



# THE SCOPE

## MARCH/ APRIL ISSUE

Volume 44, Number 5

### OUR MISSION

Providing a focal point for aging resources, as well as opportunities designed to extend independent living and enrich the quality of life for Catawba County's older adults. In support of this mission, COA has been serving older adults for over 45 years by operating the West Hickory Senior Center and providing programs at additional locations throughout the county.

### FIND US ON

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400 17th St. SW, PO Box 835  
Hickory, NC 28603

### Published bi-monthly by:

Vickie Blevins, Executive Director  
Bea Heavener, Admin. Assistant  
Sam Garlock, Program Assistant

## NOTE FROM A BOARD MEMBER

I joined the Board of Directors of the Catawba County Council on Aging in 1983 and have supported the Council's programs since then. Recently I completed a project that may be of interest to many of my fellow Catawba County senior citizens. The project's minimal cost was a gift from one of my sons and is based on the premise that everyone's life is a story worth telling, especially to one's children, grandchildren and to future generations of your family.

Contrast what follows with the options we senior citizens have to pass on information to the next generations. With oral history information gathering, a microphone is placed in front of the subject and questions are asked. He or she almost immediately responds. They do not have time to think of their response. It can be short or even non-existent. Another option we have is recording our thoughts in a diary. I didn't find this appealing to me or the recipients. It left a lot to be desired.

The option I chose was neither of these and it went like this. Each week for the past year I would receive a question (which was selected by my son) via e-mail. They dealt with such topics as:

- What were your favorite toys as a child?
- What was your mom like when you were a child?
- What are some of your childhood memories of your father?
- Did you have any pets growing up?

In my particular life there were questions regarding my college years, my spouse, my jobs, the houses we lived in, my hobbies, my beliefs, etc. No stone has been left unturned. Pictures were added to the text and subsequently a book has been printed which I and my children have received. Everything has been documented. A copy of the book is able to be viewed at the COA office. I heartedly recommend StoryWorth to you. Interested? Google StoryWorth.com or phone the COA at 328-2269 for more information or to view a copy of the book.

**DAN MILLER**

## 02 ADD SPRING TO YOUR STEP!

### CHAIR VOLLEYBALL

1ST & 3RD THURSDAYS, 9:30 AM

Check out Chair Volleyball at West Hickory Senior Center **March 3 & 17** and **April 7 & 21**. It's **FREE** to join in the fun and great for all levels of ability and participation. Registration is required at 328-2269.



### GARDENING ANYONE?

MONDAY, MARCH 7, 1:00 PM

Are you interested in being part of a Gardening Club? Attend the Gardening Club Interest Meeting at West Hickory Senior Center.



Registration is required at 328-2269.

### MEDICARE SCAMS & FRAUD

TUESDAY, MARCH 8, 9:30 AM

Diane Trainor, Program Specialist with Senior Medicare Patrol/SHIIP, will present at West Hickory Senior Center on keeping yourself safe from a wide array of Medicare scams and fraud. Registration is required at 328-2269.



### VOTER REGISTRATION

MONDAY, MARCH 14 9:30 AM

Sarah Huffman will speak at 9:30 am about the voter registration process, answer questions, and distribute information. She will then be available from **10:00 am to noon** to register people, make address changes, and answer additional questions. Registration is required at 328-2269.



### BUNNY CRAFT

MONDAY, MARCH 28, 1:00 PM

Join Instructor, Peggy Darnell, for the Bunny Craft pictured at right. The cost is **\$5** and includes all supplies. Registration is required at 328-2269.



### BINGO @ SHERRILLS FORD LIBRARY

MONDAY, MARCH 21, 2:30 PM

The fun will take place, and prizes will be awarded, at the Sherrills Ford Library. The library is located at 9154 Sherrills Ford Rd, Terrell, 28682.

Registration is required at 328-2269.



### SPRINGTIME BINGO

MONDAY, APRIL 11, 1:30 PM

Come for Bingo at the West Hickory Senior Center. Prizes will be awarded!

Registration is required at 328-2269.

**THANK YOU** to our March and April Bingo sponsor:

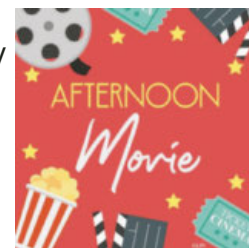


### MOVIE MATINEES

TUESDAYS, 2:00 PM

**FREE** movies show each Tuesday afternoon at the West Hickory Senior Center beginning at **2:00 pm**. Call COA to find out the title of each movie. Closed captioning will be available.

Registration is required at 328-2269.



