

Generations Senior Center
180 Chattyrob Lane
West Jefferson, NC 28694



National Volunteer Appreciation Week April 21-27

The 39th Annual Ashe County Commissioners' Volunteer Awards Ceremony was held on Thursday, April 18th at the Ashe County High School. Karen Powell was the Emcee and helped us recognize over 700 volunteers.

Ashe County owes a great deal of appreciation to all those who volunteer their time and talents in so many ways to make our county a better place to live and work.

On behalf of the Ashe County Volunteer Advisory Board, we want to say "Thank You" to all of the wonderful volunteers in Ashe County and to everyone who helped make this event possible. If you are interested in becoming a volunteer, contact Jennifer Richardson, Ashe County Volunteer Coordinator at 336-246-4347.



Congratulations to the winners!
Front Row: Christine Wise, Gerry Tygielski, Addison Dollar, Roger Swanson, Sherman Lyle, Beth Lyle, Tammy Taylor, Sherry Lambert **Middle Row:** Virginia Roten, Linda South, Lonnie Jones, Jerry Brown, Mason Brown, Jennifer Dollar, Pete Eller, Brian Jones **Back Row:** Jennifer Richardson, Karen Powell, William Sands, Mike Eldreth, Todd McNeill, Chuck Olive, Jerry Powers, Ruben Samudio



Ashe County Volunteer Program is in need of Volunteers!
Are you retired and tired of sitting at home and looking at the same four walls? Generations Senior Center along with the Ashe County Volunteer Initiative Program is in need of volunteers.

We have a need in our senior center gym for an exercise trainer a couple hours each day. This would be assisting clients with how the machines work, staying hydrated and the proper safety techniques.

We have a *need* for home delivered meal drivers, better known as meals on wheels. Volunteers transport meals from Generations Senior Center, where they are prepared, and then to the homes of qualified individuals within the county. Volunteers are taken on a route with a staff member or another volunteer until they learn the clients, routes, and rules. Volunteers donate about two or three hours per day. Individuals can volunteer one day a week and up to five days a week. You may deliver independently or team up with another volunteer. We are also seeking volunteers for our congregate meals program.

If you would like to volunteer with any of these programs or would like more information about this or any other programs please contact, Jennifer Richardson, Ashe County Volunteer Coordinator, at (336) 246-4347.



If you would like to receive this publication by email, please let us know by sending your email to seniorcenter@generationsashe.org . Or call 336-246-4347. Thank you!

We are on the Web!!



Glenda Luther, Senior Center Director

MAY Senior Center News 2024

Inside this issue:

May is Older Americans Month, High Country Senior Games, National Health & Fitness Day

Cardio Drumming, Coming Soon: ZUMBA, May is Osteoporosis and American Stroke Awareness Month

Tai Chi for Arthritis and Falls Prevention Class

Upcoming Events: Upcoming Trips w/ Ina, Closed Memorial Day, Yard Sale, Happy Mother's Day

Available Programs at Your Senior Center

Lunch Menu's, Health Fair

Ways You Can Help Out At Your Senior Center

Birthday List

Services, Parent to Parent Support Group, Support Groups, NC Deaf & Hard of Hearing w/ presentation

Exercise, Quilting & Sewing, Cards, Board Games, Faith Based Activities

39th Annual Volunteer Awards, Volunteers Needed

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month. This is an annual event dating back to 1963 when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring Older Americans and celebrating their contributions to our communities and our nation. The national theme for this year's Older American Month celebration is "Powered by Connection". To celebrate, the Senior Center will be holding many activities. We will be holding a Health Fair on Wednesday, May 15, 2024 from 9:00 am until 1:00 pm at no cost to you. There will be free blood pressure and glucose checks. We will have booths with lots of good information for older adults. Those who attend will have the opportunity to win a door prize. We will also have the Shred-It Truck here to dispose of your sensitive mail.

