



CATAWBA COUNTY COUNCIL ON AGING

THE

# SCOPE

## NOVEMBER/ DECEMBER 2023 ISSUE

Volume 46, Number 3

### 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.

#### HOURS:

MON - THUR:  
8:00 AM - 4:30 PM  
FRIDAY:  
8:00 AM - 2:00 PM  
(CAN VARY)  
4TH THURSDAY:  
8:00 AM - 7:00 PM

#### FIND US ON

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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

## THANKS TO OUR SEPTEMBER FUNDRAISING EVENT SPONSORS



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Estate Planning, Estate Administration & Real Estate

## MEDICARE OPEN ENROLLMENT

**OPEN ENROLLMENT IS OCT 15–DEC 7.**

DO YOU OR YOUR LOVED ONES HAVE A MEDICARE PART D OR MEDICARE ADVANTAGE PLAN?

Plans can change each year. Do an annual review to make sure the coverage you have is the best one for you! We'll have SHIIP counselors available at the West Hickory Senior Center, the Catawba County Library in Newton, the Sherrills Ford Library and by phone.

Registration is required. Call  
828-328-2269 to make an appointment.



## GRIEF SUPPORT HOLIDAY WORKSHOP

THURS. NOV 2. 9:30–11 AM



The holiday season is fast approaching, and it is likely that you are experiencing a jumble of emotions that you have yet to sort out. This workshop, led by Carolina Caring, will prepare you for emotions that may surface during the holidays and will offer practical tips and suggestions to help you move forward through your grief.

### WHAT'S INSIDE

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

## 02 YOU'RE INVITED TO...

### SELF DEFENSE CLASSES

TUESDAY, NOV 7, 1:00 PM



Rickie Maddox will lead this group on the first Tuesday of each month. 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 and comfortable shoes. Those in wheelchairs or on walkers are welcome. The class is tailored for seniors. **Call to register.**

### EVENING MUSIC BINGO

TUESDAY, NOV 14, 5:30 PM



Join us for a special evening musical Bingo. Hear snippets of a song and match to your Bingo card. Prizes will be awarded! Pizza will be served. **Call to register!**

### CHRISTMAS PARTY

FRIDAY, DEC 15, 2:00 PM

Celebrate the holiday at the West Hickory Senior Center with fun, food, and music. Prime Time Singers will perform. **Call to register!**



### COME MEET A THERAPY DOG

TUESDAY, DEC 19TH, 9:30 AM

Come to the West Hickory Senior Center to meet a certified pet therapy dog. Come visit! There will be a limited number of sign ups. **Call to register!**

**THANK YOU** to our Nov & Dec Bingo sponsors:



### THANKSGIVING BINGO

MONDAY, NOV 20, 1:00 PM

Come for Bingo at the West Hickory Senior Center. Prizes will be awarded! **Call 828-328-2269 to register.**



### CHRISTMAS BINGO

WEDNESDAY, DEC 20, 2:00 PM

Join us at the West Hickory Senior Center for Bingo! Prizes will be awarded! **Call to register.**

### CHAIR VOLLEYBALL

NOV 14 & DEC 7, 9:30 AM

Join us at the West Hickory Senior Center to play chair volleyball.

### VETERANS APPRECIATION

FRIDAY, NOV 10, 9:00 AM-NOON

In honor of our Veterans, we would like to give a treat bag to each Veteran who drops by the West Hickory Senior Center, as long as supplies last. The staff of COA thank you and your families for your service!



### NEW TO MEDICARE SEMINAR AT NEWTON LIBRARY

115 W C ST, NEWTON, NC 28658  
WEDNESDAY, DECEMBER 13, 10 AM



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.

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

### SPELLING BEE WINNER 2023

Thank you to all who participated in the 2023 annual spelling bee! Liane Ching was the winner. Congratulations Liane!



## LEGACY & PLANNED GIVING

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

### WAYS TO GIVE INCLUDE:

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

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



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:

- November 9th** - "Running on Empty: Caregiver Compassion Fatigue"
- December 14th** - "The Aging Toolbox: Practical Tips for Caring for Loved Ones"

## 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 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 \$ 1,843.00  
Couple \$ 2,485.00

### Resource/Asset limits:

(cash, investments - not home)  
Individual \$ 16,660.00  
Couple \$ 33,240.00

**Extra  
Help**

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



## 04 WEEKLY ACTIVITIES

### EXERCISE

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

#### **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

*No class Nov 14*

#### **Qi-Gong** **FREE!**

Tuesdays 11:30 am

*No class Nov 21, Dec 19, Dec 26*

#### **Virtual Tai Chi** **FREE!**

##### **for Arthritis and Fall Prevention**

Tuesdays & Thursdays 10:00 am

Call 328-2269 for the Zoom link.

