

July - September, 2016

Veteran's Social Group
Chair Volley Ball
Theater Group
Quilting
Euchre



Stay **ACTIVE** at Iredell Senior Center!

Tai Chi/Chi-Kung (pronounced Tai-ji/Qi-Gong) ~ Mondays, from 9—10 AM. Tai Chi, practiced regularly, improves flexibility, strength, coordination, balance, & blood pressure. Tai Chi is recommended by the American Arthritis Foundation because it can reduce joint pain. Fee: \$6 per class. Instructor: Mike Gentile, who has practiced Tai Chi for 30 years, has taught Tai Chi for 20 years!

Chair Exercise ~ Mondays & Thursdays, from 10:30—11:30 AM. Exercise to music while you improve/maintain muscle strength, flexibility, & range of motion. Some of the class is done from a seated position. Instructors: Dot Williams & Jackie Click. No fee or registration. Join anytime!

Beginners' Line Dance ~ Thursdays, from 1:00—1:30 PM. A fun way to exercise the mind (remembering the dances) & body! Line dance basics covered. Instructor: Kathy Strantz.

Intermediate Line Dance ~ Thursdays from 1:30–3 PM. Instructor: Kathy Strantz. No fee.

Yoga ~ Tuesdays & Thursdays from 2:30—3:30 PM. Strengthens & tones your body. Promotes flexibility & tissue oxygenation. Wear comfortable clothes. Instructor: Faye Goforth. No fee.

Senior Fit Walk at YMCA. Senior Center members may use the YMCA in-door walking track at Statesville Family YMCA or the gymnasium at Barium Springs Family YMCA for a \$15 monthly fee. First, you will need an ID card from the Senior Center & then we will give you more info on how to enroll. You may walk daily, Monday through Friday, during their regular hours of operation, & enroll on a month by month basis, letting you walk outdoors when the weather is pleasant.

Billiards. Women play Tuesdays at 9 AM, men on Thursdays at 8:30 AM & everyone plays Drop-in on Mondays & Wednesdays, and Fridays at 8 AM.

Men's Morning Program ~ Thursdays, from 8:30—10 AM. The guys arrive for coffee, refreshments, discussion & progress to billiards. Donations requested for refreshments.

Work-out Equipment. After a safety orientation, you may use the exercise equipment in the workout room anytime...please sign-in your attendance.

We Value Your Input

Do you have a new program idea or a suggestion? The Senior Center would like to hear from you! Please complete and return the form below to: Iredell Senior Center, P.O. Box 344, Statesville, NC 28687

Name _____ Phone _____

Idea _____

Health Screenings

Free Blood Pressure Checks

On the second Wednesday of the month— **August 10 & September 14—from 11 AM to noon.** Provided by Iredell Home Health.

Choose Your Lab Test

Every other month, on the third Tuesday mornings—on **September 20 — Davis Regional Medical Center** offers you a choice of five different laboratory tests for \$5 each, by appointment. Fasting is required as of midnight the night before. Results are shared with you & your health care provider. Phone the Senior Center at 704-873-8568 for an appointment for the specific lab tests you wish.

- **Lipid Panel** – total cholesterol, triglycerides, HDL, & LDL—test is helpful in identifying risk or monitoring efforts to reduce risks for heart disease & stroke.
- **TSH** (Thyroid Stimulating Hormone) - test determines thyroid function.
- **Glucose/Hemoglobin A1c** - glucose test demonstrates body's glucose utilization & the Hemoglobin A1c test provides long term information on the body's utilization of glucose.
- **CBC (Complete Blood Count)** - CBC, Hgb/Hct, PLT, & DIFF—test can indicate infection, disease process, or immune response.
- **CMP (Comprehensive Metabolic Panel)** - Alb, Alp, Alt, Ast, TBil, Ca, K, Cl, CO2, Creatine, TP, BUN, Glucose—test can indicate general health, renal & hepatic function, & electrolytes.



Please Note:

Iredell Senior Center's monthly activities are online at the Better Business Bureau's website:

www.bbbgrapevine.org

Senior Center Services

An appointment is required for the monthly services below. Please call the Senior Center at 704-873-8568.

Legal Services. Ms. Beth Setzer provides monthly pro bono (free) services for the following: power of attorney, living will, & legal advice.

Seniors' Health Insurance Information Program (SHIIP) Medicare & Insurance Counseling. Volunteer counselors trained by the NC Dept. of Insurance provide free individual assistance to people who are Medicare eligible. Counselors advise about Medicare, Medicare Part D, Low Income Subsidy Assistance, Medicare supplements, Medicare Advantage, long-term-care insurance, assist with billing problems, & Medicare fraud & abuse.

