



THE SCOPE

**MAY/
JUNE ISSUE**

Volume 44, Number 6

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

www.facebook.com/Council-on-Aging-of-Catawba-County



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

INFORMATION DAY @ THE WEST HICKORY SENIOR CENTER

FRIDAY, JUNE 3

9:00 AM

TOPIC: Social Security

SPEAKER: Lisa Wallace, Public Affairs Specialist, Social Security Administration

10:00 AM

TOPIC: Services for the Deaf & Hard of Hearing

SPEAKER: Stacy Wilson, Telecommunications Consultant, NCDHHS

11:00 AM

TOPIC: Reverse Mortgage

SPEAKER: Patsy Wells, Reverse Mortgage Specialist, Universal Mortgage & Finance

12:00 PM

Boxed lunches from Jason's Deli

1:00 PM

TOPIC: Caregiving for People with Dementia

SPEAKER: Karen Phoenix, Project CARE Family Consultant, Area Agency on Aging

2:00 PM

TOPIC: Services for the Blind

SPEAKER: Aaron Cochran, Social Worker for the Blind, NCDHHS

3:00 PM

TOPIC: Veteran Services

SPEAKER: Cindy Stamey, Veteran Service Officer, Catawba County Veterans Office

Registration is required by May 25.

Attendees can come to one or all presentations. Refreshments will be served, and a free lunch will be available to those attending the 11:00 am or 1:00 pm presentations.

Call COA at 328-2269 for more information and to register.

LUNCH SPONSOR



Area Agency on Aging

02 YOU'RE INVITED TO...

GARDENING CLUB

1ST MONDAYS, 1:00 PM



Join Gardening Club meetings at the West Hickory Senior Center on **Monday, May 2** & **Monday, June 6**. Discuss a wide variety of gardening topics.

Registration is required at 328-2269.

NEW! WINDOWS 11 CLASS

WEDNESDAYS, 12:00 PM

Instructor Warren Shanahan will conduct this **FREE**

group classroom series on Windows 11 at the West Hickory Senior Center. No computer experience is necessary. If you have a laptop, please bring it along.

Classes for all other Windows operating systems begin at 1:30 pm on Wednesdays.

Registration is required at 328-2269.

THANK YOU to our May and June Bingo sponsor:



Catawba Valley
COMMUNITY COLLEGE
www.cvcc.edu

**Learning & Personal
Enrichment Classes**

Contact: Cheri Toney
828.327.7037 • ctoney.cvcc.edu

OLDER AMERICANS MONTH: BINGO @ RIDGEVIEW LIBRARY

THURSDAY, MAY 12, 2:00 PM

The fun and games will take place at the Ridgeview Library.

The library is located at **706 1st St SW, Hickory.**

Prizes will be awarded!

Registration is required at 328-2269.



SUMMERTIME BINGO

MONDAY, JUNE 20, 1:00 PM

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

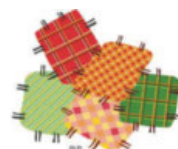
Registration is required at 328-2269.



QUILTING CLASS

If you have an interest in attending a quilting class at the West Hickory Senior Center, contact us at 328-2269.

Come by the office to see an example. A class could start as early as July if there is enough interest.



LIVING WELL WITH ARTHRITIS SUPPORT GROUP

COMING SOON

Linda Watson will lead this group the first Thursday of each month starting on **August 4** at 2:00 pm at the West Hickory Senior Center. Call 328-2269 for more information.



OLDER AMERICANS MONTH: DRIVE-THRU LUNCH

FRIDAY, MAY 6, FROM 11:00 AM—1:00 PM

Join us for a Drive-Thru Lunch in celebration of Older Americans Month! A box lunch and t-shirt will be provided (one per person), as long as supplies last, at the West Hickory Senior Center. No registration is required. Our thanks to the Area Agency on Aging for sponsoring this event.

DIRECTIONS: Please drive around the back of the parking lot when entering. Pull up in front of the doors so that the front of your car is pointing toward the exit for departure.



03 RESOURCES

LEGACY & PLANNED GIVING

When making your estate plan, please consider a gift to the Council on Aging (COA). The legacy created by doing so helps to continue the mission to enrich the quality of life for older adults in our community.

WAYS TO GIVE INCLUDE:

- * Leaving a gift to the COA in a will or trust
- * Designating the COA as the Transfer on Death or Payable on Death of a stock or brokerage account
- * Designating the COA as the beneficiary of a life insurance policy
- * Designating the COA as the beneficiary of a retirement account (this can maximize tax-deferred savings)

Please contact the Council on Aging office for more information at 328-2269.



FREE COVID-19 TESTS


If you've received four tests previously, you are now able to receive four additional 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.

