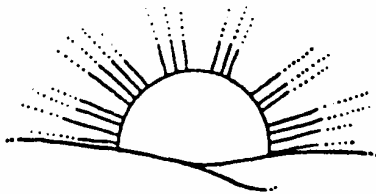


The Prime Times



The Satie and J. E. Broyhill
Caldwell Senior Center, Inc.
650-A Pennton Avenue SW, P.O. Box 933
Lenoir, North Carolina 28645
www.caldwellseniorcenter.org

Phone: 828 758-2883
Fax: 828 758-2348
Medication Assistance Center: 828 758-2566
Information and Assistance for Older Adults: 828 757-8635
E-mail: office@caldwellseniorcenter.org

NC SENIOR CENTER OF EXCELLENCE

OCTOBER NOVEMBER 2011



Annual Enrollment Period for MEDICARE Prescription Drug Plans

October 15- December 7, 2011

The Medicare Prescription Drug coverage annual election period provides current Medicare beneficiaries with one opportunity each year (between October 15 and December 7) to select a new prescription drug plan.

If you did not sign up for a drug plan or if your plan doesn't cover all the medicines you are currently taking, you now have the opportunity to enroll in new or different plan.

If you want to stay in your current Medicare Prescription Drug Plan, you do not have to do anything.

Our counselors can help you to find the best plan to fit your needs by using the Medicare website to compare the plans. You will need to list all of your medicines on a form we can provide. Once your comparison is complete, we will call to set a time (in a group or individually) to explain it and enroll you in the plan of your choice.

For assistance, come by the senior center Monday-Friday, 9-5 to complete the form needed and leave it with us. We will call you when we have your comparison. Please be patient. It may take a few weeks.

Medicare Rx Drug Plan Clinics will be offered on Tuesdays at 1:30 from October 18 through December 6 for people who have had comparisons done.



**Thursday, October 27, 4:00-6:00 p.m.
\$7.00**

Plan to join us for a delicious Fish Dinner cooked by our friend R. L. Icard. The dinner will include fish, hush puppies, sides and a drink.

Plan to eat here and socialize with friends. Or come by to pick up take-out plates.

Tickets will be sold in advance, so stop by and get yours. You'll be glad you did!!!

THANKSGIVING CARD PARTY

**Thursday, November 17
9:15am-1:00pm**

The Thanksgiving Card Party will be hosted by the Fun and Friendship Club on Thursday, November 17 from 9:15am-1:00pm.

Please bring a brunch snack. Prizes will be awarded. Call to sign up for a table of four. Cost is \$10 per person.

Register at the senior center, 758-2883, or by calling Barbara Lowman, 758-0514, or Sheila Burns, 726-0180.



QUALIFICATIONS AND BENEFITS EXTRA HELP FOR COSTS OF PRESCRIPTION DRUG PLANS

Income limits to qualify for Extra Help are:

Individual, \$16,335 Couple, \$22,065

Asset limits: (cash, investments—do not count home)

Individual, \$12,640 Couple, \$25,260

With Extra Help, you save on premium costs, co-pays, deductibles, and you will avoid a coverage gap. We can assist with applications. Please call 758-2883 for an appointment.



MEDICARE PRESCRIPTION DRUG CLINICS

Tuesdays, October 18 through December 6, 1:30 p.m.

Clinics will be held for people who brought their list of medicines for us to compare, and their comparison is complete for review. If the comparison shows that a different plan would be better for you in 2012, we will assist with changing your enrollment. Please bring your list of medicines to us beginning October 3, so a comparison can be done. You will be called to schedule an appointment at one of the clinics.



“MEDICARE A, B, C, D & MORE” PROGRAM Friday, October 7, 10:00 am

Hundreds of Baby Boomers are turning age 65 every day and want to learn more about Medicare. If you will be new to Medicare or just want to understand it better, plan to come to this program.

Medicare is divided into Part A (hospitalization), Part B (physician and other services), Part D (prescription drug), and Part C (Advantage plan), which is a combination of A, B, and sometimes D.


There are monthly premiums and/or deductibles for Medicare. Services are not always paid 100%, so you may want a Supplement or MediGap policy to pay what Medicare doesn't. You need to be aware of open enrollment periods.


If you, or your spouse, are still working and plan to continue employee insurance coverage, you have special circumstances. So do people who have employee retirement insurance.