NORTH CAROLINA Senior Games

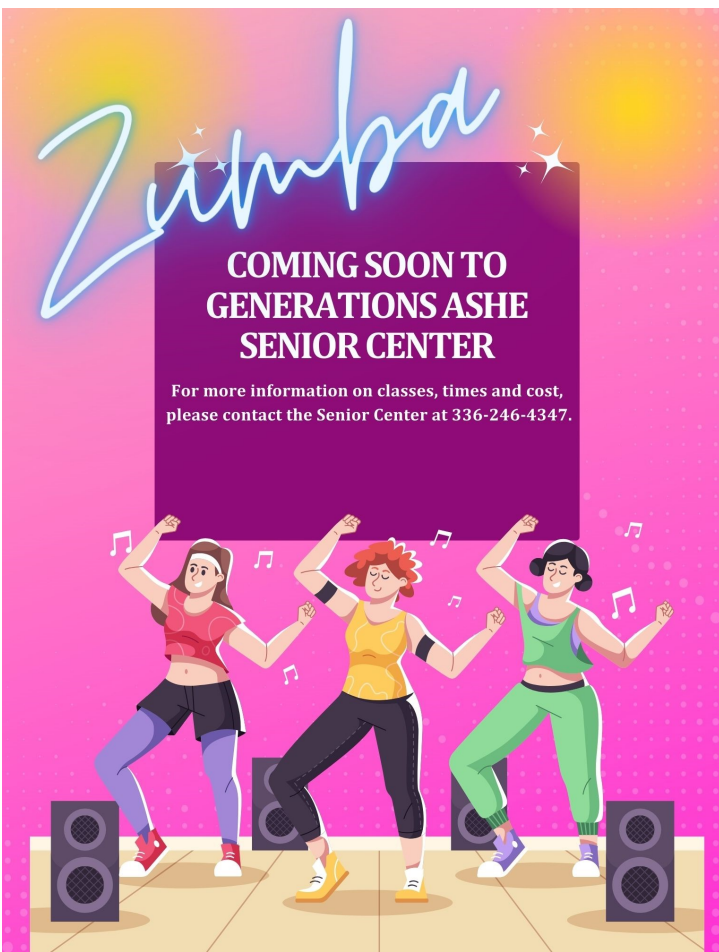


The Senior Center is participating in the High Country Senior Games this year. If you are interested in participating, please stop by the front desk to pick up your registration form and return it to us. We can turn in for you. Early registration deadline is May 4th with the cost of \$15.00. If you plan to register that day, please bring payment with you. After May 15th, the cost will be \$20.00. You can also register online at: torch.ncseniorgames.org. The Senior Games Breakfast for Champions will be held on May 4th at Appalachian Brian Estates. There will be Corn hole and Horseshoe games that day as well.



National Senior Health & Fitness Day

Senior Health & Fitness Day will be held at the Senior Center on Wednesday, May 29, 2024 from 10-12 noon. Many activities will be available to enjoy, such as the fun walk, corn hole, horse shoes, shuffleboard, croquet, badminton, and more. We will have healthy snacks and water for everyone. Please join us in celebrating Senior Health & Fitness Day!



Zumba

COMING SOON TO GENERATIONS ASHE SENIOR CENTER

For more information on classes, times and cost, please contact the Senior Center at 336-246-4347.




Cardio Drumming

Cardio Drumming will start back on **Thursday, April 18th @ 5:30 pm**

Cost: \$10.00 per month or \$50.00 for 7 months

Bring your own drum sticks or purchase them from us for \$5.00.

If you have any questions, please call the senior center, 336-246-4347.



SHIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.com

MAY IS OSTEOPOROSIS AWARENESS MONTH

Osteoporosis is a loss of bone density that can occur as we age and is responsible for at least 2 million fractures each year.

A healthy diet, one rich in fruits and vegetables and calcium and vitamin D, as well as weight-bearing and muscle strengthening exercise, are critical elements in building Peak Bone Mass and maintaining bone strength throughout our lives.

Medicare covers a number of preventive services, including bone mass measurements.

Ask a SHIP counselor for more information.

FOR MORE INFORMATION CONTACT: GLENDA LUTHER @ 336-246-4347



SHIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

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MAY IS AMERICAN STROKE AWARENESS MONTH

Stroke is the fifth leading cause of death in the U.S. and a leading cause of adult disability.

Someone in the U.S. has a stroke about once every 40 seconds.

Major risk factors for stroke include high blood pressure, smoking, diabetes, high cholesterol, heart disease and atrial fibrillation.

You may be able to prevent stroke or reduce your risk through healthy lifestyle changes.

Medicare covers a number of preventive services at no cost that may improve your health.


Ask a SHIP counselor for more information.

