

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 43 years*

Published bi-monthly by:

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Number 2

Director's Comments:

Thank You, Rose!

After 27 years with the Council on Aging, Rose Hefner retired at the end of June. Rose has always shown tremendous dedication, excellence in performance of her job, and a passion for serving older adults. She will certainly be missed. As part of her job, Rose worked closely with our volunteers over the years to coordinate their efforts and aid them in any way possible. She recruited many of our volunteers herself. To honor her long-lasting impact on the organization, the Council on Aging Board of Directors is creating a Rose Hefner Volunteer of the Year Award to recognize one of our valued volunteers each year going forward. We thank Rose for all she has done to make the West Hickory Senior Center a welcoming place for seniors, and we wish her well in her retirement.

Welcome New Staff

We welcome to the Council on Aging two new staff members. Bea Heavener is the new Administrative Assistant, and Erica Mask is the new Program Assistant. They have both been training for several months now and look forward to meeting all of you.

COA Update

At the time this newsletter went to press, we had not reopened the West Hickory Senior Center for activities. We are continuing to exercise caution to prevent spread of the coronavirus. We are focusing on providing services such as a food pantry, Medicare counseling, telephone reassurance, flu shot clinics, and a mammogram clinic. Staff is available by phone and email to provide information and assistance. We appreciate your patience during these difficult times. We miss everyone and will resume Council on Aging activities as soon as we are able to safely do so. Please let us know if there is any way we can assist you.

Vickie Blevins
Executive Director

Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan?

Open Enrollment Dates
October 15 – December 7

Plans can change each year. It's good to do an annual review to make sure the coverage you have is the best one for you! We will have SHIIP (Seniors' Health Insurance Information Program) counselors available to help with this review.

**Call the Council on Aging, 328-2269, for an
appointment.**

VOLUNTEERS NEEDED

AARP Tax-Aide, the nation's largest, free, volunteer-run tax assistance/preparation service needs volunteers to become trained to prepare tax returns electronically from February through mid-April. Training is FREE. It's a great way to learn new skills *and* be involved in your community! AARP Tax-Aide helps more than 2 million families nationally each year.

**Contact Rebecca Reeves, 465-0919 or
381-3113**

e-mail: reboreeves@gmail.com

We acknowledge with gratitude the following friends for their gifts:

Eddie & Kathy Gragg

[illegible]

Lois Green
 Audrey Harris
 Lynn Hennessee
 Dawn Hewitt
 William & Diane Hicks
 Priscilla Hilgendorf in honor of Rebecca Reeves
 Sallie Holt
 Jack & Mary Ann Hopkins
 Emily Howlett
 Immanuel Lutheran Church, Conover
 Carroll & Lucille Johnson in honor of all AARP Tax Providers
 Adrian & Avis Jones
 Ellen Jones
 Albert Keiser, Jr.
 William Alfred Keller
 Carolyn Killian
 Vladimir Khudukov
 Rader Kiziah in memory of Betty
 Violet LeClair
 Bea Lingerfelt
 Lowes Foods
 Tom & Quilla Mayo
 Johnnie Melton
 Betty Miller in honor of all the Tax Preparers
 Catherine Miller
 Dan Miller
 Deborah Moore/Thrivent Action Team
 Donna Myers
 Lawrence Oxford
 Randall Parsons
 Linda Pless
 Ken & Shirley Poovey
 Ernest & Violet Powell
 George & Sharon Quinlan
 Daniel Raper
 Rose's Afternoon Trivia Group
 Rita Roseman
 Rotary Club of Lake Hickory
 Judith Shirley
 Ruth Siskind
 Gerard Stuve
 Steve Rudisill
 Mary Stamey in honor of Joy Posey
 Elaine Stephens

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, 328-2269.

Luther Stillwell
 Joe & Willie Sue Swafford
 Sarah Swanson
 Jerry & Linda Sweet in honor of George Quinlan
 Bill & Dawn Teller
 Walt Thomas
 The Underdown Family Foundation Inc.
 Unifour Foundation, Inc. Endowment, a component fund of the N.C. Community Foundation
 Wal-Mart #948
 Wal-Mart #6355
 Dan Waters in honor of Ruth Ann Hayes Waters on their 18th Anniversary May 11th
 Sheila Weeks
 Mildred Whiney
 Patricia Wyant
 Ruby Brown Wyly
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 William Yost



We appreciate these generous sponsors:


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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

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 SHIP Counselor, 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, 328-2269.



