



# THE SCOPE

## JANUARY/ FEBRUARY ISSUE

Volume 44, Number 4

### 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

## AARP TAX-AIDE

AARP Tax-Aide offers **FREE TAX PREPARATION** for your federal and state income taxes and will be available by appointment from the first of February through mid-April at the following locations:

**TUESDAYS @ CATAWBA COUNTY LIBRARY IN NEWTON**

**THURSDAYS @ PATRICK BEAVER MEMORIAL LIBRARY**

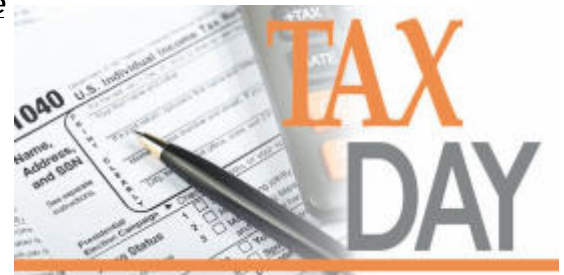
**FRIDAYS @ WEST HICKORY SENIOR CENTER**

Registration is required. Call 828-358-4669 for all locations.

Schedulers will be available

Monday-Friday, 9:00 am-1:00 pm beginning

Tuesday, January 18 until all available appointments are filled.



Appointments must be made by phone. Please be patient when calling to make your appointment and do not attempt to leave a message. If at first you don't get through, please try again until you reach a live volunteer.

## INCLEMENT WEATHER

Building closures due to weather will now be communicated via the Council on Aging website and Facebook page found respectively at [www.catawbacoa.org](http://www.catawbacoa.org) and [www.facebook.com/Council-on-Aging-of-Catawba-County](http://www.facebook.com/Council-on-Aging-of-Catawba-County). You can also call the center at 328-2269, **during normal operating hours**, to see if the phone message says we are closed.



## 2022 MEDICARE UPDATE

The **Part A** (Hospital Insurance) Deductible will be **\$1556**, per benefit period, for days 1-60 of inpatient hospitalization.

The **Part B** (Medical Insurance) Premium will be **\$170.10** per month. *Premiums will be higher for individuals with annual incomes of \$91,000 or more and married couples with annual incomes of \$182,000 or more.* The deductible will be **\$233** per year of Medicare-approved charges.



# 02 WINTER BLUES BUSTERS



## JEWELRY MAKING

1ST THURSDAYS IN JAN & FEB, 2:00 PM

Join Instructor Donna Gentry and learn to craft your own earrings on **January 6 and February 3** at the West Hickory Senior Center. Only \$5 for two pairs!

**Registration is required at 328-2269.**

*Registration is required at 328-2269.*



## NEW! LINE DANCE CLASS

TUESDAYS, 9:30 AM

Never Line Danced before? Need to brush up on some skills? Come to the new Absolute Beginners Line Dance Class, led by instructor Susan Duncan. This class meets right before regular Line Dance.

## BINGO @ HIGHLAND REC CTR

MONDAY, JANUARY 24, 2:00 PM

The fun will take place, and prizes will be awarded, in the Community Room at Highland Recreation Center.

Highland Rec Center is located at 1451 8th St. Dr. NE, Hickory, 28601.

**Registration is required at 328-2269.**

## VALENTINE'S DAY BINGO

MONDAY, FEBRUARY 14, 1:30 PM

Come for Bingo, dressed in your Valentine's Day attire, at the West Hickory Senior Center!

**Registration is required at 328-2269.**

**THANK YOU** to our January and February Bingo sponsor:



## PRIME TIME SINGERS

MONDAYS, 2:00 PM

Do you like to sing? Join the *Prime Time Singers!* 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 **January 10, 24 & 31 and February 21 & 28** at the West Hickory Senior Center.

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

*Must have COVID*

*vaccinations to participate due to nursing home requirements.*



*New Members Welcome!*

## MOVIE MATINEE

TUESDAYS, 3:00 PM



**FREE** movies will now be showing each Tuesday afternoon at the West Hickory Senior Center beginning at 3:00 pm. The genre of each showing is listed on the calendar. Call COA to find out the title of each movie matinee, as titles can't be published due to copyright law.

**Registration is required at 328-2269.**

*Registration is required at 328-2269.*

## INTERESTED IN BOOK CLUB?

MONDAY, JANUARY 10, 1:00 PM

Would you like to be part of a new book club? Meet at the West Hickory Senior Center **Monday, January 10 at 1:00 pm** to express your interest and share suggestions about forming a club.

