of Commerce
Hickory Falls Health & Rehab
Foley Center

VIRTUAL PROGRAM PROVIDERS

American Red Cross
Ellen Crider, Tai Chi
Cyndi Akins, Amorem

NEVER MISS A NEWSLETTER!

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



PROGRAMS & INFORMATION

VAYA HEALTH PROGRAMS

VAYA Health's Adult and Geriatric Mental Health Specialty Team are back in-person at the senior center.



October 1st at 10:00 AM

"Schizophrenia: Psychosis: Can This Be Real" and "The Many Faces of Antipsychotic Medications".

November 5th at 10:00 AM

"Personality: Why Mine is Different" and "Communication Barriers and Emotion" 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 to register as space is limited.

"WHAT TO DO WHEN A LOVED ONE PASSES AWAY" from the County Estates Division

October 15th at 10:00 AM

The death of a loved one can be a confusing time. Angie Mikeal with the Caldwell Co. Estates Division will share information to help prepare you for what to expect from them. Don't miss this opportunity. Register at 758-2883 as space is limited.

ESTATE PROGRAMS WITH DAVID HUDSON

October 21st at 1:30-3:00 PM

"Estate Planning"

Learn the basics you need to plan with wisdom and skill For a Lifetime & Beyond from a Certified Estate Planner. Many people think a will is an estate plan, but preserving your freedom and memories should be the goal of any great plan.

November 18th, 1:30-3:00 PM

"Successful Financial Management for Retirees"

This one-hour class is designed to reduce financial stress and help you find ways to make money go further. David will talk about some things you should do, some things you should not do and how to know the difference. As a bonus, you will hear an incredible story of wealth and how it was created!

Please register for these programs by calling 758-2883. Space is limited.

"DIFFERENT TYPES OF ESTATES TO FILE"

November 8th at 3:00 PM

Join attorney, Angela Clark, as she discusses the different types of estates that can be filed after someone dies. Included in this discussion is the spousal/child allowance and comparisons of how estates are different depending on whether the decedent had a valid will at death. Please register at 758-2883 as space is limited.

BLOOD PRESSURE CHECKS

2nd Tuesday of each month from 1:30 -2:00

Paramedics with the Caldwell County Community Paramedics will be at the senior center monthly to check blood pressures. No registration is needed.

NAIL CLINIC



October 26th and November 23rd

Do you have dexterity issues, difficulty reaching your feet, or impaired vision making nail trimming impossible? Linda Phipps, the "Wizard of Toez", will be at the senior center in October and November to trim nails for those who cannot do it themselves. Donations are appreciated for Linda. Call 758-2883 for an appointment.

AARP Tax Aide

Each year, tax assistance for low to moderate income persons is available **ONLY** if there are volunteers to work as:

- Tax Preparers
- Communications Coordinators
- Technology Coordinators
- Client Facilitators
- Administrative Volunteers
- Translators

Caldwell County has been unable to provide these services for the last 2 years due to a lack of volunteers. If you are interested, please call the senior center at 758-2883 or Glenda Pierce with AARP Tax Aide at (336) 466-3184.

MEDICARE & BINGO

The SHIIP Program provides counseling to Medicare beneficiaries and caregivers about Medicare, Medicare Supplements, Medicare Advantage plans, Part D drug plans, and assistance with drug costs. Please call 758-2883 for more information.



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.**



Bingo with Guardian Home Health

October 8th at 10:00 AM

Join Guardian at the senior center for Bingo fun! Prizes are donated by Guardian Home Health. Please register by calling 758-2883 as space is limited.



Bingo with Hickory Falls

November 19th at 10:00 AM

Join Danielle at the senior center for a great time together playing bingo!

Prizes are donated by Hickory Falls Health & Rehab. Limited space is available, so please register at 758-2883.