FOR MORE INFORMATION CONTACT: GLENDA LUTHER @ 336-246-4347

Exercise Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00
10 Exercise w/Janet		10 Exercise w/Janet	Yoga 9:00 & 10:30	10 Exercise w/Janet
1:00 Line Dancing	10 Chair Yoga w/ Debbie		5:30 Cardio Drumming	
5:30-6:30 Zumba				

Art, Quilting, Sewing & Basket Weaving				
		8-1 Quilt Guild Class	9-12 Quilting w/ Doris	10 Coffee, Art, & Conversation
		1-4 New Quilting Girls	9-12 Cut-Ups Quilting Class	1-4 Basket Weaving w/B. Miller
1-4 Modern Quilting Group 3rd Mondays of the Month			2-4 Quilt Guild Meeting 2nd Thursday's of the Month	

Faith Based Activities				
	10 Bible Study w/ JC Trivette	10:30 DVD Based Bible Study w/Greg T.		12:30 Happy Heart Choir
7:00 pm Ashe County Bible Study (1st & 3rd Monday's of the Month)	11:45 Gospel Singing Musicians	6:30 Appalachian Church Bible Study		

Cards, Board games & Other Games				
10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook
8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards
10-12 Game Club	1:00 Scrabble (CR1)	12:30 Cards-Samba (Women's Only)		12:30-1:30 Bingo
	9:30-3:00 Ladies Bridge Group			12:30-3 Mahjong Card Game

Drop In's 8:00-5:00 M-F

Billiards	Horseshoes	Exercise Room
Bingo	Shuffleboard	Walking Trail
Rook	Book Exchange	Chair Volleyball
Piano	Computer Lab	

Dates and times are subject to change at this time due to COVID-19 and social distancing regulations for all card games and exercise programs.

SERVICES



For an appointment:

1-828-322-9323

Or 336-838-8886

Wednesday & Thursday 9-4

By appointment only

Now helping veterans with their hearing needs through Community Cares

Support Groups



Caregiver Support Group @ Assisted Living

1st & 3rd Tuesdays of the Month @ 4:00

Helping Hands Grief Support at the Senior Center

2nd & Last Thursdays of the Month from 3-5:00

R.A.P.P. (Relatives as Parents Program) 3rd of Thursday's of the Month



A.S.H.E.

A Safe Home for Everyone

2nd Friday of the Month from 10-11:30

Supportive Journal Group for Survivors, Family Members, and Caregivers of Sexual Violence

PARENT TO PARENT



Family Support Network High Country

Ashe County Coffee Connection Caregiver Group



Child care provided
Pizza and drinks for the kids.

Led by caregivers, Parent to Parent is a place to share experiences about raising children with a range of abilities and challenges.

Meetings are held at 180 Chattyrob Lane West Jefferson, 28694 from 6:00 pm - 8:00 pm

Hosted by Parent to Parent Family Support Network-High Country

Marilyn Miller, Facilitator
828-457-5813 or millerma17@appstate.edu

Norma Bouchard, Facilitator
828-457-5183 or bouchardnj@appstate.edu

Scheduled last Tuesday of the month

February 27

March 26

April 30

Please Contact us!



Services for the Deaf and the Hard of Hearing HEALTH AND HUMAN SERVICES



Jessica Sanders with the North Carolina Deaf and Hard of Hearing is here at the Senior Center every 2nd Tuesday of the month.

Jessica will be here on May 15th, 2024 at 11:45 am for a presentation during lunch.



TAI CHI

FOR ARTHRITIS AND FALLS PREVENTION

Tai Chi helps to improve balance, increase muscular strength and improve mobility. Evidence has shown that Tai Chi is an effective exercise to prevent falls.

BEGINING APRIL 24TH, 2024
WEDNESDAY & EVERY OTHER FRIDAY
1:30-2:30 PM

SIGN UP TODAY

336-246-4347

180 Chattyrob Lane, WJ, NC 28694

www.generationsashe.org



UPCOMING EVENTS



Sunday, May 12, 2024

*Happy
Mother's
Day!*



Ina's Travel Club 2024 trips.

July 31-August 6, Boston, \$925 pp dbl,
Deadline June 7th

October 7-11, Savannah, \$735 pp dbl,
Deadline is August 7th



If you are interested in going on any of these trips, please call the senior center to sign up. \$75 Deposit is required at the time of sign-up. 30 individuals are needed for these trips to go. If you need more information please contact Ina Barnes: 336-977-2256.

You can sign-up at the senior center front desk, packets for the trips will be available soon for pick up. 336-246-4347

CLOSED

— ★ ★ ★ —
**MEMORIAL
DAY**

REMEMBER AND HONOR

Monday, May 27, 2024

We will reopening Tuesday,
May 28, 2024



KEEPING OUR PROMISE TO
AMERICA'S VETERANS

Michael Brown from the DAV will be here at the senior center every Tuesday from 10:00 – 12:00 noon to help assist veterans with VA Claims. He will also help veterans and veterans families who are in need.

