



# THE SCOPE

## JULY/ AUGUST ISSUE

Volume 45, Number 1

### 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 46 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](http://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  
Ashelin McCoy, Program Assistant



## VOLUNTEER OF THE YEAR—2022

Congratulations to Gail Newton, Catawba County Council on Aging Volunteer of the Year! Gail has been a tax phone volunteer for many years, helps at the front desk, and is our primary Telephone Reassurance Program caller. Many thanks to Gail for her dedication to the community through volunteering.

## TRIPS ARE BACK!!

### WOHLFAHRT HAUS IN AUGUST

Tuesday, August 16th

"For God and Country", a Patriotic Gospel Revue

Cost of \$90 includes lunch and show.

**Registration is required by calling the Council on Aging at 828-328-2269.** Payment is due immediately after registration. Mail payments to Council on Aging, PO Box 835, Hickory, NC 28603. The theater recommends unvaccinated individuals wear masks. There will be stairs in the theater to get to your seat. Please take this into consideration before registering.



## FROM THE DIRECTOR

The Council on Aging welcomes Ashelin McCoy as our new Program Assistant. Bea and I are very excited to have Ashelin as part of the team. All our best to Sam Garlock, who made huge contributions to the Council on Aging during her time with us.

- Vickie

## 02 YOU'RE INVITED TO...

**Registration is required for all of the following programs. Call 328-2269 to register.**

### SELF DEFENSE CLASS

FIRST CLASS ON AUGUST 2, 1:00 PM



Rickie Maddox will lead this group on the first Tuesday of each month at 1 pm starting on **August 2**. Classes will be held at the West Hickory Senior Center with a \$1 suggested donation. Rickie has experience in Martial Arts and Self Defense. Wear loose fitting clothes. Those in wheelchairs or on walkers are welcome. This class is specifically tailored for senior citizens.

### LIVING WELL WITH ARTHRITIS SUPPORT GROUP

FIRST MEETING ON AUGUST 4, 2:00 PM



The first meeting will be open discussion and a meet and greet. These meetings will be on the first Thursday of each month. Future meetings could have speakers based on suggestions of the group.

### ELVIS TRIBUTE SHOW

WEDNESDAY, JULY 20, 2:00 PM



Come join us for some great fun and entertainment at this FREE music event! Ed Smith, Elvis Tribute Artist, will perform at the West Hickory Senior Center.

**TECH CONNECT** will be back in September. If you have any ideas for programs or anything you would like to see or learn, give us a call at 328-2269.

### THANK YOU

to our July and August Bingo sponsor:



### SUMMERTIME BINGO

WEDNESDAY, AUGUST 10, 1:30 PM

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



### BILINGUAL BINGO AT CENTRO LATINO

THURSDAY, JULY 14, 5:30 PM

The fun and games will take place at Centro Latino. The center is located at **2259 12th Ave NE, Hickory, NC 28601** (lower level of St Stephens Lutheran Church ELCA). Join the Council on Aging for games of Bingo and Loteria (Mexican Bingo). Translation will be provided. Prizes will be awarded and sub sandwiches will be served before the games begin.

### GARDEN CLUB

1ST MONDAYS, 1:00 PM

Join Garden Club meetings at the West Hickory Senior Center on **Monday, July 11 (due to holiday) & Monday, August 1** to hear speakers from Cooperative Extension. On Monday, July 11, we will be discussing pollinator gardens. On Monday August 1, food preservation methods will be discussed.



### QUILT + RAFFLE PRIZES

Raffle tickets are now available for purchase for the next drawing! This raffle features the pictured quilt, which is approximately 90 x 72 inches. Congratulations to our raffle prize winners from last time! Trish Dehond won the previous quilt. Our other prize winners were Lawrence Warf, Diane Stark, Jo Boone, and Judy Herring.

*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.*



## 03 RESOURCES & MORE

### COMING UP SOON

#### PEN PAL PROGRAM

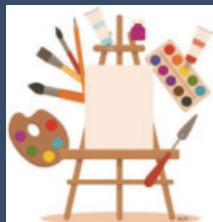
##### INTERGENERATIONAL PROGRAM

Council on Aging will be partnering again starting this fall with Banoak Elementary School on a Pen Pal Program between older adults and 4th grade students. If you were a part of this program with us in the past or would like to be a new participant in the program, we would love to have you! **Just give us a call at 328-2269 before August 15 to let us know you're interested.** This is a great opportunity to have fun and be a positive influence in a young person's life. We will need 20 senior volunteers.

#### CVCC ART CLASS

CVCC Art Class will be returning in September! The class will run September 7 through October 26 from 1 – 4 PM on Wednesdays at the West Hickory Senior Center. The cost is \$60.00 and Tracy Gransrow will be teaching.

**Registration is required.** Call or email Cheri Toney with CVCC to register at [ctoney@cvcc.edu](mailto:ctoney@cvcc.edu) or 828-327-7000 Ext. 4320.