Long Term Care Counseling. Free counseling services for long term care (assisted living, nursing homes) placement, residents rights, &/or questions or problems in long term care pre- & post-placement. Service provided by Patricia Cowan, Long Term Care Ombudsman (an advocate), with the Area Agency on Aging.

Senior Law Project/Legal Aid of NC

Legal services are provided by attorney Angie Dorsey. She handles wills & advance directives. Other lawyers assist with telephone consults (advice) & may provide services for other legal concerns. Visit their website at: www.legalaidnc.org

You may phone Legal Aid of NC any time for legal advice & an attorney will return your call as soon as possible once you have completed the intake process. For intake for legal advice or an appointment with Ms. Dorsey, phone Legal Aid of NC at 1-877-579-7562, Mon. through Fri. 9 to 11 AM & 1 to 3 PM.

This newsletter is sponsored by:

**The Gardens of Statesville
& Cardinal Village**

**2147 Davie Ave., Statesville NC 28625
704-878-0123**



Some Regular Activities

Salt & Pepper Book Club ~ August 8. Meets at 1 PM on the second Tuesday each month.

The Salt & Pepper Book Club is intended to be a fun & social gathering, open to all ideas! You are welcome to take part in &/or come to hear the discussion. Facilitated by Jeannie Petrosini. Please register to receive a reminder phone call. Book selections are announced at each meeting.

Intermediate Watercolor Painting ~ Next session is August 24 & 31, September 7, 14, 21, & 28. NEW! The class will meet on Wednesdays at 1 PM instead of Tuesdays.

You will paint together, step-by-step, a variety of subject matter, learning what colors & techniques are used to achieve the desired results. Supply list is available. Instructor: Judy Carpenter. Fee: \$30 for six classes. Registration required. Class limited to 15 artists.

Monthly Dances ~ Friday, August 12 - Unique Hats Dance & Karaoke ♦ Friday, September 23 - Western Roundup Dance & Karaoke.

Bring a covered dish meal to share at the 5:30 meal. Also, serving utensils are needed. Dancing & karaoke are from 6 - 8 PM. DJs are James & Brenda Funderburk. Sponsored by The Gardens of Statesville & Cardinal Village. You may pick up the yearly schedule at the My Senior Center station in the Ballroom.

Give & Take Bingo ~ Second Fridays at 1:30 PM ~ August 12, September 9. The group provides their own prizes & refreshments. Each person should bring a new "dollar store" item or a clean, gently used item as a prize. Caller: Carolyn Musakka.

Happy Seniors ~ August 10 & September 14. This group meets the second Wednesday of each month ~ Come join them for fun, food, and fellowship. Fee: \$3.00 to join, and \$1.00 each time you attend.

Bingo Birthday Bash ~ Third Fridays at 1:30 PM ~ August 19, & September 16.

Everyone is invited to play Bingo, win prizes, & have refreshments! Birthday ladies & gents recognized. Caller: Carolyn Musakka. Sponsored by: The Gardens of Statesville & Cardinal Village & Comfort Keepers.

Statesville Ballroom Dance Club ~ Meets on one Friday per month at 7:00 PM ~ August 19 & September 16.

Join them for ballroom dancing, snacks, & socializing! Please bring a finger food snack. Fee: \$5 per person.

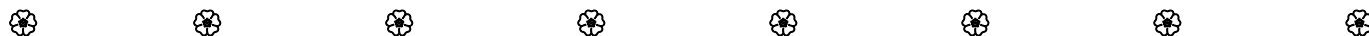
Piedmont Parkinson's Support Group (PPSG) ~ Third Thursdays at 10 AM ~ August 18, & September 15. The PPSG is for people with Parkinson's disease, their caregivers, & family. Refreshments provided. No fee. Please register if you would like a reminder phone call. The speakers are to be announced later.

Caregiver Support Group ~ Fourth Monday of each month at 2:30-4:30 PM. August 22, & September 26. No fee or registration. All ages are welcome to attend. Provided by Jackie Negley of Council on Aging. For more information call 704-873-5171.

Charitable Crafts Projects ~ Fridays at 1:00 PM. Off in August, returns September 2. Join this group to make items for charitable groups and our Craft Store.

Mats for the Homeless ~ Fridays at 11 AM. Want to do something useful? Help others while enjoying yourself with other people? Connect with this social & working group to make plastic mats for local people who are homeless. Helpers are needed who will flatten the plastic grocery bags, cut them into strips, & crochet the strips into a mat with a large crochet hook. No fee or registration.