Come learn about all of these issues. We will have a packet of information for everyone. Call 758-2883 to sign up.



CRAFT CLASSES

Craft Classes will continue this fall. Sign up will be on the first class of the month.


***Oil Painting**, Mondays, 10 am-12 noon
Taught by Marilyn Gragg. *Cost \$15 mo. 

Lap Quilting, Needlework, and Sewing
Thursdays, 1:30-3:30 pm. Cost \$20 mo.
Taught by Jeanne Enloe. 
Come see the Cathedral Window purse you can learn to make in this class.

* This program is supported by the Caldwell Arts Council and by a grant from the Grassroots Arts Program of the North Carolina Arts Council, a division of the Department of Cultural Resources.

<p>Knitting, Mondays 9:30-11:30 Join with the experienced knitters and learn about new projects.</p>	
<p>Wood Carving, Wednesdays 1:00-3:00, taught by volunteer Larry Roberts.</p>	

Senior Crafters

 Meeting every Tuesday, the Senior Crafters work on a variety of projects, which they plan and lead. If you are interested in learning about the group and their projects, or if you would like to share your ideas and crafts with others,

CRIBBAGE
Wednesdays, 1:00-3:00pm



MAH JONG
2nd and 4th Tuesdays, 2-4pm



These groups are having a great time and invite you to join them.

Sign up at the senior center, 758-2883, so one of the group organizers can give you a reminder call.


LIVING WILL CLINICS

October 13th and November 10th, 1:30pm
Do you have a Living Will?



Do you have a **Health Care Power of Attorney?**
Explanation of advance directives will be given on the **2nd Thursdays of October and November at 1:30pm.** Please stop by the center before these dates to pick up your documents. This will allow time for you to take them home and talk with your close family and friends about your health care wishes. Notaries and witnesses will be available at the clinics to help you complete the documents. Please call to sign up.

COMPUTER TUTORING

One-on-one tutoring is offered at the senior center by Hibriten High School Student Will Long. Learn how to search the Internet, use email, or other computer functions by appointment only. Please call for an appointment, 758-2883. 

The Lenoir branch of the Public Library offers several computer classes. Visit the Reference Desk or call 757-1270 for information.

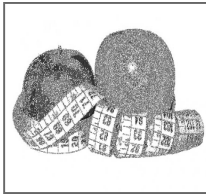
HEART CHECK PROFILE BLOOD TESTS FOR SENIORS



This semi-annual health check is arranged for you through Quest4Life and Caldwell Memorial Hospital. You will get a very comprehensive blood test panel for a **special cost of \$15.**

Pay your fee and pick up your lab slip at the senior center any time between 9:00am-5:00pm, Monday-Friday, October 3rd- 7th. Go to the lab at the Surgery Center (on Morganton Blvd.) between 8 a.m. and 4 p.m. by October 14th where blood will be drawn for the test. *You must fast for 12 hours before the test for accurate results. (You may drink water as needed and to take any necessary medication.)*

Test results and an explanation of normal counts will be mailed to your home within two weeks. For questions or more information, give us a call at 758-2883.



Living Healthy with Diabetes

FREE Diabetes Self Management Workshop
Mondays 9:00am-11:30am
October 31st-December 5th

Living Healthy with Diabetes is designed to help you better manage your diabetes and live a happier, healthier life! Classes will be held at the **Lenoir Public Library, 120 Hospital Avenue, NW, Lenoir.** Classes are instructed by the North Carolina Cooperative Extension and sponsored by the Area Office of Aging and AARP volunteer.

Please register by calling **Debbie Cox** at the **NC Cooperative Extension Office, 757-1257** by **October 15th.**

Geriatric and Adult Mental Health with Smoky Mountain Center
MONDAY, OCTOBER 31st,
3:30-4:30pm



Professionals in service agencies often see individuals with mental health issues and need to learn how to best work with and assist these clients.

Caregivers also need special information on handling difficult behaviors.

We invite professionals and caregivers to come to this training titled **“Introduction to Mental Illness.”** It is an introductory course describing various categories of mental illness and the symptoms associated with each. Methods of therapeutic interactions and specific interventions to handle problematic behaviors are included in this curriculum.

The program will be presented by the Geriatric and Adult Mental Health Specialty Team of the Smoky Mountain Center.