**Registration is required at 328-2269.**

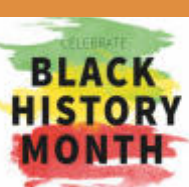


## EXPLORE THE POSSIBILITIES

3RD THURSDAYS, 1:30 PM

Explore the Possibilities in a new, **FREE** virtual program. Attend the group by dialing in on any land line or mobile phone. Or join the video call by computer, tablet or smartphone. A link or phone number will be provided when you sign up, and an interactive packet for each activity.

On **Thursday, January 20**, Explore the Possibilities of National Hot Tea Month. Sip your tea, included in the interactive packet you'll receive upon sign up, and dive into the world of tea, its health benefits, and even tea-themed games. **The deadline to register to attend is Monday, January 10.**



On **Thursday, February 17**, Explore the Possibilities of Black History Month. Sign up to join this virtual tour of the Martin Luther King, Jr. National Historical Park. Explore the Atlanta, Georgia community that shaped Dr. King and influenced his teachings. Door prizes will be drawn! **The deadline to register to attend is Monday, February 7.**

*Registration is required. To receive the phone number or link, call 328-2269.*

**NEW! — TECH CONNECT @ LIBRARY LOCATIONS**

The COA is excited to offer two **FREE** Tech Connect classes which will be held at Catawba County Library branches and led by Chanda Platania, Tech Connect Librarian, once per month at each location.



**ST. STEPHEN'S**

**3225 SPRINGS RD NE, HICKORY**  
 Social Media Q&A—Thurs, Jan. 20, 11:00 am  
 The Basics of Going Virtual—Thurs, Feb. 17, 3:00 pm

**SOUTHWEST**

**2944 S HWY 127, HICKORY**  
 The Basics of Going Virtual—Tues, Jan. 25, 1:00 pm  
 Social Media Q&A—Tues, Feb. 22, 3:00 pm

*Register to attend at 328-2269.*

**BE RED CROSS READY**

THURSDAY, JAN 20, 9:30 AM



Are you ready for any weather emergency? The Red Cross will present their **FREE** Disaster and Emergency Preparedness Training at the West Hickory Senior Center. *Registration is required at 328-2269.*

**21ST 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 at 328-2269.*

**DISCUSSION WITH THE DIRECTOR**



MONDAY, FEBRUARY 7, 1:00 PM

Come share your feedback and ideas for new programming. The meeting will take place at the West Hickory Senior Center. All ideas are welcome! *Registration is required at 328-2269.*

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 828.322.6995

# 04 REGULARLY SCHEDULED ACTIVITIES

## EXERCISE

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

**Chair Aerobics** **FREE!**  
Mondays 9:00 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**  
*Pending reopening of Newton Rec Ctr*  
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.

**Thera-Fitness** **FREE!**  
**available In-person or Virtually**  
Tuesdays 1:30 pm  
Call 328-2269 for the virtual link.

**Yoga** \$5 suggested donation  
*Pending reopening of Newton Rec Ctr*  
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



## 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.*

## DESIGNER GREETING CARDS

THUR, JANUARY 13 & THUR, FEBRUARY 10, 9:30-11:30 AM  
OR 1:00-3:00 PM  
Join instructor Kaye Owenby as she teaches how to make beautiful handmade greeting cards. **\$10.00** is the cost per student and includes all your supplies.  
*Registration is required.*  
*Call 328-2269 to register.*

## TRIVIA THURSDAYS

THUR, JANUARY 27 & THUR, FEB 24, 1:30 PM  
**FREE** to compete with a team for prizes & fun.  
*Registration is required.*  
*Call 328-2269 to register.*

## FUN WITH VAL & AL

THUR, JANUARY 27 & THUR, FEB 24, 5:30 PM  
Test your knowledge with evening trivia. **FREE!**  
*Registration is required.*  
*Call 328-2269 to register.*

 **HAND & FOOT**  
TUESDAYS, 1:00 PM

 **PINOCHLE**  
THURS, 1:00 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.*

# REGULARLY SCHEDULED ACTIVITIES 05

## MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, 2:30 PM

Carolina Wireless conducts this **FREE** class at the West Hickory Senior Center on **January 3 and February 7**. All questions are welcome as you learn all you need to know about your device.

Registration is required.  
Call 328-2269 to register.



## CARE FOR THE CAREGIVER

2ND TUESDAYS, 1:00 PM

Caregivers need care for themselves too! West Hickory Senior Center hosts 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 **January 11 and February 8**.

