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Carol Dixon, Administrative Asst./MySeniorCenter Technician  
Terrie Lewis, Program Coordinator  
Phyllis Thompson, Transportation Coordinator/Receptionist  
Juanita Jackson, Part-time Receptionist  
Charlene Sellers, Custodian  
Ethel Odums, Custodian  
Gloria Johnson, Title V Afternoon Receptionist

### CITY OF KINGS MOUNTAIN

H. LAWRENCE PATRICK SENIOR LIFE  
AND CONFERENCE CENTER  
909 E. KING STREET  
KINGS MOUNTAIN, NC 28086



*Patrick Center*  
CITY OF KINGS MOUNTAIN

BULK RATE  
US POSTAGE PAID  
Kings Mountain, NC 28086  
PERMIT NO. 51



ADDRESS CORRECTION REQUESTED

**Mission Statement:** The H. Lawrence Patrick Senior Life and Conference Center serves as a focal point on aging, providing a broad range of ever changing services and programs that enhance the well being and dignity of senior adults in the greater Kings Mountain area.

MAY &  
JUNE 2012  
NEWSLETTER

## THE PATRICK CENTER

*A Senior Center of Excellence*  
909 E. King Street Kings Mountain, NC 28086  
(704) 734-0447 FAX: (704) 734-4477

### THOUGHTS FROM THE DIRECTOR MONTY THORNBURG

May is **Older Americans Month** and the perfect time to learn about the **first federal level initiative** aimed at providing comprehensive services for older adults. It is the **Older Americans Act of 1965**. It created the **National Aging Network** comprising the **Administration on Aging** on the federal level, State Units on Aging, and Area Agencies on Aging at the local level. The network provides **funding** - based primarily on the percentage of an area's population 60 and older - **for nutrition and supportive home and community-based services, disease prevention/health promotion services, elder rights programs, the National Family Caregiver Support Program, and the Native American Caregiver Support Program.** The stated purpose of the O.A.A. is to ensure equal opportunity to the fair and free enjoyment of: adequate income in retirement; the best possible physical and mental health services without regard to economic status; suitable housing; restorative and long term care; opportunity for employment; retirement in health, honor, and dignity; civic, cultural, educational and recreational participation and contribution; efficient community services; immediate benefit from proven research knowledge; freedom, independence, and the exercise of self determination; and protection against abuse neglect and exploitation. **The Patrick Center** as well as nearly 11,000 senior centers across the nation are in existence today due to the Older Americans Act and these centers serve nearly 1 million older adults every day.

(Continued on page 2)

**SENIOR CENTER HOURS: MONDAY — FRIDAY**  
**OPEN: 7:30AM (For exercisers/walkers) 8:00AM - 5:00PM**  
**RENTAL OF BUILDING: 8:00AM—2:00PM ONLY (Phyllis Thompson)**

## DIRECTOR'S THOUGHTS (CONTINUED)

In 2006 Congress reauthorized the act in its entirety, effective through FY 2011. The Act needs to be reauthorized again. Many participants at the Patrick Center recently participated in Virtual Advocacy Day to remind Congress of the importance of the O.A.A. and what a difference senior services made possible by the O.A.A. have made in their lives. They wrote their Congressional Representatives and were shown how to e-mail them in order to "self-advocate" for this need. Virtual Advocacy Day across the nation was a huge success. Almost 1,700 e-mails were sent to Congress, with over 1,500 in one day. To date, 17 senators have called for O.A.A. reauthorization. Virtual Advocacy Day called for the protection and investment in funding for aging programs and services, support for O.A.A. reauthorization, and for the protection and strengthening of health care. It is very important that your local senior center advocate for its senior participants but it is even more important that senior adults themselves self-advocate. This is a perfect time to tell your legislators how you feel on the issues that affect you since this is an election year. **Contact me at the Patrick Center if you need information on these important issues and how to self-advocate.**

## JEWELRY MAKING CLASS

Are you interested in taking a **Jewelry Making Class**? If so, please call to sign-up for the class that will begin on **Wednesday, June 6th** from **1:00-2:00PM in the Ceramic Room**. The first class will be an information only class, letting each of the participants know what they are responsible for in the way of supplies. They will also discuss what they will learn to make in the class. If you have already signed up for this class, you do not have to call in again, but **if you haven't signed up, please call today**. Come learn a new skill and hobby and enjoy the fellowship of others while doing it.