Please call 758-2883 to sign up.

Going Green Currently we send 2,400 newsletters free to our members. That is a very large expense, and we appreciate donations to help with the cost of printing and mailing the newsletter. We also encourage anyone with an e-mail account to give us your address so you can be sent your newsletter by email. Please send us a note to theprimetimes@gmail.com giving us your e-mail address. We will start sending your newsletter in that way to save on costs and at the same time **GO GREEN** to help protect the environment. The newsletter can also be seen on our website www.caldwellseniorcenter.org. Thank you!



OCTOBER 2011



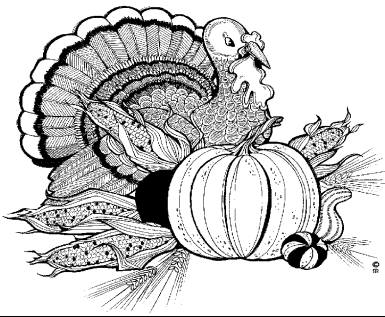
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
****Heart Check Profile registration all this week. See page 2 of newsletter for details****				
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MAH JONG 2:00-4:00	Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10 am Line Dance Level 2, 11am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	Fun & Friendship Club 9:15-1:00 (Card games and Socializing) <i>Lap Quilting 1:30-3:30</i>	Movin' & Groovin' 8:00 Smooth Moves 8:30 "MEDICARE ABC's" 10:00 am. Call 758-2883 to Sign Up Please Senior Jammers at Jasper's 3:00-4:30
10	11	12	13	14
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MAH JONG 2:00-4:00	YOGA 8:00-9:00  Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	Fun & Friendship Club 9:15-1:00 LIVING WILL CLINIC 1:30, Sign up please <i>Lap Quilting 1:30-3:30</i>	Movin' & Groovin' 8:00 Smooth Moves 8:30 Senior Jammers at Jasper's Place 3:00-4:30
17	18	19	20	21
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment	Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	Fun & Friendship Club 9:15-1:00 (Card games and Socializing) <i>Lap Quilting 1:30-3:30</i>	Groovin' & Moves 8am <i>Blood Pressure Check</i> 9-10 FLU SHOTS 10:00-12:00 noon By appointment Senior Jammers at Jasper's 3:00-4:30
24	25	26	27	28
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MAH JONG 2:00-4:00 MEDICARE Rx DRUG CLINIC 1:30 By Appointment	YOGA 8:00-9:00  Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	Fun & Friendship Club 9:15- 12:00  4:00-6:00 pm Cost \$7 Please get your tickets in advance. See page 1 for details.	Movin' & Groovin' 8:00 Smooth Moves 8:30 Senior Jammers at Jasper's Place 3:00-4:30
31	<div style="display: flex; align-items: center;">  <div> <p>For a comparison of Medicare Prescription Drug Plans for 2012, bring a list of your current medicines and complete an information form to leave with us. Volunteers and staff will prepare a comparison and schedule a time to explain it in October or November.</p> </div>  </div>			
Groovin' & Moves 8-9 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30 MENTAL HEALTH SEMINAR 3:30-4:30 for Professionals/Caregivers				

FLU SHOTS !!! October 21, 2011 10:00 am-12:00 noon

The Centers for Disease Control and Prevention (CDC) recommends **everyone** six months of age and older get vaccinated against the flu. **Kerr Drug Community Healthcare Center will give flu vaccines at the senior center by appointment only.** Please call for an appointment between 10 am and 12 noon. We will schedule in 30-minute time blocks so no one will have a long wait. The vaccine is free of charge for people with Medicare Part B and some insurance plans. Be sure to bring your insurance card with you. The cost for private pay is \$30 payable to Kerr Drug.







The Caldwell Health Department provides Drive-By Flu Clinics each fall, and they file with all Medicare plans. For information about **dates and times**, please call the Health Department hotline, 426-8456, or visit www.caldwellcountync.org.