### GRACE CARE MINISTRY

Lakeview Baptist Church Grace Care Ministry provides the community with **FREE** Medical Mobility Equipment when it is not covered by Medicare or other insurance.



All equipment is used. The LBC Senior Adult ministry cleans, inspects, and sanitizes each item before offering it to the public. Each item is available free of charge to anyone in Hickory and the surrounding community.

The inventory includes large and small wheelchairs, walkers, regular and transitional shower chairs, and portable toilets.

Please call the Grace Care Ministry at 828-324-8085 for more information.

### 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.**



### ESTATE PLANNING AND ASSET PROTECTION

#### SUSANNAH BROWN, ANTHONY AND BROWN LAW

WEDNESDAY, AUGUST 24, 1:30PM

Protect yourself and loved ones with Powers of Attorney. Provide comfort with the lasting gift of



thoughtful planning through Wills or Trusts. Don't let the cost of a nursing home disrupt your future. Plan for long-term nursing home costs while protecting the right to leave your home and other assets to your loved ones. Learn about the available tools that can help your family preserve peace of mind and tens of thousands of dollars.

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



# 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

**Line Dance** \$1 suggested donation  
Tuesdays 10:00 am  
No class on August 9 & 16.

**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 July 5.

**Virtual Tai Chi** **FREE!**  
**for Arthritis and Fall Prevention**  
Thursdays 10:00 am  
Call 328-2269 for the Zoom link.  
No class on July 7.

**Yoga** \$5 suggested donation  
Thursdays 10:00 am  
at Newton Recreation Center  
23 S Brady Ave, Newton  
No class August 18th.

**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!**

### HAND & FOOT

TUE & THU, 12:00 PM  
Current players welcome all and will teach you how to play. If you have and ideas for a new game give us a call at 328-2269.

### THRIFTY THURSDAYS

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

### PINOCHLE

THURSDAYS, 12 PM  
Current players welcome all and will teach you how to play. Ideas for any new games? Call 328-2269.

### QUILTING CLASS

WED, 9:30 AM  
**First class will be July 13th.** \$25 allows you to make a 60 x 62 quilt. Materials for the quilt are provided. Bring good cloth cutting scissors and a portable sewing machine if you have one. If not, observe and get tips to make your quilt at home. Registration is required at 328-2269.

 **GAMES**  
TUE & THU, 12 PM  
Come join us for some fun games! Ideas for any new games? Call 328-2269.

 **MOVIE MATINEES & POPCORN**  
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. Call 328-2269 to register.



## 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 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 **July 11 & August 1**. 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 **July 12 & Aug 9**.

## 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 **July 14 & August 11**. 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 **July 28 & August 25**.



## FUN WITH VAL & AL

4TH THURSDAYS, 5:30 PM

Test your knowledge with evening trivia on **July 28 & August 25**. **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 **July 8 & August 12** 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 phone. A link and phone number will be provided upon sign up.



## VIRTUAL BINGO

WED, JULY 13 & AUGUST 17, 1:30 PM

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

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

## VIRTUAL TAI CHI FOR ARTHRITIS & FALL PREVENTION

THURSDAYS, 10:00 AM

**FREE!** Improve flexibility, balance, agility and cognition with this gentle exercise. **No Class July 7**  
Call 328-2269 for the link.



## PARTICIPANT REVIEWS & COMMENTS



I go to Christ Lutheran Church through COA on Monday, Wednesday, and Friday 10:00-10:45 AM for Zumba Gold. We have a great instructor and as seniors, she works us on our level. It is a great class. We move and sweat. Come join us for great exercise.

-CSB, CONOVER

I enjoy the people and the good times together playing Bingo. Bea challenges us by playing all different ways to get Bingo.

- BILL, CONOVER

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

# JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SYMBOL KEY—**

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

-  Exercise Opportunities
-  Seniors Morning Out
-  Hand & Foot
-  Pinocle
-  Catawba Crafters
-  Thrifty Thursday
-  Movie Matinees
-  Games

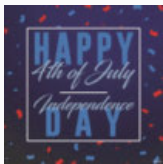


1



4

Closed  
for 4th of July



5



6



7



8

1:00 VIP Lions

11

1:00 Garden Club  
2:30 Maximize your  
Smartphone



12

1:00 Care for the  
Caregiver



13

1:30 Virtual Bingo



14

9:30 & 1 :00  
Designer Greeting  
Cards  
5:30 Bilingual Bingo  
at Centro Latino