Senior Serenaders ~ Returns August 23 at 2:00 PM ~ This is a choral group sponsored by the Iredell Senior Center. They sing older songs and hymns for nursing facilities, and senior groups at churches in the area. They have approximately 19 members, but could use a few more. If you would like to join, they usually meet on Tuesday and sometimes on Wednesday to sing or practice. They are accompanied by a pianist and guitarist. For more information call: JoAnn Brown at 704-528-8305.



FUNdraisers!

Just in case you missed it.....

Jean Pero led the charge with three bridge groups to hold a bridge benefit for the Center. Thanks to great help from the bridge group team, it was a smashing success...great fellowship, fun, food, and money raised for the Senior Center!!!

In the works, Kathy Carr and Jeannie Petrosini are spearheading a wreathmaking class in September as another of these FUNdraisers. On the drawing board, a spaghetti supper and quite possibly a yard sale!

We want to keep our light shining, and shining brightly. Here's how YOU can help. Are you a member of a card group or billiards group or sewing group perhaps, that enjoys being at the Center free of charge? Maybe your group can join in the efforts already in the works and host a FUNdraiser for the Center—combining fellowship and fun with the added bonus of helping the Center, too. Touch base with staff to explore your ideas and we'll do all we can to make it possible—and easy—for your idea to become reality!

Bits and Pieces

We are trying to get My Senior Center up to speed. If you have not obtained your scan card, please come by and do so right away.

WE NEED LIBRARY VOLUNTEERS.

Happy Birthday to NC SHIP on September 19. They are celebrating 30 years of helping Medicare recipients.

Wreath and/or Ornament Class

September 28 at 1:00 PM in the Ballroom

Kathy Carr will be teaching a seasonal mesh wreath class. You will need to bring your own supplies. See staff for a list. NO fee. Jeannie Petrosini will be teaching how to make a cork ornament. Fee: \$3.00.

Examples will be on display in the Ballroom.

Disclaimer

The Iredell Senior Center (ISC) partners with businesses to provide educational opportunities & other sponsorships. ISC does not favor or recommend any one business.

From the Iredell Council on Aging Executive Director...

No matter how it's framed, this November's election is vitally important to the scores of older adults joining the silver tsunami - the waves of people turning 60 or better!

The National Council on Aging, along with a number of other organizations dedicated to older adult issues, has identified five of the most pressing challenges facing our nation's older adults and their families. Both Congressional and Presidential candidates must have plans to address these issues in the face of the rapidly expanding aging population.

1)Long Term Care: too often, seniors are forced to impoverish themselves to get assistance through Medicaid. The question: what are your plans to address American's growing long-term crisis for families?

2)Funding for Senior Programs: senior programs designed to help older adults stay in their own homes are drastically underfunded with growing waiting lists and funding caps. The question: what will you do to reverse the downward trend in support of aging services?

3)Medicare Low-income Protection: Half of Medicare beneficiaries have incomes below \$24,000/year yet on average pay \$5,000 annually for out of pocket health care needs. The question: what are your plans to strengthen Medicare to insure seniors with low incomes can afford their health care needs?

4)Senior Hunger: More than nine million older adults face the threat of hunger. The question: what are your plans to improve vulnerable seniors' access to the nutritious food necessary for maintaining health and independence?

5)Social Security: Social Security is the most cost effective anti-poverty program in U.S. history, keeping 21 million people out of poverty each years. Still, a substantial number of seniors rely on Social Security for most if not all of their retirement income. This fixed income often isn't enough to makes ends meet. The question: how do you plan to strengthen Social Security so it better serves the most vulnerable seniors and their families?

Regardless of your political affiliation, these are vitally important issues facing both older adults and their families. Older adults deserve better....let's make sure it happens!

***Good things,
Anna Rice***

Trips

Quarterly trips are coordinated with Iredell Parks & Recreation. A schedule of planned trips can be picked up at Iredell Senior Center or you may contact:

Kim Goodin, Recreation Program
Coordinator
Email: kgoodin@co.iredell.nc.us
Phone: 704-832-2353

CRIBBAGE

Thursdays, at 1 PM
No fee or registration.

What is Cribbage? It's a fast-paced, challenging card game that's internationally popular! While it is deceptively easy to learn, Cribbage is tricky to win! Room 211.
Try it ~ you might like it!
Experts & beginners



NEW

Tech Buddies
Wednesday, August 3 & 10
at 1:00 PM

Do you need help using your hand held devices: Ipad, Iphone, Tablet, etc? If so, this class is for you. You will need to bring your own device.
Room 208. No fee. Please register.
5 Participants Per Session
Instructor: Dave Buchanan

NEW

Adult Coloring Class

Why should kids have all the fun?
Each Tuesday at 12:00 PM
Room 209
No fee. Please register.