(Continued from page 18)

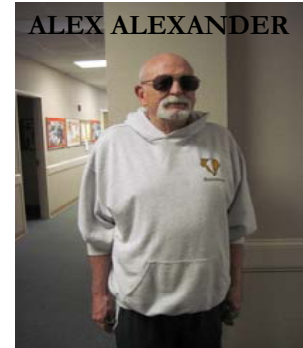
### TOP WALKERS

FOR MARCH 2012

*Patricia Williams—862 laps*  
*Martha Harrelson—593 laps*  
*Alex Alexander—560laps*

FOR JANUARY 2012

**Total Laps Logged —3,654**  
**Total Miles Logged —215**



## SHELBY LIONS CLUB

*Authorization For Commodity Representative*

*I am authorizing \_\_\_\_\_ to  
apply for and pick-up commodities on my behalf and to provide needed  
eligibility information.*

*Number in my household \_\_\_\_\_*

*My monthly gross income is \$ \_\_\_\_\_*

*Address \_\_\_\_\_*

\_\_\_\_\_

\_\_\_\_\_  
*Signature of Applicant*

# SENIOR CENTER WALKERS CLUB

## TOP WALKERS

FOR JANUARY 2012

*Patricia Williams—873 laps*  
*Martha Harrelson—523 laps*  
*Charles Fite—463laps*

FOR FEBRUARY 2012

*Patricia Williams— 682 laps*  
*Alex Alexander— 623 laps*  
*Barbara Crosby— 527 laps*



## TOTAL LAPS & MILES LOGGED BY ALL PARTICIPANTS

FOR JANUARY 2012

**Total Laps Logged —5,774**  
**Total Miles Logged —340**

FOR FEBRUARY 2012

**Total Laps Logged—4,871**  
**Total Miles Logged—287**

Please see Sharon Eaker for your prize if you have not already done so. We have **walker logs** available for you on our **bulletin board** in the hallway to the left of the front lobby. Please place your name on the log, and each day after you walk, record the number of laps you have walked that day. At the end of the month, the staff will tally your laps, and record the laps on the bulletin board on our Walking Chart announcing the top three walkers. Please see Sharon Eaker if you have questions. **Come join the fun and walk for your health!**

# PATRICK CENTER EXPO AND HEALTH FAIR

Summit Place Assisted Living of Kings Mountain and the Patrick Center will jointly host Kings Mountain's Third Annual Patrick Center Expo and Health Fair on Wednesday, May 2nd at the Center from 9:00AM—2:00PM. All seniors are invited to this **FREE** event. Vendors



will set-up tables that represent the services that they can provide for senior adults in Cleveland County and the surrounding areas. We will have door prizes, food vendors, Tupperware and Avon tables as well as the health screenings including hearing, vision, fall prevention, bone density, diabetes, high blood pressure, and height/weight. **If you would like to get a blood panel completed at the health fair, you must come by the Center and pick up a form for your doctor to sign. You must bring that signed form with you to the health fair.** The all inclusive blood panel (including urinalysis) will be \$27.00 and a blood panel without urinalysis will be \$19.00. This is the only thing that has a cost at the Senior Expo; everything else is **FREE**. The Sanger Clinic, the YMCA, Journey, Elder Law and Financing, SHIIP, Sheriff's Department, Food Lion, Bellus Tu Spa, and possibly others will all be involved with the expo. Specials and possibly some discount coupons will be given out at the Expo. Come get some **free stuff** and learn about services that could help you now or in the future. **For more information, please call Lisa Howell at Summit Place at 704-739-6772 or Terrie Lewis at the Center at 704-734-0447.** We hope to see each one of you at the **Patrick Center Expo and Health Fair!**

**WE REMEMBER THE MEN AND WOMEN WHO SERVED AND DIED IN THE UNITED STATES ARMED FORCES PRESERVING OUR FREEDOM. FREEDOM DOES HAVE A COST! WE ARE SO GRATEFUL TO YOU AND YOUR FAMILIES FOR YOUR SACRIFICE!**

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## S.H.O.P. -SENIORS HELPING OTHER PEOPLE