EXTRA HELP - WITH COSTS OF PRESCRIPTIONS

You may qualify for Extra Help paying for your Medicare prescription drug plans. With Extra Help, you save on premium costs, co-pays, deductibles, and may avoid a coverage gap!

Monthly Income limits:

Individual \$ 1,699.00

Couple \$ 2,289.00

Resource/Asset limits:

(cash, investments - not home)

Individual \$ 14,010.00

Couple \$ 27,950.00



Extra
Help

If you would like to apply for Extra Help, call the Council on Aging at 328-2269 for an appointment with a SHIP Counselor.

04 WEEKLY ACTIVITIES

EXERCISE

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

Chair Volleyball **FREE!**
1st & 3rd Thursdays 9:30 am

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

Absolute Beginner Line Dance \$1 suggested donation
Tuesdays 9:30 am

Line Dance \$1 suggested donation
Tuesdays 10:00 am

Tai Chi \$5 suggested donation
for Arthritis and Fall Prevention
Tuesdays 10:00 am
at Newton Recreation Center
23 S Brady Ave, Newton
No class on May 17.

Virtual Tai Chi **FREE!**
for Arthritis and Fall Prevention
Thursdays 10:00 am
Call 328-2269 for the Zoom link.
No class on May 19.

Yoga \$5 suggested donation
Thursdays 10:00 am
at Newton Recreation Center
23 S Brady Ave, Newton


Zumba Gold \$1 sugg. donation
Mon, Wed, & Fridays 10:00 am
at Christ Lutheran Church
324 2nd Ave SE, Hickory


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.

 **CARDS**
TUE & THU, 12:00 PM
Current players welcome all and teach how to play.

 **MOVIE MATINEES**
TUESDAYS, 2:30 PM
FREE movies show each Tuesday afternoon at the West Hickory Senior Center beginning at 2:30 pm. Call COA to find out the title of each movie. Closed captioning will be available.
Registration is required at 328-2269.

21ST CENTURY COMPUTING

WEDNESDAYS, NOON OR 1:30 TO 3:30 PM
Instructor Warren Shanahan conducts **FREE** classroom series at the West Hickory Senior Center. The Noon class is for Windows 11. The 1:30 class is for other operating systems. No computer experience needed. Have a laptop? Bring it along.
Registration is required.
Call 328-2269 to register.

 **THRIFTY THURSDAYS**
THURSDAYS, 9:00 AM
Coupons are available at the West Hickory Senior Center to help save money.

 **PINOCHLE**
THURSDAY, 12:00 PM
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.

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

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 **May 2 & June 6**. 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, & new friendships. Led by Mary Mitchell of the Area Agency on Aging on **May 10 & June 14**.

DESIGNER GREETING CARDS

2ND THURSDAYS, 9:30-11:30 AM

OR 1:00-3:00 PM



Kaye Owenby teaches how to make beautiful handmade greeting cards

May 12 & June 9. 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 **May 26 & June 23**.



FUN WITH VAL & AL

4TH THURSDAYS, 5:30 PM

Test your knowledge with evening trivia on **May 26 & June 23**. **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 **May 13 & June 10** 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.



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



VIRTUAL TAI CHI FOR ARTHRITIS & FALL PREVENTION

THURSDAYS, 10:00 AM

FREE! Improve flexibility, balance, agility and cognition with this gentle exercise.

Call 328-2269 for the link.

VIRTUAL BINGO

WED, MAY 18 & JUNE 15, 1:30 PM

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

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















































































PARTICIPANT REVIEWS & COMMENTS

Upon first entering the West Hickory Senior Center one cannot help but notice how well organized and welcoming it is. I have been attending events and classes for several years and making designer greeting cards has become a passion for me. Various classes such as painting and craft classes have introduced me to new interests, as well as playing Bingo, trivia, and the weekly free movies, all of which are great fun. I have learned so much and have made many dear friends, all thanks to the competent, pleasant staff at WHSC.

~GAIL NEWTON, HICKORY









IF YOU WOULD LIKE TO HAVE YOUR COMMENT INCLUDED IN A FUTURE NEWSLETTER, CALL VICKIE BLEVINS FOR CONSIDERATION AT (828) 328-2269.