Register to attend by calling 328-2269.

## VIP LIONS CLUB

2ND FRIDAYS, 1:00 PM

New members are welcome to join the VIP Lions Club (Visually Impaired Lions Club), whose motto is "We Serve," and make a difference in our community. 80%



of the members of this group are visually impaired. The VIP Lions meet at the West Hickory Senior Center and also collect donations of eyeglasses, hearing aids, and cell phones at the center as well. Meets on **January 14 and February 11**.

For more information, call the COA at 328-2269.

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

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# JANUARY





















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 2:30 Maximize Your Smartphone 	<b>4</b> 3:00 Movie Matinee- Genre: Action 	<b>5</b> 1:30 21st Century Computing 	<b>6</b> 2:00 Jewelry Making 	<b>7</b> 
<b>10</b> 1:00 Book Club Interest Meeting 2:00 Prime Time Singers Practice 	<b>11</b> 1:00 Care for the Caregiver 3:00 Movie Matinee- Genre: Romantic Comedy 	<b>12</b> 1:00 CVCC Art Class 1:30 21st Century Computing 1:30 Virtual BINGO 	<b>13</b> 	<b>14</b> 1:00 VIP Lions 
<b>17</b>  Closed Martin Luther King, Jr. Day - See the MLK Service Day Project (p.8)	<b>18</b> 3:00 Movie Matinee- Genre: Drama 	<b>19</b> 1:00 CVCC Art Class 1:30 21st Century Computing 	<b>20</b> 9:30 Red Cross Ready 11:00 Social Media Q&A at St. Stephen's 1:30 Explore the Possibilities: National Hot Tea Month 	<b>21</b> 10:00 Senior Games Informational Meeting 
<b>24</b> 2:00 Bingo at Highland Rec Center 2:00 Prime Time Singers Practice 	<b>25</b> 1:00 Tech Connect: The Basics of Virtual at Southwest Library 3:00 Movie Matinee- Genre: Action 	<b>26</b> 1:00 CVCC Art Class 1:30 21st Century Computing 	<b>27</b> 	<b>28</b> 

<b>31</b> 2:00 Prime Time Singers Practice 
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**SYMBOL KEY—  
SEE PAGE 4 FOR ACTIVITY TIME & DETAILS:**

-  Exercise Opportunities
-  Designer Greeting Cards
-  Seniors Morning Out
-  Catawba Crafters
-  Games Group
-  Fun with Val & Al
-  Card Club
-  Trivia Thursdays

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 3:00 Movie Matinee- Genre: Action  	<b>2</b> 1:00 CVCC Art Class 1:30 21st Century Computing  	<b>3</b> 2:00 Jewelry Making  	<b>4</b> National Wear Red Day in support of Heart Health  
<b>7</b> 1:00 Discussion with the Director 2:30 Maximize Your Smartphone  	<b>8</b> 1:00 Care for the Caregiver 3:00 Movie Matinee- Genre: Drama  	<b>9</b> 1:00 CVCC Art Class 1:30 21st Century Computing  	<b>10</b>  	<b>11</b> 1:00 VIP Lions  
<b>14</b> 1:30 Valentine's Day Bingo  	<b>15</b> 3:00 Movie Matinee- Genre: Romantic Comedy  	<b>16</b> 1:00 CVCC Art Class 1:30 21st Century Computing 1:30 Virtual BINGO  	<b>17</b> 1:30 Explore the Possibilities: Black History Month 3:00 Tech Connect: The Basics of Virtual at St. Stephen's  	<b>18</b>  
<b>21</b> 2:00 Prime Time Singers Practice  	<b>22</b> 3:00 Tech Connect: Social Media Q&A at Southwest Library 3:00 Movie Matinee- Genre: Drama  	<b>23</b> 1:00 CVCC Art Class 1:30 21st Century Computing  	<b>24</b>  	<b>25</b>  
<b>28</b> 2:00 Prime Time Singers Practice  	<p style="text-align: center;"><b>WEST HICKORY SENIOR CENTER HOURS OF OPERATION:</b></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>			

# 08 RESOURCES & VOLUNTEERISM



~  
**MLK  
DAY OF  
SERVICE**  
~

## THERAPY DOLL PROJECT

The Council on Aging is asking for your help in support of the 2022 MLK Day of Service Project! Learn more about the MLK Day of Service to the right.