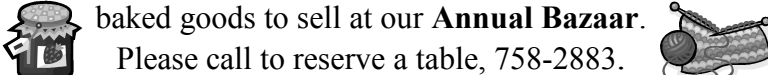


NOVEMBER 2011

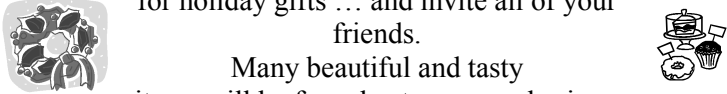


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment	Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3:00 CRIBBAGE, 1-3	Fun & Friendship Club 9:15-1:00 (Cards and Socializing) <i>Lap Quilting 1:30-3:30</i>	Movin' & Groovin' 8:00 Smooth Moves 8:30 Senior Jammers at Jasper's Place 3:00-4:30
7	8	9	10	11
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment MAH JONG 2:00-4:00	YOGA 8:00-9:00  Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3 CRIBBAGE, 1-3	Fun & Friendship Club 9:15-1:00 LIVING WILL CLINIC 1:30 Call to sign up, please <i>Lap Quilting 1:30-3:30</i>	Veteran's Day Groovin' & Moves 8-9 CELEBRATE VETERANS  With coffee and doughnuts 9:30-10:30 Sign up please Jammers at Jasper's 3:00-4:30
14	15	16	17	18
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment	Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3 CRIBBAGE, 1-3	Fun & Friendship Club THANKSGIVING CARD PARTY 9:15am-1:00pm \$10 per person Bring a Brunch Snack <i>Lap Quilting 1:30-3:30</i>	Groovin' & Moves 8-9 <i>BloodPressureChecks 9-10</i> CRAFT BAZAAR 10am-2pm  Jammers at Jasper's 3 pm
21	22	23	24	25
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment MAH JONG 2:00-4:00	YOGA 8:00-9:00  Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3 CRIBBAGE, 1-3	 Happy Thanksgiving! Closed for the Holiday	
28	29	30	CELEBRATE VETERANS WITH COFFEE AND DOUGHNUTS ON FRIDAY, NOVEMBER 11, 9:30-10:30.  <i>Come visit and reminisce with fellow Veterans. Please call 758-2883 to let us know you plan to be here.</i>	
Movin' & Groovin' 8:00 Smooth Moves 8:30 Knitting Class 9:30-11:30 <i>Oil Painting, 10-12:00</i> Caroliners – 1:30-2:30	Senior Songbirds 9:30 Senior Crafters 10:30 MEDICARE Rx DRUG CLINIC 1:30 By Appointment	Movin' & Groovin' 8:00 GetDown&Tone Up 8:30 Line Dance Level 1, 10 am Line Dance Level 2, 11 am Wood Carving Club 1-3 CRIBBAGE, 1-3		

CRAFT BAZAAR AND BAKE SALE Friday, November 18, 10:00am-2:00pm

Seniors are invited to bring crafts and home canned or baked goods to sell at our **Annual Bazaar**. Please call to reserve a table, 758-2883. 

If you aren't creative with crafts or baking, plan to come shop for holiday gifts ... and invite all of your friends.

Many beautiful and tasty items will be for sale at very good prices. 

HOLIDAY COOKBOOK IN THE WORKS

Our Cookbook Committee wants to follow up the *Treasured Recipes Volume III* cookbook with a holiday cookbook. Through the next 6 months think about holiday recipes that are special for your family, and send them to us.

They will go into a cookbook that we plan to have for sale in November of 2012. All recipes will need to be on an 8 1/2x11 page, and we have a form that you can use. You may email recipes to Sharon.berry@caldwellseniorcenter.org. or bring them by and let us copy them. We can enlarge to fit the page requirements.



THANK YOU



Melodie Mathes	Mary Ruth Wilson
Curt and Maria Hiller	Sara Stone
Florence Prestwood	Barbara Town
Mr. and Mrs. J.D. Cottrell	Waylene Franklin
Pat Carlton	Janet Pennell
Sheila Triplett Brady	Don Butler
Commodore and Anita Enloe	Jane Church
Susan Helton	Betty Kanipe
Caldwell County Retired School Personnel	
Clara Andrews in honor of Cyndi Akins	
Dora Lee Caudle in honor of Louise Soots	
Wilma Mikeal in memory of Wayne Mikeal	

