

The Scope

Catawba County Council on Aging
400 17th Street SW, PO Box 835
Hickory, NC 28603

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*Serving Catawba County's
Seniors for over 45 years*

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Director's Comments:

We miss you! When this newsletter went to press, we were still unable to schedule in-person activities safely. We want to stay in contact with you and keep you up to date on current activities at the center, as well as what is happening in our community. The most efficient way we have found to do this is through email! So, give us a call if we do not have your email address. Note that you can receive emails from us and still receive your newsletter in print via mail if you would like.

The Council on Aging now offers several virtual activities. They include Bingo, Exercise, and Educational Presentations, to name a few. A computer or smart phone may be required for some activities, but Bingo can be joined through a toll-free phone number (no smartphone or computer needed). Call us for more information and links to these activities so we can stay in touch until we meet in-person again.



Stay safe.

Vickie

NEW Virtual Activities

BINGO

Exercise

Education

Book Club

And More!!



Call 828-328-2269 for details.

Tax Counseling for Seniors

American Association of Retired Persons (AARP) **Tax-Aide**, in cooperation with the Internal Revenue Service, offers **FREE TAX PREPARATION** for your federal and state income taxes and will be available the first of February through mid-April.

Appointments are required.

Call 828-358-4669.

Schedulers will be available

Monday - Friday, 9:00 am - 1:00 pm.

Please be patient when calling this phone number and do not attempt to leave a message.

Appointments cannot be made in person.

Please Stay in Touch via:



Virtual New to Medicare Seminar



Thursday, March 10th 10:00 am

Call to register and receive a link to attend the meeting: 828-328-2269.

Are you or a friend or loved one turning 65?

It is especially important for everyone becoming eligible for Medicare to get accurate information about coverage options they must make as they approach age 65. Attention to these issues will help you avoid serious and costly problems later.

Seniors' Health Insurance Information Program (SHIIP) Counselors, trained by the NC Department of Insurance, will lead the information session and will be happy to answer your questions.

2021 MEDICARE UPDATE

The **Part A (Hospital Insurance) Deductible** will be **\$ 1484.00** (per benefit period) for days 1-60 of inpatient hospitalization.

The **Part B (Medical Insurance) Premium** will be **\$ 148.50 per month** (*Premiums will be higher for individuals with annual incomes of \$88,000 or more and married couples with annual incomes of \$176,000 or more.*)

The **Part B Deductible** will be **\$ 203.00** per year of Medicare-approved charges.



National Volunteer Week (**April 18th – 24th**) is an opportunity to celebrate the impact of volunteer service and the power of volunteers to build stronger communities. Each year, we shine a light on the volunteers who lend their time, talent, and voice to make a difference in our community.

The Council on Aging could not operate our programs and activities without the hard work and dedication of our wonderful volunteers.

Thank you for all you do!



SHIIP Statewide County of the Year Award

Catawba County was named SHIIP County of the Year for 2020. The Catawba County Council on Aging/West Hickory Senior Center is the SHIIP Coordinating Site for Catawba County. The award highlights the partnerships the Council on Aging has formed with other organizations in the county to better serve Medicare beneficiaries and the exceptional volunteers whose efforts make this outreach possible.

EXTRA HELP FOR 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 \$ 1595.00 Couple \$ 2155.00

Resource/Asset limits:

(cash, investments-not home)

Individual \$ 13,110.00 Couple \$ 26,160.00

If you would like to apply for Extra Help, call the Council on Aging to arrange a time to meet with a SHIIP Counselor, 828-328-2269.

ADVANCE DIRECTIVES

LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

A living will is a legal document that allows you to control the decision 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 the power to make medical decisions for you if you are not competent or if you are not able to communicate your wishes.

Julie Packer, RN, MSN, Director of Professional Relations with **Carolina Caring**, will be at the West Hickory Senior Center to discuss with you advance directives and/or notarize your documents. Forms will be available, and **appointments are required** for these individual counseling sessions.

Please call the Council on Aging, 828-328-2269.



The Council on Aging and SHIIP recognize Clara Mathe for serving as a volunteer counselor in Catawba County for 25 years. SHIIP (Seniors' Health Insurance Information Program) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare prescription drug coverage, Medicare Advantage, long-term care insurance and other health insurance issues. The Catawba County Council on Aging is the SHIIP Coordinating Site for Catawba County.



Adult Children of Aging Parents

Upcoming monthly programs will be hosted by various chapters. Be sure to check out ACAP Chapter websites and Facebook event pages for additional details and information on how to register for each program as we get closer to the date.

Everyone on the ACAP email list will be receiving regular flyers for monthly programs. Anyone that has questions or would like to be added to the ACAP email list please contact:

info.acaphickory@gmail.com

Meetings will be virtual via:



Telephone Reassurance Available



If you would like to be put on a list to be called periodically by COA staff/volunteers, just let us know by calling 828-328-2269.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

**Thursday, March 18
2:00 p.m. - 3:00 p.m.**

Join online or by phone

To register:

<https://tinyurl.com/10SignsMar18>

Or 800.272.3900

**Hosted by Catawba County Council on Aging
and Caldwell Senior Center**

Visit alz.org/CRF to explore additional
education programs online and in your area.

alzheimer's  association®

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. Call **828-328-2269** or email: councilonaging@catawbacouncilonaging.org to make an appointment.