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Dan Morrissey** to place an ad today!
dmorrissey@lpicommunities.com or (800) 950-9952 x5862

Thrive
Locally



Dr. Denise R. Glander, DVM
Dr. Alison Reed, DVM
Dr. Jason Hefner, DVM
4607 Hickory Blvd., Granite Falls, NC 28630
828-396-7002
Fax 828-396-1002
EMERGENCY 828-328-2660
www.lakehickoryvet.com



828.256.0184
HomeInstead.com/628



SERVICES

COMPUTER/INTERNET

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

HOUSING AND HOME IMPROVEMENT

The senior center assists with referrals to Foothills Service Project for those 60 and older in need of items to make the home safe and accessible (ramps, floor repair). You may call them directly at 828-879-8400 or the senior center at 828-758-2883.

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

Call the senior center at 757-8635 for information about services and resources in Caldwell County. You may also stop by during office hours. (See P. 1 for hours.)

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. You may call the Senior Legal Helpline at 1-877-579-7562 or the NC Attorney Referral at 1-800-662-7660 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 11:00 AM. Please register at 758-2883. You will be reminded by an automated phone call.

NOTARY SERVICES

Certified staff members at the senior center
If you are in need of a notary and are 60+, please call the senior center at 758-2883 to make an appointment. There is no charge.

SENIOR MEAL SITES

There are three congregated meal sites in the county: Koinonia, Martin Luther King Recreation Center and Kings Creek Baptist Church. Nutrition Services Director for Blue Ridge Community Action is Susan Copenhaver, who may be reached at 828-438-6255, Ext. 0, for more information.

SENIOR TAR HEEL CARDS

For people over 60 and who are Caldwell Co. residents, these cards may be picked up at the senior center. 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)

AARP Tax Aide

Tax assistance is available Feb.—Apr. Volunteers are needed for 2021. Call Glenda Pierce at (336) 466-3184 to become a volunteer.

TRANSPORTATION

Greenway Transit provides transportation in Caldwell County. Call (828) 464-9444 to schedule a ride. Call the senior center at 758-2883 for other transportation contacts.

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

Thinking about insurance? Get in touch with us!
Free Quotes!

- MEDICARE SUPPLEMENTS • DENTAL • VISION • CANCER • LIFE
- (828) 754-2601

quotes@bushandassociates.net | www.mynhealthplan.com

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

FREE AD DESIGN

WITH PURCHASE
OF THIS SPACE

LPi CALL
800.477.4574



Evans Funeral Service

*Where Friends and
family have gathered
to celebrate
memories since 2005*

1070 Taylorsville Road
Lenoir, NC

828-754-7979

evansfuneralservice.com

Family Owned and
Locally Operated

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized
Provider

SafeStreets

1-855-225-4251



AMOREM

QUALITY. COMPASSION. SUPPORT.

828.754.0101

www.AmoremSupport.org



FORMERLY
BURKE HOSPICE AND PALLIATIVE CARE &
CALDWELL HOSPICE AND PALLIATIVE CARE



HARMONY HOME CARE

*“Home Care is not just
our Business,
It’s our Passion”*

828-754-4401

828-754-4405 Fax

230 Morganton Boulevard SW, Suite A
Lenoir, NC 28645 • harmonyhc@att.net

www.harmonyhc8@wixsite.com

Proud to be serving families in & around our hometown of Caldwell County

*State licensed with 30 years
of quality homecare experience*





Post Office Box 933, Lenoir, North Carolina 28645

**Non-Profit Org.
U. S. Postage Paid
Permit #3**

Return Service Requested

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.

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.

STAFF

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

Volunteer Receptionists,
Mary Bellinger
Joyce Stewart

Senior Community Services Employment Program
Rose Frame **Jackie Dixon**

BOARD MEMBERS

Mary Bellinger, Chairperson
Rick Rash, Vice Chairperson
Sheila Burns, Treasurer
Ethan Gilley

Rob Hooper
Mark Kastner
Mary Alice Norwood
Joyce Stewart



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.