



THE SCOPE

MAY/JUNE 2024 ISSUE

Volume 46, 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.

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

HOURS:

MON - THUR:
8:00 AM - 4:30 PM

FRIDAY:
8:00 AM - 2:00 PM
(CAN VARY)

Follow us on Facebook & Instagram!



The Council on Aging will be joining The NASCAR Foundation for the second-annual NASCAR Day Giveathon! **The COA has a goal of raising \$5,000, but we need your help!** Starting May 14 at 8:00 AM EST and ending May 15 EST at 9:00 PM you can take part by donating to us, or sharing our fundraiser with other NASCAR fans! There will be incentives and opportunities to double your contribution! Be on the lookout for upcoming emails sharing additional information on how to maximize your donation! **You can find our page by scanning the above QR code.**

LEGAL AID WILL CLINIC

JULY 24TH & 25TH, 2024



Legal Aid of North Carolina will be providing a free Wills and Advanced Directives Clinic at the West Hickory Senior Center. Documents they can prepare include a will, living will, power of attorney, and health care power of attorney. **This service is only available to Catawba County residents who are at least 60 years of age.**

Space is limited, call the Council on Aging at 328-2269 to register.



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

Published bi-monthly by:

Vickie Blevins, Executive Director

Courtney Bowman, Assistant Director

Bea Heavener, Admin. Assistant

FREE! DRIVE-THRU SHRED EVENT

WED, MAY 1ST, 2024
9AM-12PM

Visit us at Wayneo's Silver Bullet parking lot (5172 S. NC-127 Hwy, Hickory) for a free shred event! A shred truck will be present (2 box limit), and the event is limited to personal documents only (no businesses). No binder clips or plastic including CDs, DVDs, credit cards, etc.

WHAT'S INSIDE

- 2 You're Invited to...
- 3 Resources & More
- 4-5 Regularly Scheduled Activities
- 6 May Calendar
- 7 June Calendar
- 8 Donations & Memorials
- 9 COA in Community

02 YOU'RE INVITED TO...



GRIEF AND MINDFULNESS

TUES, MAY 21, 1:00 PM

Take a moment during your day to intentionally tune in. Carolina Caring will lead this workshop, providing the opportunity to participate in a variety of relaxations and moments of comfort paired with music. You will walk away with tangible tools for coping with stress, anxiety, and sleeplessness that may accompany your grief. **Register at 328-2269.**

AARP Smart DriverTEK

WED, JUNE 26, 2:00 PM



This FREE workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you in the know about the latest high tech safety

features in your current or future car. Learn all about blind-spot warning systems, forward collision warnings, smart headlights and more. **Register by calling 328-2269.**

CATAWBA COUNTY PARTNERSHIP FOR CHILDREN

MON, JUNE 3, 10:00 AM

Are you a grandparent who has, or is raising, younger grandchildren? Marisa Carlton from the Catawba County Partnership for Children will share resources that are available in our area! **Call to register, 328-2269.**

10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA

WED, JUNE 12, 2:00 PM

This course, led by the Alzheimer's Association, helps caregivers recognize common warning signs of the disease in themselves and others and identify next steps to take, including tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosing, and more. **Register at 328-2269.**

THANK YOU to our May & June Bingo sponsors:



OLDER AMERICANS MONTH BINGO AT HIGHLAND REC

WED, MAY 22, 2:00PM

May is Older Americans Month, and we will be celebrating with Bingo at the Highland Recreation Center (1451 8th Street Dr NE, Hickory, NC 28601). Prizes will be awarded! **Call to register at 328-2269.**



BINGO AT EBENEZER UMC

MON, JUNE 10, 2:00 PM

Our June in-person bingo will be held at Ebenezer United Methodist Church (8840 Cooksville Rd, Vale 28168) Prizes will be awarded! **Call 328-2269 to register.**

MUSIC BINGO

THURS, JUNE 20, 5:30 PM

Come ready to listen to some music favorites as we join Val Carpenter for an evening of Music Bingo! Pizza will be served. Prizes awarded! **Registration required!**



SPELLING BEE

MON, MAY 13, 2:00 PM

Test your spelling knowledge in our Spelling Bee! **Registration required at 328-2269.**



Presented By  **Sir** SENIOR INFORMATION RESOURCES

All Seniors Are Invited!