Virtual Caregivers Support Group Thursday, March 4th and April 1st at 1:00 pm

We offer a support group for friends and family who are affected by Alzheimer's Disease.

Vince Bartlome is the facilitator for this group.

Please call the Council on Aging for the link to attend or for more information, **828-328-2269**.



Help fight Medicare fraud

Note

Medicare covers the **COVID-19 vaccine** at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know:

Contact the SMP for questions or to report Medicare fraud, error, or abuse at: 877.808.2468 or at www.smpresource.org

- ◆ You can't pay to put your name on a list to get the vaccine.
- ◆ You can't pay to get early access to a vaccine.
- ◆ Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

DONATIONS & MEMORIALS

We acknowledge with gratitude the following friends for their gifts:

Claude and Raenelle Abernethy Charitable Trust

Anonymous Friends

Anonymous, in honor of Rose Hefner and Gwen Derr

Becky Arrowood/ Thrivent Action Team

Ray and Georgie Bumgarner, in honor of tax volunteers

Eleanor Byrd

Carolina Farm Credit

Carris Corporate Foundation, Inc.

Wayne Cashion

Ron Downs

First Presbyterian Church, Hickory

Dick & Pat Flachbart

Nancy Frady

George Foundation, Inc.

Denise & Robert Gregor

George Gwaltney

Rose and Randy Hefner, in honor of all the volunteers, participants and staff

Jack & Mary Ann Hopkins

Judy Kaufman, in memory of Harry and Anna Metzger

Violet LeClair, in honor of George Quinlan

Nancy McGhee

Dan Miller

NC Community Foundation / Catawba Valley Community Endowment

New Jerusalem Lutheran Church

Susan & Pete Pitts / BB&T

Paige E. Pope

Allen & Paula Reams, in memory of Jean Orr

Betty Reep, in honor of George Quinlan

Jack & Mary Reitzel, in honor of George Quinlan

Earnest & Iris Robinson, in honor of Rose Hefner

Marty & Jesse Salwen, in memory of Jerry Talbot

Marvin & Ginger Smith

Loretta Stephenson, in honor of Rose Hefner

Bill & Dawn Teller

Madeline Walle, in honor of COA Staff

Danny Waters

Lucille Woodrum, in honor of Vickie Blevins and the COA staff



Thank you to all of those in our community who have donated supplies and food to the center. Your thoughtfulness and generosity help COA provide the services that we do. It takes everyone working together and we appreciate all the care and support.

We appreciate these generous sponsors:

**Catawba Valley**
COMMUNITY COLLEGE

www.cvcc.edu

**Learning & Personal
Enrichment Classes**

Contact: Cheri Toney
828.327.7037 • ctoney.cvcc.edu

Thank you

Legacy / Planned Giving



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

Ways to give include:

- * leaving a gift to the COA in your will or trust
- * designating the COA as the Transfer on Death (TOD) or Payable on Death (POD) beneficiary of your stock or brokerage account
- * designating the COA as the primary or contingent beneficiary of a life insurance policy
- * designating the COA as the primary or contingent beneficiary of a retirement account (which can also maximize tax-deferred savings).

**Please contact the Council on Aging office
for more information, 828-328-2269.**



GIVEN AS A (please check one):

_____ GENERAL FUND DONATION

_____ MEMORIAL for _____

_____ HONORARIAM for _____

CONTRIBUTION AMOUNT \$ _____

Donor Name _____

Address _____

City/State/Zip _____

Please send a notification of this gift to:

**Mail donations to: Catawba County Council on Aging, PO Box 835, Hickory, NC 28603
or**

Donations may be made online through our website: www.catawbacoa.org

The Scope
Catawba County Council on Aging
PO Box 835
Hickory, NC 28603-0835



Non-Profit Organization
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Permit Number 1340

RETURN SERVICE REQUESTED



March/April 2021

BITS 'N PIECES

NC211 help is available 24/7 for access to local resources for food, housing, utilities, and more! Dial 2-1-1.

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 office to arrange for a time to meet with a SHIIP counselor, 828-328-2269.

Please notify us of any address changes, 828-328-2269. If you would like to help save postage, another option is to have your newsletter emailed instead. It is delivered on time and in full color!

Senior Tar Heel Cards are available at the West Hickory Senior Center to individuals **age 60 & over**. You must bring a photo ID. Many public schools in North Carolina allow these passes from seniors for free admission to their athletic events (it is at the discretion of each school to accept the cards). Please call for an appointment, 828-328-2269.

If you like to shop on Amazon, sign up at AmazonSmile and designate the Catawba County Council on Aging as the charity you support. Every time you make an eligible purchase, a portion of your sale will benefit COA, at no cost to you. Here is the link to support COA: <https://smile.amazon.com/ch/51-0193746>

The Catawba County Council on Aging operates the West Hickory Senior Center.

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.