# The Scope

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

Hickory, NC 28603

Volume 43

website: www.catawbacoa.org

e-mail: councilonaging@catawbacouncilonaging.org

Serving Catawba County's Seniors for over 43 years

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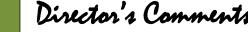
Number 2

Vickie Blevins, Executive Director Bea Heavener, Administrative Assistant Erica Mask, Program Assistant

Telephone (828)328-2269 Fax (828)328-8885

Director's Comments:

September/October 2020



#### 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

## **DONATIONS & MEMORIALS**

We acknowledge with gratitude the following friends for their gifts:

Reba Abernethy in honor of Rebecca Reeves

Roy & Ethel Alexander

**Anonymous Friends** 

**Authentic Church** 

Larry & Sandra Baker

Harriett Bannon

Mimi Beach in honor of George & Rose

Myrtle Beard in honor of Rose Hefner's retirement

**Beaver Family Foundation** 

Jerry & Gwen Belk in memory of Brent Friar

Jerry & Gwen Belk in honor of Dorothy Friar

Lois Benfield in honor of John & Frances Bumgarners' March birthdays

Ann Marie & Stuart Blackmon in honor of Vergne, Fred, Marty, Anne, & all the gang at the

**AARP Tax Counseling** 

Bill & Marjorie Blubaugh in memory of Angie Lambert's grandmother

James & Susan Brownell

Eleanor Byrd in honor of Rose Hefner

E. Rhodes and Leona B. Carpenter Foundation

Judy Carsey

Joann Carver

Wayne Cashion

Marlys Cartwright/Thrivent Action Team

Gheorghina Ciolac

Ted & Mary Clark

Ruth Clontz in honor of the Tax Volunteers

Concordia Prime Timers

Diane Cowan

Maria Creger

Nancy Davis

Aurora Delatorre

Marie Everette

First Presbyterian Church, Hickory

Phyllis Fisher

Dick & Pat Flachbart

Food Lion Feeds

Mike & Sue Ellen Frye in memory of Peggy Bridgeman

Etta Gardner

William Gardner

Gary Gibson

Bill & Judy Gragg

Eddie & Kathy Gragg





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

Doris York

William Yost

### We appreciate these generous sponsors:

## Patricia C. Fleming, CPA, PLLC

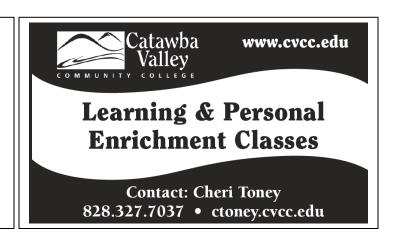
Certified Public Accountant and Consultant

# Kay P. Herman, CPA

419 2<sup>nd</sup> Street, NW Suite B Hickory, NC 28601 Phone: (828) 838-3029 Cell: (828) 381-8401

Fax: (828) 405-1200

Email: kherman@pflemingcpa.com



Thank veyous

GIVEN AS A (please check one):	
GENERAL FUND DONATION MEMORIAL for HONORARIAM for	
FIONORARIAM TOI	Please send a notification of this gift to:
Donor Name	
Address	
City/State/Zip	

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 SHIIP Counselor, 328-2269.

# ADVANCE DIRECTIVES LIVING WILLS & HEALTH CARE POWER OF ATTORNEY

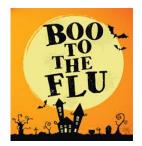
A living will is a legal document that allows you to control the decision about whether your life should be prolonged by certain medical procedures. A health care power of attorney is a legal document in which you give someone the power to make medical decisions for you if you are not competent or if 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 <u>appointments are required</u> 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 <u>will</u> 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 17<sup>th</sup> Street SW, Hickory

#### <u>Thursday</u>, <u>Sept 24 – 1-4 pm</u>

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

#### Monday, Sept 28 – 9 am-12 noon

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

#### <u>Tuesday, Sept 29 – 1-4 pm</u>

West Hickory Senior Center 400 17<sup>th</sup> Street SW, Hickory

#### Thursday, Oct 1-9 am-12 noon

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 17<sup>th</sup> Street SW, Hickory

#### Tuesday, Oct 6 – 9 am-12 noon

Sherrills Ford-Terrell Library 9154 Sherrills Ford Road, Terrell

#### 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 <u>bring your Medicare card and your drug plan card</u>. 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.



# **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 15<sup>th</sup> through October 31<sup>st</sup> 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 9<sup>th</sup> 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 12<sup>th</sup>.

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 18<sup>th</sup> 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 3<sup>rd</sup> and October 1<sup>st</sup> 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. <u>Call 828-328-2269 to register.</u> 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

September

Strategies for Preventing Falls

October

Financial and Legal Documents Everyone Needs

Advance registration is required. To reserve your spot, e-mail: <a href="mailto:info.ACAPHickory@gmail.com">info.ACAPHickory@gmail.com</a>

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



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#### RETURN SERVICE REQUESTED



September/October 2020

# BITS'NPIECES

**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 <u>age 60 & over</u>. 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.

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