FLU SHOT CLINICS



Because of the need for safety and social distancing, appointments will be required this year. No walk-ins without appointments will be allowed. Face coverings must be worn. Call the Council on Aging at 828-328-2269 to make an appointment.

Monday, Sept 21 – 9 am-12 noon

West Hickory Senior Center
400 17th Street SW, Hickory

Thursday, Oct 1 – 9 am-12 noon

St Mark's Lutheran Church-Family Life Center
3216 W Main St, Claremont

Thursday, Sept 24 – 1-4 pm

St Mark's Lutheran Church-Family Life Center
3216 W Main St, Claremont

Monday, Oct 5 – 9 am-12 noon

West Hickory Senior Center
400 17th Street SW, Hickory

Monday, Sept 28 – 9 am-12 noon

First Presbyterian Church-Fellowship Hall
701 N. Main Ave, Newton

Tuesday, Oct 6 – 9 am-12 noon

Sherrills Ford-Terrell Library
9154 Sherrills Ford Road, Terrell

Tuesday, Sept 29 – 1-4 pm

West Hickory Senior Center
400 17th Street SW, Hickory

Thursday, Oct 8 – 9 am-12 noon

Catawba United Methodist Church-Family Life Center
209 East Central Avenue, Catawba

Medicare Part B is accepted, please bring your Medicare card and your drug plan card. Medicare Advantage plans are also accepted, bring your card. If your plan is not accepted, you must pay and submit the claim yourself for reimbursement. Call the Council on Aging with any questions, 828-328-2269.

SMP SCAM WATCH CORONAVIRUS

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door to door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time-sensitive offers.

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

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.



2020 Voting Information

There are many ways to vote during the upcoming election:

- Absentee Voting - Request an Absentee Ballot from the Catawba County Board of Elections. If you decide to vote in-person instead, destroy the Absentee Ballot. Do not give to anyone else.
- Curbside Voting - Available at all Voting Locations.
- Early Voting - From October 15th through October 31st at 5 Locations throughout Catawba County.
- On the Day of the Election (November 3) at your Assigned Voting Location.

If you are not already registered, Voter Registration Deadline is October 9th at 5 pm.

For more information, contact Catawba County Board of Elections at 828-464-2424 or

www.catawbacountync.gov/elections.

MOBILE UNIT

MAMMOGRAMS

October is **Breast Cancer Awareness Month!**

Catawba Valley Medical Center's Mobile Unit will visit the West Hickory Senior Center on **Monday, October 12th**.

Ladies, this is a Medicare-covered benefit you can have yearly, however, it must have been one year since your last mammogram for Medicare to pay for this service.

Remember, early detection is our best defense in the second leading cause of cancer deaths among women.

You must call the COA, 328-2269, by Friday, September 18th for an appointment.





Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

For more information, visit:

2020CENSUS.GOV



Virtual Caregivers Support Group Thursday, September 3rd and October 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, 328-2269.



September is National Senior Center Month

The 2020 theme is:
Senior Centers: Delivering Vital Connections!

The National Institute of Senior Centers chose this year's theme to highlight how senior centers deliver vital connections to support older adults aging well.

Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources.

The key words this year are **Mind, Body, Spirit, and Community**. They are important reminders to take a holistic approach to living and aging well.



Virtual Chat with the Director

September 21st at 2 pm via GoToMeeting

Join Vickie Blevins to discuss future programming ideas for the senior center. **Call 828-328-2269 to register.** You will then be emailed a link to join the meeting. You also have the option to call in. Current participants and non-participants are welcome.



Meetings will be
conducted virtually
via zoom

September Strategies for Preventing Falls

October Financial and Legal Documents Everyone Needs

Advance registration is required.
To reserve your spot, e-mail:
info.ACAPHickory@gmail.com

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



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RETURN SERVICE REQUESTED



September/October 2020

BITS 'N PIECES

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, 328-2269.

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

Senior Tar Heel Cards are available at the West Hickory Senior Center to folks 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.

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

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

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.