Come join S.H.O.P., Seniors Helping Other People, a program to assist the Crisis Ministry of Kings Mountain in meeting the needs of people who need food and personal hygiene item assistance. To join, all you have to do is bring one item or more per month to the Center and place it in our *blue collection container in the front lobby*. (PLEASE DO NOT THROW TRASH IN THE CONTAINER) Please place your items *gently* into the container. If you can't help one month, that's fine, just help when you can. **THE ITEMS NEEDED AT THE CRISIS MINISTRY FOR US TO BRING TO THE CENTER IN MAY AND JUNE ARE SALTINE CRACKERS AND DRY BEANS.** At the end of each month, Senior Center volunteers will transport your donations to the Crisis Ministry of Kings Mountain. Our awesome seniors and others donated the following items in the month of February and March 2012: 4 toothbrushes, 7 tubes of toothpaste, 4 deodorant, 13 bars of soap, 1 body wash, 4 bottles of shampoo, 1 box of cookies, 4 boxes of spaghetti, 5 packages of macaroni and cheese, 5 chow mien noodles, 1 pasta salad kit, 1 salad dressing, 7 containers of spaghetti sauce, 2 cans of spaghetti rings, 1 can of mixed vegetables, 9 cans of beans, 4 cans of soup, 5 packages of egg noodles, 3 cans of turnip greens, 2 cans of corn, 6 cans of sweet potatoes, 1 can of pumpkin mix, 5 bags of sugar, 1 package of Ritz crackers, 2 bags of cornmeal mix, 8 bags of flour, 2 boxes of gingerbread mix, 1 box of cinnamon toast mix, 1 box of dry milk, 1 bottle of hand soap, 1 dental floss, 3 boxes of hamburger helper, 2 bags of sanitary pads, 3 bags of sugar, 2 bags of flour, and 4 cans of rutabagas. Special thanks to Margaret Reese, Goldie Diggs and Jean Martin for counting and taking these items to the Crisis Ministry. REMEMBER, you don't have to be a senior to help us with this project, everyone is welcome to join us in this effort. *Just drop off your donations at the Center on Monday—Friday between 8:00AM—5:00PM. Thank you for giving to S.H.O.P. so that others can be blessed! Help defeat hunger in our community!*

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## RED CROSS BLOOD DRIVE

The Kings Mountain Red Cross will have a blood drive hosted by the Patrick Center on Friday, June 22th from 10:00AM -2:00PM at the Center. Everyone is invited to come and give the gift of life by donating at this drive. The Red Cross is always in need of donations to help those who desperately need blood. Who knows, one day it may be you or your loved one in need. If this is your first time donating blood, please bring your Driver's license or two other forms of identification with you. You may also want to bring a list of any medications you are currently taking. **Some tips for a successful donation include: 1) Maintain a healthy iron level in your diet, 2) Hydrate—drink an extra 16 oz. of liquid before and after your donation, and 3) Have a healthy meal before your donation, avoiding foods high in fat just prior to your donation.** The benefits of being a blood donor include feeling great afterwards, free cookies and juice, and **knowing you may have helped save a life.** We hope you will roll up your sleeve and give! (Some information copied from Red Cross website)

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## SUPPORT GROUP INFORMATION

- |  |  |
|--|--|
| 1st Tuesday-5:30PM                       | Evening Alzheimer's Support Group<br>Neisler Life Enrichment Center, Kings Mtn |
| 1st Wednesday-10:30AM                    | Depression Support Group<br>Patrick Center                                     |
| 2nd Tuesday-5:30PM                       | Diabetes Support Group<br>Cleveland Regional Medical Center                    |
| 3rd Tuesday—5:30PM                       | Evening Dementia Support Group<br>Life Enrichment Center, Shelby               |
| 4th Tuesday—6:30PM<br>(quarterly-May 22) | Parkinson's Support Group<br>Life Enrichment Center, Shelby                    |

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## COMMODITIES DISTRIBUTION

The Center will again distribute U.S.D.A. Commodities (surplus foods) on TUESDAY, JUNE 12TH FROM 1:00PM—2:30PM to senior adults who are eligible AND have pre-registered. Commodities are surplus foods given to states for distribution to low income folks. *If you are a senior adult in Cleveland County and are low income, you may qualify to receive a bag of this food. The income eligibility requirements change from time to time, so please call to see if you qualify during our preregistration days each quarter.*



WE DISTRIBUTE COMMODITIES FOUR(4) TIMES PER YEAR AND YOU MUST **PRE-REGISTER EACH TIME** THAT WE DISTRIBUTE COMMODITIES IF YOU WANT TO RECEIVE THEM EACH TIME. IF YOU DO NOT REGISTER ON TUESDAY, MAY 15TH, WEDNESDAY, MAY 16th, or THURSDAY, MAY 17th, YOU WILL NOT HAVE COMMODITIES AT THE SENIOR CENTER TO PICK UP IN JUNE! YOU MUST PICK UP YOUR COMMODITIES BY 2:30PM ON TUESDAY, JUNE 12TH OR THEY WILL BE RETURNED TO SHELBY FOR DISTRIBUTION TO SOMEONE ELSE BY 3:00PM. NO EXCEPTIONS!