### QUILT + RAFFLE PRIZES

Raffle tickets are now available for purchase for the next drawing! This raffle features the pictured quilt, and runner-up prizes including a lap quilt, five Knowles Field Puppies collectible plates, handmade crocheted vest, green glass fruit bowl, and a handmade checker & chess board.

*Purchase your tickets at the front desk for a chance to win!  
Cost is \$1 each or \$5 for six tickets.*

*Proceeds benefit programs of the Council on Aging.*



Attend COA's **FREE** virtual programs by joining a video link by computer, tablet or smartphone, or by any land line or mobile phone. A link, phone number, and packet will be provided upon sign up.

## VIRTUAL BINGO

WED, MAR 16 & WED, APR 13, 1:30 PM

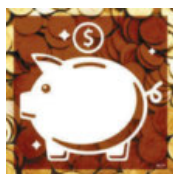
Prizes will be awarded at this **FREE** event! You don't need a computer or smartphone to participate.

To receive a Bingo card & phone number or link, call 328-2269.



## THRIFTY THURSDAYS

THURSDAYS, 9:00 AM



Coupons are available at the West Hickory Senior Center to help save money. The coupon file is always available at other times, just ask staff. A listing of discounts for area restaurants and shopping is also available. The listing is also on the COA website.

## ARTHRITIS SUPPORT?

Would you be interested in attending an Arthritis Support Group at West Hickory Senior Center? Please call 328-2269 to let us know if there is enough interest to schedule a meeting in May.



## VIRTUAL: EXPLORE THE POSSIBILITIES

LAST WEDNESDAYS, 1:30 PM

On **Wednesday, March 30**, come away with COA on Virtual Vacation Day! Virtually travel to famous destinations and wonders of the world. Have a destination suggestion? Tell us when you sign up! **Deadline to register is Mon, Mar 21.**



On **Wednesday, April 27**, explore National Humor Month. Partake of the best medicine: laughter, and



share jokes, readings and memes. Please be sure it is suitable for all audiences before sharing. **Deadline to register is Monday, April 18.**

To receive the link or phone number to attend, call 328-2269 to register.

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2140 Medical Park Dr.  
Hickory, NC 28602  
Trinityridge.net  
828.322.6995

# 04 WEEKLY ACTIVITIES

## EXERCISE

Unless otherwise noted,  
classes are held at the West  
Hickory Senior Center.

**Early Morning Exerc.** **FREE!**  
Tue, Wed, & Thursdays 8:30 am

**Absolute Beginner Line  
Dance** \$1 suggested donation  
Class will be cancelled March 1.  
Tuesdays 9:30 am

**Line Dance** \$1 suggested donation  
Class will be cancelled March 1.  
Tuesdays 10:00 am  
March 29th at 10:00 am - the Line  
Dance Class performs for SMO

**Tai Chi** \$5 suggested donation  
**for Arthritis and Fall Prevention**  
Tuesdays 10:00 am  
at Newton Recreation Center

Masks are required for this class.  
Wednesdays 10:00 am

**Virtual Tai Chi** **FREE!**  
**for Arthritis and Fall Prevention**  
Thursdays 10:00 am  
Call 328-2269 for the link.

**Virtual Thera-Fitness** **FREE!**  
Tuesdays 1:30 pm  
Call 328-2269 for the link.

**Yoga** \$5 suggested donation  
Thursdays 10:00 am  
at Newton Recreation Center

**Zumba Gold** \$1 sugg. donation  
Mon, Wed, & Fridays 10:00 am  
at Christ Lutheran Church

**Zumba Gold Chair** \$1 sugg. don.  
Mondays 11:00 am  
at Christ Lutheran Church  
324 2nd Ave SE, Hickory

## STAY ACTIVE

### CATAWBA CRAFTERS

MONDAYS, 3:00 PM  
Catawba Crafters crochet  
items from donated yarn to  
give away to those in need,  
including to the homeless,  
hospitals & more. The  
group teaches crochet to all  
wanting to learn. **FREE!**  
Registration is required.  
Call 328-2269 to register.


### 21<sup>ST</sup> CENTURY COMPUTING

WEDNESDAYS,  
1:30 TO 3:30 PM  
Instructor Warren  
Shanahan will conduct this  
**FREE** group classroom  
series at the West Hickory  
Senior Center. No  
computer experience is  
necessary. If you have a  
laptop, please feel free to  
bring it along.  
Registration is required.  
Call 328-2269 to register.