New Members

Tony Absher	Herbert Greer	Dwight Phillips
Rose Adams-Reid	Donna Hartley	Judy Phillips
Bessie Banner	David Hartley	Dennis Reising
Alice Barber	Joe Hendrix	B J Setzer
Lou Beard	Madeline Hendrix	Marlene Setzer
Donna Boles	Becky Hickok	Tony Setzer
Alberto Bosshart	Muffy Joiner	Ester Smith
Mabel Bosshart	Carolyn Kale	Mark Starin
Joyce Calloway	Harold Kale	Dixie Stoltz
Charlene Clark	Deborah Kastner	Joan Suddreth
Rita Clark	Mark Kastner	Paul Summerow
Charles Cooke	Janet Kawulia	Donna Triplett
Ruth Cooke	Stephen Kawulia	Carolyn Watson
Jewel Cowick	Pamela Lackey	Jeanne Whisnant
James Dula	Flo Lambert	Houston Williams Jr.
Mack Edmisten	Jeffrey Linn	Charles Wilson
Alice Ann Estes	Lorraine Mruczkowski	Geraldine Wood
Loretta Fillers	Virginia Miller	Rebecca Woodring
Betty Franquemont	Elizabeth McDonald	Robert Woodring
Jed Franquemont	Nancy Molzan	Ellen Wyatt
Mary June Greene	Johanna OBrien	Lucille Younce

SPONSOR A DAY AT THE SENIOR CENTER

A donation of \$25 will sponsor a day at the senior center. This donation supports our programs and services, which are provided to seniors at no cost. It also helps with the cost of printing and mailing newsletters every other month.

As a private-not-for-profit agency, we depend greatly on donations from friends and participants to operate the senior center. We welcome Honorariums or Memorials, and we notify the honoree or family members of your gift.

Thank you for your donations!

Low Income Energy Assistance Program

The LIEAP program assist families with heating. LIEAP focuses on households with individuals age 60 and older and those receiving services from Aging and Adult Services Programs. Applications will start December 1, 2011 and go through March 31, 2012,

as long as funds permit. You must apply at the Department of Social Services, 2345 Morganton Blvd. SW Suite A, Lenoir, 1st floor. If you have additional questions, please call 426-8200 and ask for the Low Income Energy Assistance Program.

Crisis Intervention Program

The CIP program assists families in a crisis for heating or cooling. Applicants can apply anytime beginning **November 15, 2011 until April 30, 2012.** To be eligible, you must be experiencing a life-threatening or health related emergency. For questions, please call Emergency Assistance at DSS at 426-8200.

“Let’s Talk Lungs”

~A FREE public health peer forum for those with COPD lung disease and their families~



Meets the 1st and 3rd Wednesdays, 10:30am-11:30am at **St. James Episcopal Church, 806 College Avenue, Lenoir.**

This forum is moderated by **Curt Hiller, BS, RRT,** Registered Respiratory Therapist.

For more information, please e-mail Curt at:

www.pulmonary2000@yahoo.com.

This forum is hosted by

Helping Hands Clinic in Lenoir, 754-8567.