Please make arrangements NOW and have a back-up plan should you be unable to pick-up your commodities due to illness or other problems. If you plan to let someone else pick up your commodities and did not request a permission slip during pre-registration, please fill out, sign, then cut out and send the permission slip on page 19 of this newsletter indicating the person who will be picking up your commodities. If you did not pre-register with the Center in May, you can still pick up commodities at the Shelby Fair Grounds on Wednesday, June 13th beginning at 8:00AM from the Shelby Lion's Club. *For more information, please call Terrie Lewis at the Center.*

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THANK YOU  
HESTER HAYNES AND  
VICTORIA BESS  
FOR GIVING OF THEIR  
TIME FOR THIS FREE  
SERVICE!

## PERSONAL CARE SERVICES

Manicures and Pedicures  
(By Appointment Only)

May Services Cancelled Due to Illness  
Wednesday, June 13th and 27th

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## KNIFE SHARPENING

Volunteer Jimmy Houser will be at the Center on Tuesday, May 8th from 10:30-11:30 for Knife Sharpening in the Ceramic Room. Bring any of your kitchen or utility knives that need sharpening and he will sharpen them for FREE. We appreciate Jimmy offering this FREE service for our seniors.

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## INDOOR YARD SALE

The Patrick Center volunteers will have an Indoor Yard Sale to raise money for the Center on Friday, June 8th from 8:00AM—2:00PM in Conference Rooms I and II. The public is invited to reserve a table at the yard sale for \$10 per table. Tables are limited, and are reserved on a first come, first serve basis. **YOU MUST PAY YOUR \$10.00 WHEN YOU RESERVE YOUR TABLE.** The last day to reserve your table is **Friday, May 25th.** Stop by today, and reserve your table or come by on June 8th to grab some fabulous yard sale deals. **Thank you volunteers for hosting this yard sale!**



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## SHIIP

Do you have questions about your Medicare, Medicare Part D Prescription Plans, or anything to do with Medicare?

Please call the Senior Center  
for an appointment for free assistance  
with one of our SHIIP Counselors!

## TRANSPORTATION SERVICES



The Center offers **Transportation Services** for **senior adults ages 60 and older who live in the Kings Mountain area of Cleveland County** for medical appointments and nutrition site trips. **If you need transportation, please call Phyllis Thompson, Transportation Coordinator at 704.734.0447 three or more days prior to your appointment and she will make the arrangements for you.** The money that pays for the transportation services available at the Center is a combination of federal, state and county/local funds, plus consumer contributions from other service recipients. **The monetary value of the service you would receive is \$9.992 per unit of medical transportation and \$5.2495 per unit for general transportation.** A unit is a one way trip. Like if you would go to the doctor and back home, that would be two units. We would like to be able to expand the availability of this service to as many people as possible. One way we expand the service is through voluntary consumer contributions. **If you use our transportation service, we are asking you to consider making a voluntary contribution toward the cost of the service you receive.** This money would be used to serve others. We would appreciate any amount you can afford. We also realize that not all people can afford to contribute, and that an individual's financial situation can change. You are under no obligation to contribute; it is entirely voluntary. Your continued receipt of this service is not dependent on your willingness to contribute. **In other words, if you choose not to give, your transportation services will not be discontinued.** If you would like to make a contribution, please call Phyllis to arrange how you would like to make your contribution. **Checks can be made out to the City of Kings Mountain and mailed to the Center, 909 E. King Street Kings Mountain, NC 28086.** Our agency will keep an accurate account of all contributions. However, consumer contributions for our transportation services are not tax deductible because you are receiving a service. The amount you contribute, or do not contribute, will remain strictly confidential. **Thank you for considering a voluntary contribution. Whatever your decision, we look forward to serving you.**

## MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Patrick Center by making a donation **"In Memory Of" or "In Honor Of"** a senior or someone you know. **All donations are tax deductible.** You can also make sure that the work of the Senior Center continues long after you have passed on, by mentioning the Center in your will as some have done in the past. **We are currently raising funds for the expansion of the Center. Please make checks payable to: Patrick Center** and fill out the following information below with your donation.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Send notice to: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

### GIVE A GIFT THAT WILL HELP THE SENIOR ADULTS IN YOUR COMMUNITY!

You can also sponsor our Newsletter. It is costing approximately \$950 per newsletter distribution. If you would like more information on the benefits of sponsoring our newsletter, please call Sharon Eaker at the Center. We appreciate all the businesses and individuals who have sponsored our newsletter in the past.