### CVCC ART CLASS

WEDNESDAYS,  
APRIL 13 -MAY 4,  
1:00 TO 4:00 PM  
Tap into your creative  
instincts! Class is designed  
for all levels of artists and  
uses a variety of  
techniques. Meets  
Wednesday afternoons,  
with Instructor Pat  
Flachbart, at the West  
Hickory Senior Center.  
**Registration fee is \$40.**  
To register, call or email  
Cheri Toney at 828-327-  
7000 ext: 4320 or  
ctoney@cvcc.edu.

 **HAND & FOOT**  
TUE & THU, 12:00 PM

 **PINOCHLE**  
THURSDAY, 12:00 PM  
Hand & Foot is a version of  
Canasta. Current players  
welcome all and will teach  
you how to play. Ideas for  
new games? Call 328-2269.



### WEST HICKORY SENIORS MORNING OUT

EACH MONDAY THROUGH THURSDAY,  
FROM 8:00 AM TO NOON

Seniors Morning Out is a program provided by Senior Nutrition  
Services of Catawba County DSS on location at the West  
Hickory Senior Center. The program includes activities and a  
free lunch.

To attend, call Danielle, the Site Coordinator, at 323-8746 with at  
least 48-hour advance notice or for more information.

*Masks are required to attend.*

# MONTHLY ACTIVITIES 05

Registration is required for the following programs located at the West Hickory Senior Center. Call 328-2269 to register or for more information.

## MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, 2:30 PM



Carolina Wireless conducts this **FREE** class on **March 7** and **April 4**. Learn all you want to know about your device.

## CARE FOR THE CAREGIVER

2ND TUESDAYS, 1:00 PM



Attend this **FREE** support group for a time of sharing, emotional support, resources, and new friendships. Led by Mary Mitchell of the Area Agency on Aging on **March 8** and **April 12**.

## DESIGNER GREETING CARDS

2ND THU, 9:30-11:30 AM OR 1:00-3:00 PM



Kaye Owenby teaches how to make beautiful handmade greeting cards **March 10** and **April 14**. The cost is **\$10** and includes all supplies.

## TRIVIA THURSDAY

4TH THURSDAYS, 1:30 PM

**FREE** to compete with a team for prizes & fun on **March 24** and **April 28**.



## FUN WITH VAL & AL

4TH THURSDAYS, 5:30 PM

Test your knowledge with evening trivia on **March 24** and **April 28**. **FREE!**

## VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

New members are welcome to join the Visually Impaired Lions Club (VIP), whose motto is "We Serve," on **March 11** and **April 8** and make a difference in our community. 80% of the members of this group are visually impaired.



The Lions collect donations of eyeglasses, hearing aids and cell phones at the West Hickory Senior Center.

*The COA does not support or endorse any advertiser in this newsletter.*



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14-1763

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HOURS:</b>  <u>MON - THUR:</u>                      8:00 AM - 4:30 PM  <u>FRIDAY:</u>                      8:00 AM - 2:00 PM                      (CAN VARY)  <u>4TH THURSDAY:</u>                      8:00 AM - 7:00 PM</p>	<p><b>1</b>                      2:00 Movie Matinee-                      Genre: Romantic                      Comedy</p>	<p><b>2</b></p>	<p><b>3</b>                      9:00 Thrifty Thursday                      9:30 Chair Volleyball</p>	<p><b>4</b></p>
				
<p><b>7</b>                      1:00 Gardening Club                      Interest Meeting                      2:30 Maximize Your                      Smartphone</p>	<p><b>8</b>                      9:30 Medicare                      Scams &amp; Fraud                      1:00 Care for the                      Caregiver                      2:00 Movie Matinee-                      Genre: Action</p>	<p><b>9</b></p>	<p><b>10</b>                      9:00 Thrifty Thursday                      9:30 Designer                      Greeting Cards                      1:00 Designer                      Greeting Cards</p>	<p><b>11</b>                      1:00 VIP Lions</p>
				
<p><b>14</b>                      9:30 Voter                      Registration                      2:00 Prime Time                      Singers Practice</p>	<p><b>15</b>                      2:00 Movie Matinee-                      Genre: Action</p>	<p><b>16</b>                      1:30 Virtual BINGO</p>	<p><b>17</b>                      9:00 Thrifty Thursday                      9:30 Chair Volleyball</p>	<p><b>18</b></p>
				
<p><b>21</b>                      2:30 BINGO @                      Sherrills Ford Library                      2:00 Prime Time                      Singers Practice</p>	<p><b>22</b>                      2:00 Movie Matinee-                      Genre: Drama</p>	<p><b>23</b></p>	<p><b>24</b>                      9:00 Thrifty Thursday                      11:00 Tech Connect                      @ St. Stephen's                      1:30 Trivia Thursday                      5:30 Fun w/ Val &amp; Al</p>	<p><b>25</b></p>
				