Fantastically Fun

SOCK HOP

TUESDAY, MAY 14TH

5:00PM

Highland Recreation Center
1451 18TH ST Dr NE, Hickory, NC 28601

Please **RSVP** Now!
By calling **828.328.3997**



MAY IS OLDER AMERICANS MONTH!

The Administration for Community Living leads the nation's observance of OAM. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.



100 IS THE NEW 80—WHO WILL INHERIT LONGEVITY?

THURS, JUNE 20, 2:00 PM
Genealogy expert, Rhonda Roederer, with Heritage with a Heart, will be joining us for a **FREE** three-part summer genealogy series at the West Hickory Senior Center. This first program will discuss how longevity can run in your family tree. **Call to register, 328-2269.**



ACAP Foothills/Hickory provides information, resources, support and community for adult children as we care for our aging parents and for ourselves. ACAP Foothills/Hickory meets the 2nd Thursday of each month, 5:30-7:00 pm, in the Lower-level conference room of the Catawba County Library, Newton Branch (115 West C Street, Newton), unless otherwise noted. While the **FREE** monthly educational programs are designed for adult-child caregivers, programs are open to all.

Upcoming topics are:

May 9th - "Knowing Your Limits and Creating Balance as a Caregiver"

June 13th - "Beginner's Guide: Caregiving for the Aging Adult"

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 828-328-2269 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 828-328-2269.



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 \$ 1,903.00
Couple \$ 2,575.00

Resource/Asset limits:

(cash, investments - not home)
Individual \$ 17,220.00
Couple \$ 34,360.00

Updated for 2024



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.

Morning Exercise **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

Qi-Gong **FREE!**

Tuesdays 11:30 am

No class May 14th

Virtual Qi-Gong **FREE!**

Saturdays 9:30 am
Call 328-2269 for the Zoom link.

Tai Chi \$5 cost per class

Mondays & Wednesdays 6:30 pm

No class May 27th

at Newton Recreation Center
23 S Brady Ave, Newton

Tai Chi \$5 cost per class

Tuesdays 6:30 pm

at Highland Recreation Center
1451 8th Street Dr NE, Hickory

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 & Fridays 11:00 am

at Christ Lutheran Church
324 2nd Ave SE, Hickory

STAY ACTIVE

TECH MADE EASY

MONDAYS, 9:00 AM
Follow instructor Warren Shanahan's **FREE** step-by-step classroom training at the West Hickory Senior Center. Last Class is May 20. Registration is required, call 328-2269.

CATAWBA CRAFTERS

MONDAYS, 3:00 PM
Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to those learning. **FREE!** Call Jo Boone at 324-4508 for more information.

RUMMIKUB

MONDAYS, 1:00 PM
A tile game that combines aspects of Rummy and Mahjong. Come join in!

SAMBA

TUE & THU, 12:30 PM
Current players welcome all and will teach you.

HAND & FOOT

TUE & THU, 12:30 PM

New players welcome!
Current players will teach you how to play.

MOVIES & POPCORN

TUESDAYS, 2:30 PM
FREE movies at the West Hickory Senior Center! Call COA to find out the title of each movie. Closed Captioning will be available. Call 328-2269 to register.

QUILTING CLASS

WEDS, 9:30 AM
\$25 allows you to make a 60 x 62 quilt. Materials are provided. Bring good cloth cutting scissors and a portable sewing machine if you have one. Registration is required at 328-2269.

THRIFTY THURSDAYS

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

GET YOUR BRUSHES WET

WEDNESDAYS, 1:00 TO 4:00 PM



Offering a solid foundation in paint application and proper use of a variety of materials including oil, acrylic, watercolor, and pastel, instructor Tracy Gansrow will teach you how to organize a composition, mix colors, and develop general painting skills. Class is designed for beginners and advanced painters. The cost is \$75.00. **The next class is scheduled to run Sept 4 - Oct 23. To register, contact Cheri Toney at 828-327-7000 ext: 4320 or ctoney@cvcc.edu.**

MONTHLY ACTIVITIES 05

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 **May 14 & June 11**.

Call 828-328-2269 to register!

DESIGNER GREETING CARDS

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

OR 1:00-3:00 PM

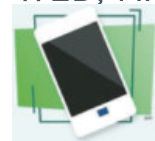


Kaye Owenby teaches how to make beautiful handmade greeting cards

May 9 & June 13. The cost is **\$10** and includes all supplies. **Registration required!**

VIRTUAL BINGO

WED, MAY 15 & MON, JUN 3, 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.