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>1:00 Gardening Club 2:30 Maximize Your Smartphone</p> <p>  </p>	<p>3</p> <p></p> <p>   </p>	<p>4</p> <p></p> <p>   </p>	<p>5</p> <p>9:30 Chair Volleyball</p> <p>    </p>	<p>6</p> <p>11:00-1:00 Older Americans Month: Drive-Thru Lunch</p> <p></p>
<p>9</p> <p>2:00 Prime Time Singers Practice</p> <p>  </p>	<p>10</p> <p>1:00 Care for the Caregiver</p> <p>   </p>	<p>11</p> <p></p> <p>  </p>	<p>12</p> <p>9:30 & 1:00 Designer Greeting Cards 2:00 BINGO @ Ridgeview Library</p> <p>    </p>	<p>13</p> <p>1:00 VIP Lions</p> <p></p>
<p>16</p> <p></p> <p>  </p>	<p>17</p> <p></p> <p>   </p>	<p>18</p> <p>1:30 Virtual BINGO</p> <p>  </p>	<p>19</p> <p>9:30 Chair Volleyball 11:00 Tech Connect @ St. Stephen's: Device Advice</p> <p>    </p>	<p>20</p> <p></p> <p></p>
<p>23</p> <p>2:00 Prime Time Singers Practice</p> <p>  </p>	<p>24</p> <p></p> <p>   </p>	<p>25</p> <p></p> <p>  </p>	<p>26</p> <p>1:30 Trivia Thursday 5:30 Fun w/ Val & Al</p> <p>    </p>	<p>27</p> <p></p> <p></p>
<p>30</p> <p>Closed for Memorial Day</p> 	<p>31</p> <p></p> <p>   </p>	<p>SYMBOL KEY— SEE PAGE 4 FOR ACTIVITY TIME & DETAILS:</p> <p> Exercise Opportunities  Catawba Crafters</p> <p> Seniors Morning Out  Thrifty Thursday</p> <p> Cards  21st Century Computing</p> <p> Pinochle  Movie Matinees</p>		

07 CALENDAR

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEST HICKORY SENIOR CENTER HOURS OF OPERATION:</p> <p><u>MONDAY - THURSDAY:</u> 8:00 AM - 4:30 PM</p> <p><u>FRIDAY:</u> 8:00 AM - 2:00 PM (CAN VARY)</p> <p><u>4TH THURSDAY OF EACH MONTH:</u> 8:00 AM - 7:00 PM</p>		<p>1</p> 	<p>2</p> <p>9:30 Chair Volleyball</p> 	<p>3</p> <p>9:00-4:00 Information Day</p> 
<p>6</p> <p>1:00 Gardening Club 2:30 Maximize Your Smartphone</p> 	<p>7</p> 	<p>8</p> 	<p>9</p> <p>9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> 	<p>10</p> <p>1:00 VIP Lions</p> 
<p>13</p> <p>2:00 Prime Time Singers Practice</p> 	<p>14</p> <p>1:00 Care for the Caregiver</p> 	<p>15</p> <p>1:30 Virtual BINGO</p> 	<p>16</p> <p>9:30 Chair Volleyball 11:00 Tech Connect @ St. Stephen's: Cut the Cord on Cable</p> 	<p>17</p> 
<p>20</p> <p>1:00 Summertime BINGO</p> 	<p>21</p> 	<p>22</p> 	<p>23</p> <p>1:30 Trivia Thursday 5:30 Fun w/ Val & Al</p> 	<p>24</p> 
<p>27</p> <p>2:00 Prime Time Singers Practice</p> 	<p>28</p> 	<p>29</p> 	<p>30</p> 	

08 DONATIONS & MEMORIALS



THANK YOU

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

Reba Abernethy, in honor of Rebecca Reeves
Amparo & Manuel Aguiar, in memory of
Aurora Delatorre
Magda Aguiar, in memory of Aurora Delatorre
Sue Austin, in appreciation of the tax preparers
Gwen Beatty, in appreciation of COA staff
Wayne Cashion
Diane Cowan, in honor of Joy Posey
Jeffrey & Bonnie Fachler, in memory of
Aurora Delatorre
First Presbyterian Church, Hickory NC
Food Lion, Springs Rd. Hickory
Ronald & Donna Frank, in memory of
Aurora Delatorre
Dorothy Friar
Go Forth Club, First United Methodist Church
Deborah Gross, in memory of Aurora Delatorre
Lynn Hennessee
Jane Hitchcock, in honor of Marty Salwen & all of
the tax preparers
Alma Houston
Michael & Joyce Keever, in appreciation of the tax
preparers & COA staff
Carolyn Killian

Edward & Deborah Koch, in memory of
Aurora Delatorre
Gene Maglia & Susan Padron, in memory of
Aurora Delatorre
Gail Newton, in loving memory of Aurora Delatorre
Mr. & Mrs. Lawrence Oxford
Silvia Padron, in memory of her sister,
Aurora Delatorre
Shirley Pierce, in honor of the tax preparers
Ken & Shirley Poovey
George and Sharon Quinlan
Daniel & Linda Raper
Betty Reep, in honor of George Quinlan
Rita Roseman
Howard Rotto, in memory of Aurora Delatorre
Ann Seitz, in honor of COA Staff & the tax preparers
Donna Shook
Richard Sonenklare, in memory of Aurora Delatorre
Bill & Dawn Teller
Sherry Ward
Ruby Brown Wylly

THANK YOU
for your generosity



General Fund Donation

Donated by: _____

Address: _____

Keep my Donation Anonymous

In Honor or Appreciation of: _____

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

TECH CONNECT @ LIBRARY

FREE Tech Connect classes are held at the St. Stephen's branch of Catawba County Library at 3225 Springs Rd NE, Hickory.