<p><b>28</b>                      1:00 Bunny Craft</p>	<p><b>29</b>                      10:00 The Line                      Dance Class                      performs for SMO                      2:00 Movie Matinee-                      Genre: Comedy</p>	<p><b>30</b>                      5:30 New to                      Medicare Seminar                      1:30 Explore the                      Possibilities: National                      Virtual Vacation Day</p>	<p><b>31</b>                      9:00 Thrifty Thursday</p>	
				

# APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**SYMBOL KEY—**

**SEE PAGE 4 FOR ACTIVITY TIME & DETAILS:**

-  Exercise Opportunities
-  Seniors Morning Out
-  Hand & Foot
-  Pinochle
-  Catawba Crafters
-  CVCC Art Class
-  21st Century Computing

1



4

2:30 Maximize Your Smartphone



5

2:00 Movie Matinee-  
Genre: Drama



6



7

9:00 Thrifty Thursday  
9:30 Chair Volleyball



8

1:00 VIP Lions



11

1:30 BINGO



12

1:00 Care for the Caregiver  
2:00 Movie Matinee-  
Genre: Comedy



13

1:30 Virtual BINGO



14

9:00 Thrifty Thursday  
9:30 Designer Greeting Cards  
1:00 Designer Greeting Cards



15

**Closed**  
for Good Friday



18

2:00 Prime Time Singers Practice



19

2:00 Movie Matinee-  
Genre: Action



20



21

9:00 Thrifty Thursday  
9:30 Chair Volleyball  
11:00 Tech Connect @ St. Stephen's



22



25

2:00 Prime Time Singers Practice



26

2:00 Movie Matinee-  
Genre: Romantic Comedy



27

1:30 Explore the Possibilities: National Humor Month



28

9:00 Thrifty Thursday  
1:30 Trivia Thursday  
5:30 Fun w/ Val & Al



29



# 08 RESOURCES

## NEW TO MEDICARE SEMINAR

@ NEWTON LIBRARY  
WED, MAR 30, 5:30 PM

Are you, a friend, or loved one turning 65? It is very important for everyone becoming eligible for Medicare to get accurate information about coverage options they must make as they approach age 65.

Seniors' Health Insurance Information Program (SHIP) Counselors, trained by the NC Department of Insurance, will lead the information session to answer your questions at the Newton Library, 115 W C St.

Registration is required.  
Call 328-2269 to register.



## FREE COVID-19 TESTS

Order your free COVID-19 tests at <https://COVIDtests.gov>. On behalf of those who do not have computer or internet access, the Council on Aging can assist in the order of your household's free COVID-19 tests. Call COA at 328-2269 for assistance.

**Guard against scammers:** When ordering tests, only use the secure government website above. If you get a phone call requesting your information, claiming free at-home tests can be mailed to you, hang up — it's a scam!

## ADVANCE DIRECTIVES:

LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

A **living will** is a legal document that allows you to make prior decisions about whether your life should be prolonged by certain medical procedures. A **health care power of attorney** is a legal document in which you give someone power to make medical decisions for you if you are not competent or if you are unable to communicate.



Julie Packer, RN, MSN, Director of Professional Relations with Carolina Caring, will be at the West Hickory Senior Center by appointment to discuss these with you, have forms available, and to notarize documents. Registration is required. Call 328-2269 to register.

## FOOD PANTRY

The West Hickory Senior Center Food Pantry is available by appointment. Food delivery is available for those who do not have transportation to come to the center.

To make an appointment, call 328-2269.



## AT-HOME COVID-19 VACCINES

Available for those with limited mobility

Call the At-Home Vaccination Hotline:  
1-866-303-0026 or visit: [www.ptrc.org/COVID](http://www.ptrc.org/COVID)

YOU HAVE A  
**SPOT.**  
TAKE YOUR  
**SHOT.**





**TECH CONNECT @ LIBRARY**

**FREE** Tech Connect classes, designed in partnership with COA for ages 60+, are held at the St. Stephen's branch of Catawba County Library, 3225 Springs Rd NE, Hickory:

**THURSDAY, MARCH 24, 11:00 AM**

**How to Avoid Email and Phone Scams —**

Join us to learn tips and tricks to recognizing and reporting email scams and ways to handle phone scams and robocalls.



**THURSDAY, APRIL 21, 11:00 AM**

**Introduction to Canva —**

Come and learn about the cards, invitations, and flyers you can create for free in Canva!