Thursday & Friday

May 30 & 31, 2024

From 8-4

YARD SALE

Generations Ashe Senior Center has lockers for rent on a monthly and 6 month bases. If you are interested in renting a locker, please see someone at the senior center front desk.

MAY BIRTHDAYS

Ruby Richardson	Mary Dearborn	Anh Nguyen	Janie Reed
Lesley Lewis	Debra Jones	Frances Goodhart	Gary Bennett
David Bare	Angelena Thompson	Dare Isenhour	Connie Roark
Jack Stawicki	Merle Robinson	Steve Bloomquist	Katy Minor
Brenda Minton	Ronnie Dennis	Ira Sexton	Charles Roland
Greathel Coldiron	Thelma Woodie	Carolyn Mash	Wilma Houck
Rosemarie Stanley	Michael Cozart	Deborah Long	David Marder
Kenneth Jones	Gayle Closi	Diana Vaught	Kathryn Griffin
Marsha Jolly	John Jenny	Douglas Miller	Debbie Seatz
Charlene Wilcox	Terri Palmer	Lena Rhodes	Kimberly Blaisdell
Wilda Woodie	Robyn Henley	Jean Shields	Charles Pippin
Donna Marshall	Lois Ham	Stephen Miller	Melinda McCoy
Sandra Prange	Carol Halsey	Christine Small	Diane Jones
Elaine Davis	Butch Siders	Georgie Bare	Lois Oakes
Dennis South	Yvonne Soper	Kathy Mullis	Carol Shaffer
Neil Fuller	Melissa Dicks	James Need	Larry Scott
Dee Wrenn	Earl Taylor	Mary South	Billy Lyle
Becky Russel	William Miller	Lamon Perry	Carl Simmons
Mary Pauley	Jack Gentry	Erma McGuire	Donna Badger
Betty Miller	James Gill Jr.	Ann Joyce	Mary Hurley
Lynn Cook	Joan Crouch	Dan Dimon	Susan Miller
Pat Taylor	George Main	Sidney Patterson	Stephen Degroat
Markes Ervin	Sandra Rhymer	Connie Woolard	Patsy Kanagy
Suzanne Durr	Diane Parsons	Vicki Steele	Jan Turner
Bob Stechman	Dama Roe	Mindy Lux	Elsie Eldreth
Virgie Lyle	Janice Brooks	Pamela Neaves	Swift Black
Sally Zwadyk	Billy Lindsey	MaryAnne Hewett	Paula Grogan
Larry Soper	Ruth Billings	Darrell Clark	Glenda Luther
Robin Delgado	Harriett Buchanan	Russell Vincent	Carol Skroch
Valerie Somers	Nancy Yamashita	Frances Holland	Frank Ward
Nancy Houle	Loy Combs	Donna Barr	Robert Roten
Thomas Kitson	Eileen Boling	JB Calloway	
George Helle	John Chefas	Richard Lambert	
Rebecca Holloway	Mark Hammonds	Susan Plowman	
Tony Cook	Laurie Wilson	Melvin Roark	
Kerri Whittaker	Jinky Shearon	Mary Bare	
Carol Owens	Tanya Cooks	Roland Finney	
Vance Woodie	James Barlow	Martha Kincaid	
Virginia Roten	Karen Hill	Gay Freeman	
Charles Flederbach	Shelia Boda	Louise Caudill	
Grant Lewis	Jennifer Ley	Richard Roten	
Katrina Varner	Elaine Graham	Lucia Carrion	
Elizabeth Jackson	Carolyn Robinson	Rebecca Lambert	
Linda Sweet	Chilton Rogers	Patricia Jenkins	

Ways You Can Help Out At Your Senior Center

FINANCIAL SUPPORT

LEGACY GIFT PROGRAM

Generations Senior Center is committed to bring quality programs and services to older adults in Ashe County. It is also our mission to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home. Most if not all of our services are provided to our older adults at no charge. We are also committed to planning ahead to meet future needs of our senior centers needs. To do this, donations are needed and appreciated. Legacy gifts are our term for these charitable contributions that help in both the long and short term. Individuals and organization can contribute in the following areas:

Outright Gifts: - donations of cash, property or certain securities

Bequests - name Generations Senior Center in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate

Insurance Policy Beneficiary - Name Generations Senior Center as beneficiary of death benefit

Retirement Plan/IRA - Name Generations Senior Center as beneficiary of death benefit

Endowment Fund - Make any of the above gifts through the Generations Senior Center or through our Foundation to provide permanent financial support from programs and services

Please contact us for more information about donating to Generations Senior Center. Legacy Gifts received will be recognized on our wall in the Senior Center on the Family Tree wall.