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

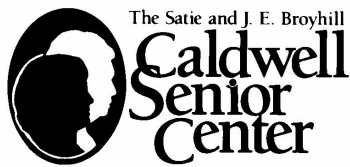
757-8635

Cyndi Akins

cyndi.akins@caldwellseniorcenter.org

CONTINUING ACTIVITIES/PROGRAMS

- Senior Fun and Friendship Club** - The Fun and Friendship Club meets every Thursday at 9:15 a.m. for socializing and card playing. Card games begin at 9:30, and played regularly are Bridge, Canasta, Skip-Bo, and Phase 10. Join one of these games or start one of your own. Light refreshments are served each week. A covered-dish lunch is scheduled on fifth Thursdays. Club dues are \$15 a year.
- Caldwell Senior Songbirds** - The Senior Songbirds meet from September-May at 9:30 every Tuesday morning. They practice singing together and then go to one of the area nursing homes to entertain the residents. If you enjoy singing with a group and giving joy to others, come join the chorus.
- Movin’ & Groovin’** - 8:00-8:30. Low-moderate impact aerobics, great music and moves every Monday, Wednesday, and Friday.
- Smooth Moves** - 8:30-9:00. Class using hand weights and stretch bands to increase strength and flexibility, every Monday and Friday.
- Get Down & Tone Up** - 8:30-9:00. Floor exercises designed to tone and stretch - 1st, 3rd and 5th Wednesdays.
- Yoga** - 8:00-9:00am. Beginner-intermediate Yoga for Seniors, 2nd and 4th Wednesdays
- Line Dancing** - Classes are offered in three levels of pace and difficulty – Level 1, beginners to moderate; Level 2, intermediate to advanced (both on Wednesdays); Caroliners, Level 3 fastest paced and most difficult (on Monday). New beginner basics are taught in the Level 1 class during the months of September and January.
- Billiards** - A table is ready to use 9:00-5:00 Monday-Friday. Make your own games with old friends or come meet new ones.
- Fitness Equipment** - A variety of exercise equipment is available for your use in the Fitness Room of the senior center. Staff will provide training on your first visit; then you can work out at your convenience between 9:00-5:00 Monday-Friday.
- Puzzle Table** - A table is ready with a picture puzzle to put together between 9:00-5:00, Monday-Friday.
- Senior Crafters** - The group meets each Tuesday, usually at 10:30. Crafters teach and learn from each other.
- Brain Games** - Bring friends and join the group for card or board games of your choice. Exercise your brain and have fun too!
- Senior Jammers** - Meet Fridays 3:00-4:30 pm at Jasper’s Game and Music Room, 2208 Bill Coffey Rd., Lenoir.



If your address has changed, please call us so we can correct our mailing list—758-2883.

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

Return Service Requested

Post Office Box 933, Lenoir, North Carolina 28645

You are a vital part of the Satie and J. E. Broyhill Caldwell Senior Center! The center strives to continue to provide a linking together of existing community services and resources to meet the needs of Caldwell County's older adults. We want to offer activities and programs that you want to take part in. If you have suggestions, please let us know.

OFFICE HOURS—9:00-5:00 Monday-Friday PHONE 758-2883

Prescription Assistance Center Phone—758-2566

Information and Assistance for Older Adults—757-8635

Fax—758-2348

***Email—office@caldwellseniorcenter.org

Staff: Sharon Berry Executive Director
Cyndi Akins Assistant Director
Barbara Hart Prescription Assistance Specialist
Mary Woods Receptionist/Prescription Assistant
Lorraine Collins Receptionist
Provided by Senior Community Service Employment Program

A Caldwell County



Participating Agency

SERVICES

S.H.I.I.P. (Seniors Health Insurance Information Program) Volunteers

Staff and volunteers are trained by the S.H.I.I.P. division of the North Carolina Department of Insurance to answer questions about Medicare, Medicare Advantage Plans, and Medicare Prescription Drug coverage. Also, Medicare Supplement policies, and Long Term Care Insurance. Please call for information or an appointment with a counselor – 758-2883.

Blood Pressure Checks Appalachian RSVP Volunteer

A volunteer will be at the senior center on the 3rd Friday of each month from 9:15-10:00 to check blood pressures.

Legal Assistance Legal Aid of North Carolina Morganton Office

Staff from Legal Aid of N. C. Morganton Office comes one Tuesday of the month (as long as annual funding lasts) to make simple wills for persons over age 60 and their spouses. An appointment is necessary. Legal services for civil matters are provided by the Morganton office for seniors who qualify financially. Call us for information 758-2883.

Notary Service Senior Center Staff

We notarize documents such as Living Wills. Please call for an appointment – 758-2883.

Computer/Internet – Computers are available for your use Monday-Friday, 9:00-5:00. One-on-one tutoring is arranged by appointment.

Senior Tar Heel Cards – For people over 60, these cards may be picked up at the senior center to identify you as a senior citizen. Many businesses give discounts to seniors, so ask about their discount policy when you make a purchase.

Senior Meal Sites – There are four congregate meal sites in the County: Koinonia and Martin Luther King Recreation Center in Lenoir, Kings Creek Baptist Church, and Shuford Recreation Center in Granite Falls. Nutrition Services Director for Blue Ridge Community Action is Mary Wright, who can be reached at 754-9085, Ext. 226.

Medication Assistance Program – This program is funded by a grant from the NC Office of Rural Health and provides assistance with Medicare Prescription Drug plans and applications to pharmaceutical manufacturers programs. Call 758-2566 for information. Additional support is provided by the **Unifour Foundation, a component fund of the North Carolina Community Foundation, and United Way of Caldwell County**

Information and Assistance for Older Adults- Call us at 757-8635 for information about services or resources in Caldwell County.

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.