THURSDAY, MAY 19, 11:00 AM

Device Advice —

Do you have a laptop, tablet, Android or iPhone you need help navigating? Let us help you. Have your questions ready ahead of time.



THURSDAY, JUNE 16, 11:00 AM

Cut the Cord on Cable —

Learn about the various streaming services and what you need to cut the cord on high cable and satellite services. Discuss ways to reduce your cable/satellite bill, including exactly what to ask for when you call customer service.

Registration is required at 328-2269.

**COMMUNITY CORNER
NEWTON SR. CITIZENS CLUB**

Newton Senior Citizens Club meets at Newton Recreation Center, 23 S Brady Ave, Newton, and is for all those 55+. Join them on **Monday, May 9** and **June 13** at **10:00 am**. No registration is required. For more information call Janet Sigmon, (828) 465-3915, or Elaine Garner, (828) 464-5400.

PRIME TIME SINGERS

MONDAYS, 2:00 PM

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 **May 9 & 23** and **June 13 & 27** at the West Hickory Senior Center.

Must have COVID vaccinations to participate due to nursing home requirements.



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

Senior Living and Rehabilitation Communities where your recovery is our top priority!

Our quality rehabilitation services promote safe and effective recovery from illness, injury, or surgery with our personalized comprehensive programs:

- Inpatient and outpatient
- Physical therapy | Occupational therapy
- Speech and Language therapy



Resident-directed care:

- Rehabilitation
- Skilled Nursing Care
- Assisted Living
- Specialized Memory Care



1265 21st St. NE
Hickory, NC 28601
Trinityvillage.net
828.328.2006



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

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

Place Your Ad Here and
Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Alps Mtn. Affordable Hearing Aid Center, Inc.

Call us directly at 828-328-5800 or Toll Free 1-800-326-9037

37 13th Ave NE Hickory NC 28601 (27 Years In Business)

45 day trial period (lose nothing to try better hearing today)
www.alpsmtnaffordablehearing.com



Jeffrey C. Cline Owner & Specialist



Free Rechargeable Upgrade



Stop paying too much for the best hearing!

SUPPORT OUR ADVERTISERS!



4-D-5-5

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



14-1763

ARE YOU REACHING
THE MEMBERS IN
YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising



Buying? Selling?
Call me today!

CHERYL OBJIJSKI
Award Winning
Catawba County REALTOR
240-222-2249
CherylObjijski@gmail.com



We bring healing home


**Guardian
Home Health**

Proud partner of Frye Regional Medical Center

828.324.3025

Thrive
Locally

**GROW YOUR
BUSINESS**
BY PLACING
AN AD HERE!

CONTACT US!

Contact Terry Sweeney to
place an ad today!
tsweeney@lpicommunities.com
or (800) 477-4574 x6407

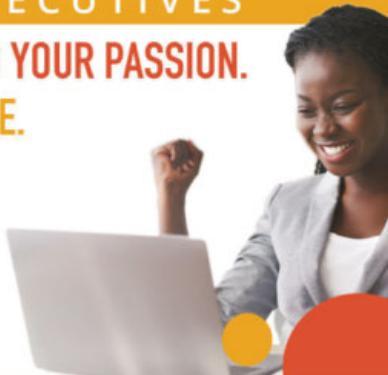


WE'RE HIRING

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

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.477.4574

**Life-changing
hearing care starts here.**

Our services include:

- **Complimentary hearing assessments***
- Demonstrations and risk-free trials of the latest technology
- Treatment of tinnitus and other conditions



Anita Slate
Hearing Instrument Specialist
Lic. #1247

 **HearingLife**

1071 13th Street SE
Hickory, NC 28602
828.979.0428
hearinglife.com

*See office for details.

WHEN CALLING, MENTION CODE AG60-12



4-D-5-5

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

14-1763



PO BOX 835 HICKORY, NC 28603-0835

NON PROFIT ORG
US POSTAGE
PAID
Hickory, NC 28601
Permit Number 1340

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.

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>

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

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

Seniors' Health Insurance Information Program (SHIP) 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 SHIP counselor, 328-2269.

Telephone Reassurance is a friendly telephone call from a COA volunteer to check-in at least once per month. Call 328-2269 to receive these calls.

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.



SENIOR TAR HEEL CARDS

Senior Tar Heel Cards are available at the West Hickory Senior Center to individuals age 60 & over. You must provide a photo ID to obtain the card.

Many public schools in NC allow these passes from senior adults for free admission to athletic events (it is at the discretion of each school to accept the cards).