15

18

2:00 Prime Time  
Singers Practice



19



20

2:00 Elvis Tribute  
Show



21



22

25

2:00 Prime Time  
Singers Practice



26



27
















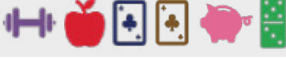









28

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



29

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>1:00 Garden Club 2:30 Maximize Your Smartphone</p> <p></p>	<p><b>2</b></p> <p>1:00 Self Defense Class</p> <p></p>	<p><b>3</b></p> <p></p>	<p><b>4</b></p> <p>2:00 Living Well with Arthritis Support Group</p> <p></p>	<p><b>5</b></p> <p></p>
<p><b>8</b></p> <p>2:00 Prime Time Singers Practice</p> <p></p>	<p><b>9</b></p> <p>1:00 Care for the Caregiver 2:00 Medicare Seminar @ Sherrills Ford Library</p> <p></p>	<p><b>10</b></p> <p>1:30 Summertime Bingo</p> <p></p>	<p><b>11</b></p> <p>9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p> <p></p>	<p><b>12</b></p> <p>1:00 VIP Lions</p> <p></p>
<p><b>15</b></p> <p></p>	<p><b>16</b></p> <p>Trip to Wohlfahrt Haus</p> <p></p>	<p><b>17</b></p> <p>1:30 Virtual Bingo</p> <p></p>	<p><b>18</b></p> <p></p>	<p><b>19</b></p> <p></p>
<p><b>22</b></p> <p>2:00 Prime Time Singers Practice</p> <p></p>	<p><b>23</b></p> <p></p>	<p><b>24</b></p> <p>1:30 Estate Planning and Asset Protection</p> <p></p>	<p><b>25</b></p> <p>1:30 Trivia Thursday 5:30 Fun w/ Val &amp; Al</p> <p></p>	<p><b>26</b></p> <p></p>
<p><b>29</b></p> <p></p>	<p><b>30</b></p> <p></p>	<p><b>31</b></p> <p></p>	<p><b>WEST HICKORY SENIOR CENTER HOURS OF OPERATION:</b>  <u>MONDAY - THURSDAY:</u>              8:00 AM - 4:30 PM  <u>FRIDAY:</u>              8:00 AM - 2:00 PM (CAN VARY)  <u>4TH THURSDAY OF EACH MONTH:</u>              8:00 AM - 7:00 PM</p>	

# 08 DONATIONS & MEMORIALS



## THANK YOU

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

Anonymous friends  
Peggy Byers  
Mary Canrobert  
Wayne Cashion  
Robin Lobel Chimerine, in memory of Aurora Delatorre  
First Baptist Church, Hickory  
Gheorghina Ciolac, in honor of George Quinlan  
Food Lion Feeds  
Andrew Feit, M.D. & Ellen Feit, M.D., in memory of Aurora Delatorre  
Richard & Pat Flachbart  
Larry Fox, in memory of Mildred Fox  
Carol & Richard Furman  
Etta Gardner  
Bill & Judy Gragg  
Beatrice Herman, in honor of Anne Seitz  
Nancy Hicks  
Rebecca Huffman, in honor of AARP tax preparers  
Lily Lail, in honor of tax volunteers  
Carol Landis  
Bea Lingerfelt, in honor of Rebecca Reeves

Betty Miller, in honor of tax volunteers  
Kenny Mull  
Madge Neal, in memory of George Sorenson  
Gail Newton  
Ernest & Violet Powell  
Monica Rais  
Shuford Yarns  
Bill & Dawn Teller

### WE APPRECIATE OUR SPONSOR:



Catawba Valley  
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[www.cvcc.edu](http://www.cvcc.edu)

### Learning & Personal Enrichment Classes

Contact: Cheri Toney  
828.327.7037 • [ctoney.cvcc.edu](mailto:ctoney.cvcc.edu)



General Fund Donation

Donated by: \_\_\_\_\_

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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](http://www.catawbacoa.org)



## NEW TO MEDICARE SEMINAR AT SHERRILLS FORD LIBRARY



TUESDAY, AUGUST 9, 2:00 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 (SHIIP) Counselors**, trained by the NC Department of Insurance, will lead the information session to answer your questions at the Sherrills Ford Library, 8456 Sherrills Ford Rd, Sherrills Ford, NC 28673.

*Registration is required at 328-2269.*

## PRIME TIME SINGERS MONDAYS, 2 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 **July 18 & 25** and **August 8 & 22** at the West Hickory Senior Center.

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



## CVCC 2022 COMMUNITY PARTNERSHIP AWARD

Catawba County Council of Aging was recognized by Catawba Valley Community College with a Community Partnership Award for outstanding dedication, commitment, and support of educational opportunities for senior citizens in our community. CVCC has partnered with the West Hickory Senior Center, operated by the Council on Aging, to provide non-credit classes each year since 1980.

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

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828.328.2006



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Lic. #1247

## HearingLife

1071 13th Street SE  
Hickory, NC 28602  
**828.979.0428**  
[hearinglife.com](http://hearinglife.com)

\*See office for details.

WHEN CALLING, MENTION CODE AG60-12



4-D-5-5

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## RETURN SERVICE REQUESTED



## BITS 'N' PIECES

**Help us save postage! If you no longer want to receive the newsletter by mail, please call and let us know.**

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

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

**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.

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.

**Telephone Reassurance** is a friendly telephone call from a COA volunteer to check-in at least once per month. Call 328-2269 to sign up.

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.



## AMAZON SMILE

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>