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## SPECIAL PROGRAMS

Come join us for a special **Mother's Day BINGO Party** on **Thursday, May 10th, 2012 at 10:00AM** in the **Nutrition Site**. We will give out special prizes for our Mothers and light refreshments will be served. We will also display a **collage of mothers to honor them** and need your help with this project. If you would like a picture of your mother included on the collage, please bring in a photo and Terrie Lewis will copy it and give you back your original. We need your pictures in by **Friday, May 4th** to be included. Come have some fun and help us celebrate our mothers!



Of course, we don't want to forget our Fathers, so **Thursday, June 14th**, we will honor and remember our fathers with a **Father's Day BINGO Party!** There will be door prizes, refreshments, and lots of BINGO! We encourage all fathers to come to this special event planned just for you. Everyone else is welcome to come as well and help us celebrate fathers.

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## FUNDRAISER FOR THE CENTER

By partnering with **Cellular Recycler**, the Center can raise money while helping the environment by keeping cell phones out of landfills. The project is simple! **When you are finished with your cell phone and purchase another one, please bring your old cell phones to the Center.** The cell phones do not have to work for you to donate them. By collecting used cell phones that work or don't work, the Center can raise money that could help with various projects at the Center that could improve our facilities, our services, and/or our activities. It doesn't cost anyone anything. **Instead of throwing that old cell phone away, bring it to the Center.** Please talk to your families, your neighbors, church members, and friends to see if they can help with this project. **We will appreciate any help you can give us with this fundraiser.**

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## HEALTHY@HOME PROGRAMS

**Healthy@Home**, a home health agency in our county, presents great **FREE monthly health programs** at the Senior Center. On **Tuesday, May 8th**, we will learn about "**Urinary Tract Health**" and "**Fall Prevention**" will be the topic of their program on **Tuesday, June 12th**. We hope you will come enjoy these free programs planned with you in mind. **Thank you Healthy@Home for this service!**

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## AARP SPONSORED PROGRAMS

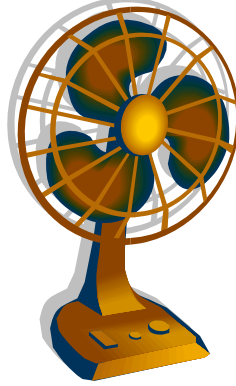
On **Friday, May 11th from 9:00AM—1:00PM**, the Patrick Center will host the **AARP Driver Safety Class**. This program is the nation's first and largest classroom driver refresher class especially designed for motorist age 50 and older and covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. There is a **\$12.00 fee for AARP members, and a \$14.00 fee for non-members** which is payable on the day of class. The fee covers the cost of the book. **To pre-register, please call the Center. Please call early as space is limited.** Some insurance companies offer discounts for those who attend this class. Check with yours today to see if they offer a discount. In this economy, we need every discount we can get.

**Car Fit**, developed by *American Society on Aging in collaboration with AARP, American Occupational Therapy Association, and AAA*, is an educational program that offers mature drivers the opportunity to check how well their personal vehicle "fits" them for the upmost in safety and comfort. Trained professionals will be at the Center on **Friday, May 18th from 9:00AM until 1:00PM** and will ask participants simple questions as they complete a twelve (12) point checklist on how your car "fits" you. **Please call the Center for questions and to schedule your appointment.** We only have thirty-two slots available on a first come, first serve basis, so please call early.

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## OPERATION “COOL-OFF”

In the hot month of June 2012, many are sure to need the “Free” box fans offered through our **Operation “Cool-Off” Program**. The fans are made available through donations from **Dominion Resources, Duke Energy, Duke Energy Foundation, Progress Energy and Valassis** to the Division of Aging. The Area Agencies on Aging send the money to agencies including the **Patrick Center** to purchase fans in support of **Operation Fan Heat Relief**, a summer program intended to provide a more comfortable living environment and to reduce heat related illnesses. *You must be 60 years old or older or have a disability, reside in a Cleveland County served by Duke Energy (City of Kings Mountain residents qualify), and have a home situation where there is a threat to the person’s health and well being to receive a fan from the Senior Center.* Many seniors suffer from illnesses where heat can seriously effect their well-being. If you need a fan and qualify or think you might qualify, please call **Terrie Lewis, Program Coordinator**, at the Center.