THANK YOU to our May & June Virtual Bingo sponsor:



MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, BIMONTHLY, 2:30 PM



Chanda with the County Library will conduct this **FREE** class at the West

Hickory Senior Center on **May 6**. Learn all you want to know about your device. Bring your device and ask questions.

Registration required!

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 10 & June 14** 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.

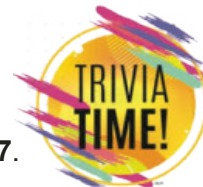


TRIVIA THURSDAY

4TH THURSDAYS, 1:30 PM

FREE to compete with a team for prizes and fun on **May 23 & June 27**.

Call to register!



SENIOR MESSAGES

WED, MAY 15, 1:30-3:30 PM



Are you unable to get a good night's rest, suffering from migraines, experiencing joint or muscle pain, or just simply want to relax? Massage therapy can offer you some relief! Leah Williams LMT will be providing **FREE** senior massages at the West Hickory Senior Center for those who are interested. **Call 828-328-2269 for an appointment!**



WII GAMES AT WHSC

TUES, MAY 28 & JUNE 18, 1:00 PM

We will be playing a different game each month. May will be Wii Bowling and June will be Wii Tennis. **Register at 328-2269.**

988 SUICIDE & CRISIS
LIFELINE

2024 AGING WELL CONFERENCE

APPALACHIAN STATE UNIVERSITY

THUR, MAY 16TH & FRI, MAY 17TH

The 2024 Aging Well Conference is focused on healthy aging for the older adult, and will be held at the Boone campus (**1179 State Farm Road, Boone 28607**). Register online at www.nwahec.org/72407. There may be opportunities for free transportation and registration. **Call 828-328-2269 for more information.**

WHAT IS ELDER ABUSE?

THURSDAY, JUNE 6, 10:00 AM

June 15th is World Elder Abuse Awareness Day. Build your awareness by joining Christina Franklin, with the Area Agency on Aging, at the West Hickory Senior Center. She will discuss the topic of What is Elder Abuse.



Call to register at 328-2269.

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>See Page 3 for more information.</p>  <p>POWERED BY CONNECTION: MAY 2024</p>		<p>1 9:00 - 12:00 Drive-Thru Shred Event at Wayne's Silver Bullet Parking Lot</p>	<p>2 10:00 - 4:00 Master Designer Cards</p>	<p>3 9:00 A Matter of Balance</p>
<p>6 2:30 Maximize Your Smartphone</p>	<p>7</p>	<p>8</p>	<p>9 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards</p>	<p>10 9:00 A Matter of Balance 1:00 VIP Lions</p>
<p>13 2:00 Spelling Bee</p>	<p>14 8:00 NASCAR Day Giveathon begins 1:00 Caregiver Support Group</p>	<p>15 1:30 Virtual Bingo 1:30-3:30 Senior Massages 9:00 NASCAR Day Giveathon Ends</p>	<p>16</p>	<p>17 9:00 A Matter of Balance</p>
<p>20</p>	<p>21 1:00 Grief and Mindfulness</p>	<p>22 2:00 Bingo at Highland Rec</p>	<p>23 1:30 Trivia Thursday</p>	<p>24 9:00 A Matter of Balance</p>
<p>27 Closed</p> 	<p>28 1:00 Wii Games</p>	<p>29</p>	<p>30</p>	<p>31 9:00 A Matter of Balance</p>

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Catawba County Partnership for Children 1:30 Virtual Bingo 	4 	5 10:30 Social Security Presentation 	6 10:00 What is Elder Abuse? 	7 9:00 A Matter of Balance
10 2:00 Bingo at Ebenezer UMC 	11 1:00 Caregiver Support Group 	12 2:00 10 Warning Signs of Alzheimer's & Dementia 	13 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards 	14 1:00 VIP Lions
17 2:00 Chorus Practice 	18 1:00 Wii Games 	19 	20 2:00 80 is the New 100—Who Will Inherit Longevity? 5:30 Music Bingo 	21
24 2:00 Chorus Practice 	25 	26 2:00 AARP Smart DriverTEK 	27 1:30 Trivia Thursday 	28

SYMBOL KEY—SEE PAGE 4 FOR DETAILS:

- Exercise Opportunities
- Catawba Crafters
- Rummikub
- Seniors Morning Out
- Thrifty Thursday
- Hand & Foot
- Movie Matinees
- Samba
- Quilting Class
- Tech Made Easy
- CVCC Art Class



08 DONATIONS & MEMORIALS



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

Reba Abernethy, in honor of Rebecca Reeves
Anonymous friends
Anonymous friends, in honor of tax preparers
Sue Austin, in honor of tax preparers
Gwen Beatty
Peggy Byers
Amy Campbell
Gheorghina Ciolac
Covenant Baptist Church, Conover
Nancy Davis
Episcopal Church of the Ascension, Hickory
First Presbyterian Church, Hickory
Pat Flachbart, in memory of Sharon Quinlan
Richard & Carol Furman, in honor of tax preparers
Etta Gardner
William Gardner
Bill & Judy Gragg
Audrey Harris
Nancy Hicks, in honor of tax preparers
Rebecca Huffman, in honor of Joy Posey
William Keller
Jean McBride
Betty Miller
Donna Myers
Gail Newton, in memory of Sharon Quinlan

Shirley Poovey
Ernest & Violet Powell
Rosie Prince, in honor of Vickie Blevins and Bea Heavener
George Quinlan
Betty Reep, in honor of George Quinlan
Marty & Jesse Salwen, in memory of Sharon Quinlan
Diana Schorn
Bill & Dawn Teller
Walmart Store #7315, 70 SW Hickory
William Yost

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In Memory of: _____

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

Name: _____

Address: _____

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



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



**ALASKA NORTHBOUND GLACIER
CRUISE**

8 DAYS/ 7 NIGHTS—
MAY 23 - 30, 2025

The Council on Aging is sponsoring a Celebrity Cruise to the Alaska Northbound Glacier, May 23-30, 2025.

Cabin prices start at \$3,597 per person double occupancy, and include roundtrip airfare from Charlotte, cruise, port charges, government fees, taxes, and transfers to/from ship.

Contact Grand American Tours, (800) 423-0247, for more information and to make reservations. Make sure to let them know you are with the group from the Catawba County Council on Aging!

PRIME TIME SINGERS

MONDAYS, 2:00 PM

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 at the West Hickory Senior Center will be **June 17 & 24**. For information, contact Nancy Farr at 813-767-7922. Must have COVID vaccinations to participate due to nursing home requirements.



**SOCIAL SECURITY PRESENTATION
LIVESTREAM**

WED, JUNE 5, 10:30 AM

Lisa Wallace from the Social Security Administration will share information regarding Social Security. This event will be livestreamed at the West Hickory Senior Center, or you can call to request the information to attend virtually. This is an interactive event, and you will have the opportunity to ask questions. **Register at 328-2269.**

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

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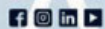
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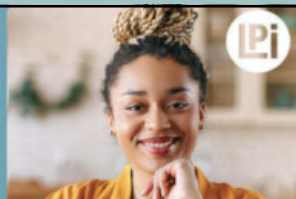
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BITS 'N' PIECES

If you would like this newsletter by mail or email, call 828-328-2269.

If you no longer want to receive the newsletter by mail, please call and let us know.

The Catawba Council on Aging is a non-profit 501(c)(3) organization, not a county or city government agency. COA operates the West Hickory Senior Center. No membership fee is required to participate.

The Senior Tar Heel Card has been replaced by the **Senior Tar Heel Athletic Card** and is available directly through the State of North Carolina. **Contact Tiffany McDougald, tiffany.mcdougald@dhhs.nc.gov or 919-855-3402, for more information and to request a card.**

We have an **Amazon Wishlist** with various items that will help support the center and local seniors. If you have any questions, give us a call at 828-328-2269. If you would like to make a donation, the link is: **amzn.to/3uoo1Zr**

The center's **drop-in activities** include computer lab/Wi-Fi, library, exercise bike, board/card 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 (828)328-2269 to sign up.

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.



NC DEPARTMENT OF
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SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

**Need help with
Medicare?**

Seniors' Health Insurance Information Program (SHIIP) is the one place you can always turn to for objective and reliable information on Medicare, Supplements, Medicare Advantage, and Prescription Drug Plans. **Call the Council on Aging to arrange for a time to meet with a SHIIP counselor, 828-328-2269.**