COA will be collecting donations of gently used, and as life-like as possible, baby dolls to support a local therapy doll project. A volunteer will then make clothes and outfit the dolls to be given to dementia patients in our community.

Therapy dolls have been proven to be effective in soothing those with dementia, helping them feel useful and needed, and giving them something positive to focus on.

Donations will be accepted at the West Hickory Senior Center throughout the month of January.

[For more information and/or to make a donation, call COA at 328-2269.](#)

## ADVANCE DIRECTIVES:

LIVING WILLS & HEALTH CARE POWER OF ATTORNEY



A **living will** is a legal document that allows you to control the decision 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 the power to make medical decisions for you if you are not competent or if you are not able 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 options with you, have forms available, and notarize your documents.

[Registration is required. Call 328-2269 to register.](#)

## 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 \$ 1610.00      Couple \$ 2178.00

### Resource/Asset limits:

(cash, investments - not home)

Individual \$ 13,290.00      Couple \$ 26,520.00

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

## 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 or email: \[councilonaging@catawbacouncilonaging.org\]\(mailto:councilonaging@catawbacouncilonaging.org\)](#)



In 1994, Congress passed the King Holiday and Service Act, designating the Dr. Martin Luther King Jr. Federal Holiday as a national day of service. The MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of "United We Serve," the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

~Source: Corporation for National and Community Service

[Have ideas for future service projects? Call COA at 328-2269.](#)



## VIRTUAL BINGO

WED, JAN 12 & WED, FEB 16, 1:30 PM

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.



## CVCC ART CLASS

WEDNESDAYS, JANUARY 12 — MARCH 2, 1:00 PM 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 \$75.00.**

To register, call or email Cheri Toney at 828-327-7000 ext: 4320 or ctoney@cvcc.edu.

## COMMUNITY CORNER

2022 SENIOR GAMES INFORMATIONAL MEETING

Senior Games Ambassadors will be at the West Hickory Senior Center to share information on how to participate in the Games and about opportunities to volunteer. Call COA to attend the meeting which will be at **10:00 am on Friday, January 21.**

Senior Games applications will be available at the senior center beginning in February for all those 50+.

Registration is required to attend.

Call 328-2269 to register.



## CATAWBA FOOD PANTRY



Catawba Food Pantry will host a drive through food box giveaway on **Saturday,**

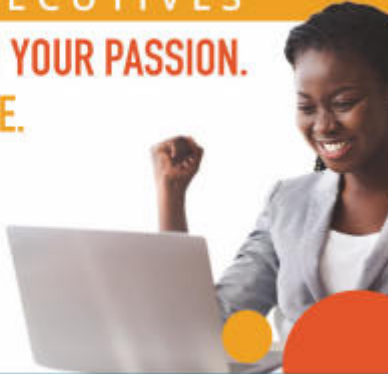
**February 19 from 9:00 am - Noon.** The Catawba Food Pantry is located at Providence United Methodist Church, 338 Rosenwald School St, Catawba.

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# 10 DONATIONS & MEMORIALS



## THANK YOU

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

Anonymous friends  
Abingdon Glen Village Homeowners Association, in memory of Jack Hopkins  
Bill & Marjorie Blubaugh  
Faye Laxton Campbell, in memory of Cecil Campbell  
Charles & Virginia Carlton, in honor of Joy Posey  
Carris Corporate Foundation  
Catawba Valley Community Endowment, a component fund of the North Carolina Community Foundation  
Gheorghina Ciolac  
Joyce Corbett  
Ron Downs  
First Presbyterian Church, Hickory NC  
Nancy Frady  
Jim & Judy Kaufman  
Bonnie & James King  
Mike & Kathy Matangelo  
Richard & Nancy McGhee  
Dan & Gail Miller  
Gail Newton

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Lois Snyder  
Bill & Dawn Teller  
Danny & Ruth Ann Waters  
Westview United Methodist Church, Hickory NC  
David & Mary Yarborough



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

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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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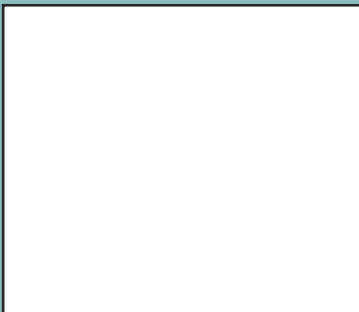
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**JANUARY/  
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2022 ISSUE**



## 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 North Carolina 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, puzzles.

If you would like to receive **Telephone Reassurance** calls, sign up by calling 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.



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