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## BRANSON SHOW EXTRAVAGANZA TRIP

In cooperation with **Diamond Tours**, the Patrick Center presents a **Branson Show Extravaganza Trip** on **September 23—29, 2012** for seven days and six nights to Branson, Missouri. The cost for this seven show, 10 meal trip is **\$589 per person for double occupancy** with \$75 due at sign-up and final payment due by 7/18/2012. (motor coach gratuities included in price) Shows include: **The Brett Family Show, The Red Skelton Tribute Show, The Dutton Show, The Acrobats of China, The Hooray for Hollywood Show, the Jim Stafford Show, and a show aboard the Showboat Branson Belle.** *For more details, please come by the Center for a flyer or call Monty Thornburg or Terrie Lewis at the Center.* Come enjoy this awesome trip and leave the driving to Diamond Tours!

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## JOURNEY-COFFEE AND CONVERSATION

**Stuart Watson, Investigative Reporter for WCNC-TV, will speak on “Advance Care Planning, Death Didn’t Part Parents for Long” at the Thursday, May 10th Journey Coffee and Conversation at the Neal Senior Center in Shelby from Noon—1:00PM.** This special presentation is open to the public, and light refreshments are served and sponsored by Sterling House of Shelby and Carillon Assisted Living. This is a **quarterly speaker series** that Journey, a partnership of various agencies formed to educate the public on end-of-life issues. **This is a FREE presentation, but donations are accepted.** For more information, you may contact **Reverend Len Byers** at **980-487-3855**. Come join us for these important discussions!

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## YOUR OPINION MATTERS

**Your opinion and input is so important to us and helps us to know how to plan for the future!** One way to give us your input is through our **Suggestion Box**, located on the counter underneath our Center information bulletin board and across from the water fountain in the hallway outside the dining room. Paper and pen are provided. You do not have to sign your name, but **please put the date.** We also conduct **yearly surveys to find out what we are doing right and what can be improved upon.** In addition, the Director is always willing to listen to your ideas or suggestions. This is your Center and we want you to have a voice here.

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## MONTHLY BIRTHDAY PARTY

Come join us for our monthly **Birthday Party** on the **fourth Tuesday of every month** to celebrate the birthdays for that month in our **Dining Room from 10:45AM—11:30AM.** Everyone, age 55 and older, is invited to come enjoy **FREE birthday cake and a drink.** **Please let us know if it is your birthday month, and we will announce it to the group.** Our next **Birthday Parties** will be on **May 22nd and June 26th.**



## LEGAL AID

Legal Aid of North Carolina will make quarterly visits as needed to the Patrick Center to provide Cleveland County residents age 60 and older with low to modest means FREE legal services including wills, living wills, and power of attorney documents. Though there are no strict income or asset guidelines, Legal Aid is required

to direct its resources to seniors with the greatest social and economic need. In addition, Legal Aid attorneys are available for phone consultations, information and referrals on a wide range of legal issues including housing law, consumer law, employment law, public benefits, and civil law. To schedule an appointment or talk with an attorney, please call toll free at 1-877-579-7562 on Monday—Friday from 9:00am—12:00noon and 1:00PM—3:00PM. You will be asked to provide basic information about your household and asked what type of assistance you need. An attorney from Legal Aid will call you back to discuss your issue as quickly as possible and/or to schedule an appointment at the Senior Center about two weeks prior to the date of their quarterly visit. Their next visits to the Patrick Center will be on Tuesday, May 8th, and Tuesday, June 5th, by appointment only.