This group is intended to be social and fun. Coloring can reduce stress and anxiety. Come find peace of mind and joy by being creative. Talk to staff if interested, and let the colors start to flow.

For Your Information

Each restroom has a handicap commode with a rail on the right and left side of the commode. Handicap signs have been placed on the doors of the stalls.



Suggestion Box

There is a suggestion box located on the second floor on the table beside the copier. Pens and paper are available beside the box. Also, you are welcome to come talk with me if you have any concerns/suggestions/ideas. All suggestions are given careful consideration.

Phyllis Deal, Interim Program Coordinator

ANNUAL LADIES TEA

Wednesday, August 17, 2016 at 2:00PM

In the Ballroom

Fee \$5.00 ~ Register by August 15

Iredell Senior Center

704-873-8568

Keith Rhyne and staff from the Historic Sharpe House will be greeting you and serving tea and a variety of finger foods in traditional English style. You will be served from fine china.

They will be dressed in period style attire.

Enjoy the formality of being escorted to your table by a footman. Come join us for an experience that will take you back in time.

You may dress in your finest attire and wear your fancy hat if you choose.

Senior Center Staff will decorate the tables. There will be plenty of door prizes and lots of fun.

Sponsored by Brookdale Senior Living



Thank you

A Bridge Benefit was held at the Iredell Senior Center, hosted by Monday- Wednesday-Friday Bridge Clubs on Monday, July 18

Prizes were awarded and lite refreshments were served.



Emails

We are planning to start a Senior Center list serve. This will enable us to send out mass messages or questionnaires. If you would like to participate, please call and come by and share your email address with us. We will keep it confidential.

Thank You

A very special thanks to Jane Srail for volunteering to donate and maintain the native flowers in the planters out back. We are planning to have her teach a class this fall on native plants and how to care for them.

Also, a very special thanks to all volunteers that helped with the Independence Day Celebration and Ice Cream Social. The video is posted on the Senior Center Web site.

SHIIP UPDATE

In the past several weeks we have heard that the Federal government was dropping funding for the SHIPs program. Word is as of July 6 the House has included full funding for SHIPs in their Appropriations bill. On the state level funding is available for the SHIIP Program. So, SHIIP is not going away.

If you would like more information about this bill I will be pleased to share it with you.

Phyllis H. Deal

Iredell County SHIIP Coordinator

Caregiver Resource Center

Caregiver books and DVD's are available for sign out. Please return them when you are finished so other caregivers may benefit from them.

Provided by the Family Caregiver Support Program and the Iredell Council on Aging

The resource center has been set up at the end of the handicap ramp on the second floor.

You can support your Senior Center by making a donation, a memorial gift or gift in honor of a loved one. The Senior Center has individuals that have attended the Center for many years and this is always a very meaningful way to remember and honor them. As a non profit 501c agency, donations made to the Senior Center are tax deductible.

Iredell Senior Center Donation

Name _____

Address _____

City/State/Zip Code _____

Telephone No. _____

Enclosed is my donation of: ___\$30 ___\$25 ___\$20 ___\$15 ___\$10 ___\$5 ___Other

Please designate my donation: ___In Memory of: _____

___In Honor of: _____

Please notify: ___Permission to place recognition of donation in ISC Newsletter

Name: _____ Address: _____

Mail donation check with form to: Iredell Senior Center

P.O. Box 344

Statesville, NC 28687

All gifts are tax-deductible to the fullest extent of the law. Thank you for your support!

IREDELL SENIOR CENTER

“Aging at its best!”



**344 E. Front Street
Statesville, NC 28677
(704) 873-8568**

For additional information on classes, services, activities, & programs please phone the Senior Center or come by & pick up a monthly calendar in the entry area. Staff is available to assist you! For transportation, phone Iredell Council on Aging at 704-873-5171 to enroll.



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Place mailing label here.

THANK YOU, NEWSLETTER TEAM!

**Iredell Senior Center & Iredell Council on Aging are closed
September 5 for Labor Day**

*Featured Activity
Charitable Crafts Project
Elva Tejerio, Facilitator*

Elva is a very gifted lady. She has many years of experience in creating and designing. She has the following to say about what the Charitable class means to her, and mentions some items they make. “Of all the volunteer jobs I help with, the most enjoyable one is the Charitable Crafts Projects. We make Cancer patients turbans, totes, pillows, and small blankets for dialysis patients, fidget aprons for Alzheimer's patients, bibs and scarfs for nursing homes, blankets, pillow cases, etc. for the less fortunate, baby blankets, booties, and hats for several organizations, items for the Animal Shelter, and any other project that comes to mind. The ladies in this group are very dedicated, and enjoy what they do. Please join us to help make something to make someone else happy.”