**Tai Chi** \$5 cost per class

Mondays & Wednesdays 6:30 pm

*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



#### **CATAWBA CRAFTERS**

MONDAYS, 3:00 PM &

FRIDAYS, 12:30 PM

Catawba Crafters crochet items from donated yarn to give away to those in need. The group teaches crochet to all wanting to learn.

**FREE!** Call Jo Boone at 324-4508 for more information.



#### **HAND & FOOT**

TUE & THU, 12:00 PM  
Current players welcome all and will teach you how to play if you do not know.



#### **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.



#### **SAMBA**

TUE & THU, 12 PM  
Current players welcome all and will teach you how to play.



#### **QUILTING CLASS**

WEDS, 9:30 AM

\$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. Registration is required at 328-2269.



#### **21<sup>ST</sup> CENTURY COMPUTING**

MONDAYS, 9:30 AM

Instructor Warren

Shanahan conducts **FREE** classroom series at the West Hickory Senior Center. No computer experience needed. Have a laptop? Bring it along.

Registration is required.

Call 328-2269 to register.

*Last Class for 2023 will be Nov. 20th.*



#### **THRIFTY THURSDAYS**

THURSDAYS, 9:00 AM

Coupons are available at the West Hickory Senior Center to help save money. Bring your coupons to share!



#### **WEST HICKORY SENIORS MORNING OUT**

MONDAY - THURSDAY, 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, Suzi, to attend at 323-8746 with at least a 48-hour advance notice or for more information.

# 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 **Nov 14 & Dec 12**. 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 **Nov 9 & Dec 14**. The cost is **\$10** and includes all supplies. **Registration required!**

## VIRTUAL BINGO

WED, NOV 8 & DEC 6, 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 November & December Virtual Bingo sponsor:



## MAXIMIZE YOUR SMARTPHONE

1ST MONDAYS, 2:30 PM



Chanda with the County Library will conduct this **FREE** class at the West Hickory Senior Center on **Dec 4**. No class in November. Learn all you want to know about your device. Bring your device and ask questions. **Registration required!**

## INDOOR MINIGOLF

4TH THURSDAYS, 9:30 AM

Come join us for **FREE** indoor minigolf on **Nov 30 & Dec 21** (due to holiday). No experience necessary. **Call to register.**



## 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 **Nov 10 & Dec 8** 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 **Nov 30 & Dec 21** (due to holiday). **Call to register!**



## FUN WITH VAL

4TH THURSDAYS, 5:30 PM

Test your knowledge with evening trivia on **Nov 30** (due to holiday). **No December evening trivia due to holiday.** **FREE! Registration required!**

## GARDEN CLUB

1ST MONDAYS, 1:00 PM

Join Garden Club meetings at the West Hickory Senior Center on **Nov 6 & Dec 4**. If you have ideas for programs/speakers, contact Vickie Blevins. **Call to register!**



## Next Raffle

Enter for your chance to win this beautiful handmade quilt! This quilt was made by our quilting club at the senior center. Stop by the front office to see it!

Dimensions - 77 x 69 inches






















**Raffle tickets can be purchased at the front desk.**

**\$1 per ticket / \$5 for 6 tickets**

Drawing will be December 18th.



# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Attention:</u></b> Some regularly scheduled activities have changed during these months due to the holiday season. Please be sure to read over everything carefully!		<b>1</b>  	<b>2</b> 9:30 Grief Support Holiday Workshop  	<b>3</b>  
<b>6</b> 1:00 Garden Club  	<b>7</b> 1:00 Self Defense  	<b>8</b> 1:30 Virtual Bingo  	<b>9</b> 9:30 Designer Greeting Cards 1:00 Designer Greeting Cards  	<b>10</b> 9:00-Noon Veterans Appreciation 1:00 VIP Lions  
<b>13</b>  	<b>14</b> 9:30 Chair Volleyball 1:00 Caregiver Support Group 5:30 Evening Music Bingo  	<b>15</b>  	<b>16</b>  	<b>17</b>  
<b>20</b> 1:00 Thanksgiving Bingo  	<b>21</b>  	<b>22</b>  	<b>23</b> Closed  <b>24</b> Closed	
<b>27</b>  	<b>28</b>  	<b>29</b>  	<b>30</b> 9:30 Indoor Minigolf 1:30 Trivia Thursday 5:30 Fun w/Val  	

# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**SYMBOL KEY—SEE PAGE 4 FOR DETAILS:**

- |                        |                  |
|------------------------|------------------|
| Exercise Opportunities | Catawba Crafters |
| Seniors Morning Out    | Thrifty Thursday |
| Hand & Foot            | Movie Matinees   |
| Samba                  | Quilting Class   |
| 21st Century Computing | CVCC Art Class   |

**Holiday Closures**

The West Hickory Senior Center will be closed for the holiday season on the following dates: **November 23 and 24** and again on **December 22 through Jan 1**. Happy holidays to all from the staff at COA!

1



4

1:00 Garden Club  
2:30 Maximize Your Smartphone



5



6

1:30 Virtual Bingo



7

9:30 Chair Volleyball



8

1:00 VIP Lions



11



12

1:00 Caregiver Support Group



13

10:00 New to Medicare Seminar at Newton Library



14

9:30 Designer Greeting Cards  
1:00 Designer Greeting Cards



15

2:00 Christmas Party



18



19

9:30 Therapy Dog



20

2:00 Christmas Bingo



21

9:30 Indoor Minigolf  
1:30 Trivia Thursday



22

Closed



25

26

27

28

29

Happy Holidays



## 08 DONATIONS & MEMORIALS



### THANK YOU

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

Anonymous friends  
Anonymous friend in memory of Arthur & Julia Young  
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Wayne Cashion  
Michelle Deese  
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First Presbyterian Church, Hickory  
Food Lion Feeds  
Maurice & Barbara Gray, in appreciation of Joy Posey and all the tax preparers

Betty Houser, in memory of Gordon Houser  
and Everette Austin  
Madge Neal  
Gail Newton  
Jim Pitts, in memory of Ann Pitts  
Small Businesses Love Big/United Way  
Bill & Dawn Teller  
Walt & Frances Thomas  
The Underdown Family Foundation

ALL WHO DONATED FOR THE FALL  
FUND DRIVE WILL BE RECOGNIZED IN  
THE JANUARY/FEBRUARY NEWSLETTER

Welcome to Courtney Bowman, our new Assistant  
Director. We hope you'll stop by and meet her!

#### WE APPRECIATE OUR SPONSOR:



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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)



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

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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)



**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. No practice during November and December at the West Hickory Senior Center. Must have COVID vaccinations to participate due to nursing home requirements.

**INCLEMENT WEATHER POLICY**

Building closures due to weather will now be communicated via the Council on Aging website ([www.catawbacoa.org](http://www.catawbacoa.org)) and Facebook page at 'Council on Aging of Catawba County'. You can also call the center at 828-328-2269, during normal operating hours, to see if the phone message says we are closed.

**GET YOUR BRUSHES WET****WEDNESDAYS, 1:00 TO 4:00 PM**

Tracy Gansrow will be teaching this class. It will offer a solid foundation in paint application and proper use of a variety of materials including oil, acrylic, watercolor, and pastel. Learn how to organize a composition, mix colors, and develop general painting skills. The class is designed for beginners as well as advanced painters. The cost is \$75.00. Classes will run **November 1 through December 13** (No class 11/22/23).

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

**MySeniorCenter PHONE NUMBER**

**(855)521-2328** Save this number in your phone. If you receive a call from this number, it is an automated call from us. Please do not attempt to call back. If you need to call us, please call our number 828-328-2269.

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1265 21st St. NE  
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[Trinityvillage.net](http://Trinityvillage.net)  
828.328.2006

  
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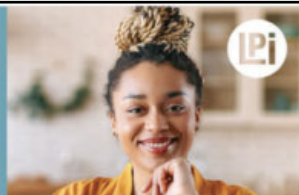
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PO BOX 835 HICKORY, NC 28603-0835

West Hickory Senior Center

*Serving Older Adults for over 46 years*

**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 newsletter can also be emailed.**

The Catawba County 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 is being replaced by the **Senior Tar Heel Athletic Card** and will only be available directly from the State of North Carolina. Contact Tiffany McDougald, [tiffany.mcdougald@dhhs.nc.gov](mailto: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: [tinyurl.com/SupportCOA](https://tinyurl.com/SupportCOA)

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 828-328-2269 to sign up.

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

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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## 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, and Prescription Drug Plans. **Call the Council on Aging to arrange for a time to meet with a SHIIP counselor, 828-328-2269.**