## SENIOR CHORUS NEWS

*The Senior Chorus is on the move during the month of May, Older Americans Month. We will travel to Rutherford County Senior Center on Monday, May 14 to present a program of music. The Chorus does a great job with their programs. They represent and promote the Senior Center in the community. This performance will be our last Chorus meeting until Monday, September 17th. We're always looking for a few more voices; so plan now to come and meet with us on Mondays at 10:30 AM beginning in September in Conference Room I. We sing a variety of songs; have fun and good fellowship together. Come be a part!!*

## LIFELINE SCREENINGS

Lifeline Screenings will be at the Senior Center on Tuesday, May 15th offering ultrasound screenings that could save your life. They include: 1) stroke/carotid artery screening, 2) heart rhythm screening, 3) abdominal aortic aneurysm screening, 4) Peripheral Arterial Disease screening, and 5) Osteoporosis risk assessment. You can get a \$10 discount off any package of \$139 or more and Lifeline will donate \$10 for every person who signs up and attends this Life Screening event. *To schedule your appointment and to receive this special offer, please sign up on the sheet at the front desk at the Center.* Join in the fight against vascular disease.

## MEDICARE FRAUD AND ABUSE PROGRAM

On Friday, May 18th at 10:00AM, Diane Trainor from the Senior Medicare Patrol will present a program with new information regarding Medicare Fraud and Abuse at the Patrick Center. Billions of federal dollars are lost annually due to health care fraud, error and abuse. Since 1997, A.O.A. has funded Senior Medicare Patrol projects to recruit and train retired professionals and other senior citizens about how to recognize and report instances or patterns of health care fraud. In addition they are made aware of how threats to financial independence and health status may occur when citizens are victimized by fraudulent schemes. The SMP program empowers seniors through increased awareness and understanding of healthcare programs. This knowledge helps seniors to protect themselves from the economic and health-related consequences of Medicare and Medicaid fraud, error and abuse. SMP projects also work to resolve beneficiary complaints of potential fraud with their partnerships. *Come learn how you can help protect your health insurance, Medicare!*

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## VOLUNTEER NEWS

All current volunteers or anyone who is interested in becoming a volunteer are invited to attend the regularly scheduled **Volunteer Meetings** held the **third Tuesday of every month at 12:15.** (unless otherwise indicated) Our next meetings will be held on **Tuesday, May 15th and on Tuesday, June 19th.** A great big “Thank You” to all of our volunteers for teaching, washing dishes, cooking, baking, hosting a bake sale, hiding eggs, donating, cleaning, calculating, doing computer and paper work and all the many things that you do to help us serve the seniors, and others of this community. **You are the best! If you are interested in becoming a volunteer prior to the meeting dates, please see or call Terrie Lewis between 8:00AM—3:00PM.** If you have time to give, we are sure we can find some way for you to give it by putting you to work as a Volunteer at the Senior Center. **Come join our awesome group of talented volunteers already serving. Volunteering enhances your life and the lives of others, come try it and see!**

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## PATHWAYS ACCESS TO CARE

Anyone in Cleveland, Gaston, and Lincoln counties can call **Pathways Access to Care** to talk with professionals about mental illness (including depression), substance abuse, or developmental disabilities issues. They will link you to the right care at the right time. So don't wait. **Call today for a better tomorrow at 1-800-898-5898.** Pathways is available 24 hours a day, 7 days a week, and 365 days a year. Don't suffer alone!

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**HOLIDAY CLOSINGS**  
**MONDAY, MAY 28TH**  
**Senior Center & Nutrition Site**  
**Closed For Memorial Day!**

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## YOU MAY QUALIFY FOR EXTRA HELP!



In **September 2011**, many Medicare recipients may have received a letter from Medicare regarding their **Extra help**, telling them that they would not automatically qualify in 2012 for extra help. The letter stated that you would need to file an application to see if you still continue to qualify. **If you are unsure about your extra help status, please call a SHIIP counselor at the Senior Center.**

You may be someone who has not yet heard about the extra help that may be available to you in paying for your prescription drug plan cost if you qualify. **To qualify for Extra Help:** 1) **You must reside in one of the 50 states or District of Columbia, and 2) Your resources must be limited to \$13,070 for an individual, or \$26,120 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. Resources do not include your home, car, or any life insurance policy you may have; and 3) Your annual income must be limited to \$16,755 for an individual or \$22,695 for a married couple living together. However, if your income is higher, you still may be able to get some help, for example: You or your spouse supports other family members who live with you; You or your spouse has earnings from work; or You live in Alaska or Hawaii. Come by the Center for an application to see if you qualify!**

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## BLOOD PRESSURE CHECKS

**FREE Blood Pressure Clinics** are held every month on the **third Wednesday** of the month from **10:00AM-11:30AM** at the **Senior Center.** They are sponsored by **Gentiva, a home health agency.** The next dates for the clinics are **Wednesdays, May 16th and June 20th.**