*Registration is required at 328-2269.*

**COMMUNITY CORNER  
2022 SENIOR GAMES**

2022 Unifour Senior Games applications are available at the West Hickory Senior Center for all those 50+. **Catawba County Council on Aging is a sponsor of Unifour Senior Games.**



**PRIME TIME SINGERS**

MONDAYS, 2:00 PM

*Pending reduction of COVID cases in Catawba County, call 328-2269 to confirm.*

The *Prime Time Singers* invite you to join! This group visits area nursing homes and other senior gatherings. You don't have to be able to read music to be a part. Practice together **March 14 & 21** and **April 18 & 25** at the West Hickory Senior Center. Must have COVID vaccinations to participate due to nursing home requirements.

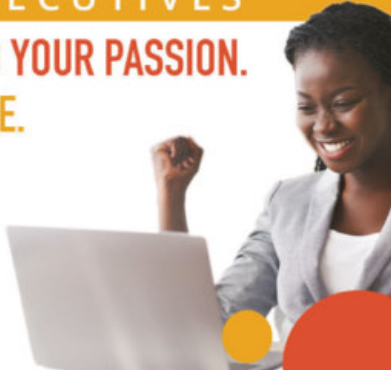


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\*See office for details.

WHEN CALLING, MENTION CODE AG60-12

# 10 DONATIONS & MEMORIALS

## THANK YOU

WE ACKNOWLEDGE WITH GRATITUDE THE FOLLOWING FRIENDS FOR THEIR MONETARY GIFTS:

Anonymous friends  
Anonymous, in honor & appreciation  
of Vickie Blevins & staff  
Anthony & Brown PLLC  
Sandra Baker  
Netti Berry  
Lloyd & Brenda Bost, in honor of Vickie  
Blevins, the 2021 COA Board members &  
Richard & Becky Smith  
Carolina Farm Credit  
Wayne Cashion  
Aurora Delatorre  
Allene & Joel Eads  
Richard & Pat Flachbart  
Dorothy Friar  
Frances Frock  
George Foundation, Inc.  
Randy & Rose Hefner, in honor of the  
volunteers, participants & staff of the COA  
Kenneth & Betsy Humphreys  
Rebecca Lamphiear  
Frances McCracken, in memory of Alda  
& Elmer Greene  
New Jerusalem Lutheran Church  
Gail Newton  
Jack & Mary Reitzel  
Marty & Jesse Salwen, in memory of Dotty  
Tisdale

Bill & Dawn Teller  
Madeline Walle  
Lucille Woodrum, in  
honor of Vickie Blevins  
& the COA staff

*Thank you to all those  
who donated to the MLK  
Service Day: Therapy Doll  
Project. Your generosity helps COA continue  
to provide new and useful services.*



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In Memory of: \_\_\_\_\_

\*\*\*If you would like an acknowledgment sent to the family, please provide their name and address.

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

Address: \_\_\_\_\_

If you DO NOT  
want to receive a  
thank you letter/  
receipt, please  
check the box.

**MAKE CHECK PAYABLE TO:** Catawba County Council on Aging, PO Box 835, Hickory, NC 28603  
Or donations may be made online through our website: [www.catawbacoa.org](http://www.catawbacoa.org)



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## RETURN SERVICE REQUESTED



## BITS 'N' PIECES

The Catawba County Council on Aging is a non-profit 501(c)(3) organization, not a county or city government agency. The Council on Aging operates the West Hickory Senior Center.

**Senior Tar Heel Cards** are available at the West Hickory Senior Center to individuals age 60 & over. You must bring a photo ID. Many public schools in NC allow these passes from seniors for free admission to their athletic events (it is at the discretion of each school to accept the cards).

Sign up at **AmazonSmile** and designate the Catawba County Council on Aging as the charity you support. A portion of your sale will benefit COA, at no cost to you. The link is <https://smile.amazon.com/ch/51-0193746>

**NC211** help is available 24/7 for access to local resources for food, housing, utilities, and more! Dial 2-1-1.

The center's **drop-in activities** include computer lab/Wi-Fi, library, exercise bike, games, and puzzles.

**Seniors' Health Insurance Information Program (SHIIP)** is the one place you can always turn to for objective and reliable information on Medicare, Supplements, and Prescription Drug Plans. Call the Council on Aging to arrange for a time to meet with a SHIIP counselor, 328-2269.

If you would like to receive this newsletter by mail or email, call 328-2269.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-814-5400. The license is not an endorsement by the State.



## TELEPHONE REASSURANCE

Telephone Reassurance, a service provided by the Council on Aging, is a friendly telephone call from a COA volunteer to an older adult to check-in and chat at least once per month.

*To receive calls from  
Telephone Reassurance,  
call 328-2269.*