Donations are tax deductible.



VOLUNTEERING

SHIIP Program - Seniors' Health Insurance Information Program

SHIIP Coordinator: Glenda Luther

The Senior Health Insurance Program (SHIIP) is a division of the NC Department of Insurance. They train coordinators and volunteers at partnering agencies across the state to provide free, unbiased counseling about Medicare in the community. Come join our team in helping others navigate through Medicare. Volunteers will need to complete an initial online training & attend quarterly trainings. Volunteers must perform at least 40 hours of service each year and stay current in Ship Talk.

Tax Aide Volunteers - VITA Tax Program Coordinator - Glenda Luther

Volunteers help fill out taxes with IRS software from Feb. 1st—Apr. 15 each year. They are trained in the new tax laws each year. The training that VITA volunteers undergo helps prevent the IRS from performing additional verification and reduces the time taxpayers spend to get tax filing mistakes corrected. If you would like to volunteer, please come by the senior center and speak to Glenda Luther.

Home Delivered Meals Volunteers - Volunteer Coordinator—Jennifer Richardson

Our Home Delivered Meals Program is in need of drivers to volunteer to deliver meals to those that are homebound. You will ride with someone until you learn the route. You can volunteer 1 or 2 days a week or more, a couple of hours a day.

Senior Center Volunteer Needs:

Home Delivered Meal Drivers, Exercise Trainer, SHIIP Program, Arts & Crafts, Line Dancing, Jewelry Making, Couponing, Flower Arranging, Stained Glass, Journaling (Leaving your legacy).

Available Programs at Your Senior Center

Mission Statement

The mission of the Generations Senior Center is to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home.

Vision Statement

To foster community power by mobilizing the strengths and resources of seniors and community leaders in a community empowered to welcome life's opportunities for seniors. It is believed that the needs of older adults can best be met by the efforts of interested public and private citizens working together toward this goal. Therefore, it shall be the philosophy of this organization that the needs of older adults, are to be found, recognized and reviewed and that every effort shall be made to promote health and well being within the means and abilities available through the senior center.

SERVICES AVAILABLE

ACTA - Transportation Shuttle Services Available at Senior Center!

If you are 60 or older and live within the Jefferson/West Jefferson City Limits. The Senior Center can provide tickets for you to ride the shuttle free of charge. If you would like more information on how to apply for this service please contact the senior center at 336-246-4347.

Note: Must apply in person at the Senior Center, cannot apply over the phone and no one can apply for some one else.

Meals on Wheels/Home Delivered Meals - Have trouble making your own meals? Call Generations Ashe and see if you qualify for our Home Delivered meals program and see if we can provide to your area. Call 336-246-4347.

Other Services

Medi-Home Health Promotions w/ Rachael Johnston—Blood Pressure Checks—2nd Monday's of the month

Center Well Home Health—Blood Pressure Checks—2nd Thursday's of the month

SHIIP INFORMATION

The Road to Medicare

It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later.

The Senior's Health Insurance Information Program (SHIIP) provides FREE, unbiased information about Medicare and other insurance related issues, and the Senior Center has SHIIP volunteers to help you navigate the world of Medicare.

SHIIP has created a handout "The Road to Medicare: Planning Your Drive Toward 65." It outlines the decisions you'll need to make and what options are available through the Medicare System.

The Road to Medicare handout includes the following:

- * **Caution: Slippery Road Ahead** - Ways to Prepare for Medicare
- * **Green Light: Enrollment** - When and how you need to enroll in Medicare
- * **Detour: Working Past 65** - Information for beneficiaries who plan to work beyond age 65
- * **Which Way to Supplemental Coverage?** - Choices in health insurance to supplemental Medicare
- * **Stop: Get Help** - Resources for further information and assistance on the road to Medicare

Please don't wait to make your Medicare decisions. Please contact Generations Senior Center and speak with a certified SHIIP Volunteer Counselor to discuss your Medicare options. For those who are new to Medicare or if you have questions about Medicare, please call the senior center to arrange an appointment with a SHIIP Volunteer Counselor, contact the Senior Center at 336-246-4347.

8-4 Mon—Fri

Medicare Part D, Supplements & LIS Assistance



May 1st – 31st, 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Nutrition</i> <i>May 10th,</i> <i>2024</i></p>		<p>1 Baked Chicken Tenders Lima Beans Steamed Squash w/onion Brownie Roll</p>	<p>2 Pinto Beans Stewed Tomatoes Cole Slaw Peach Cobbler Cornbread</p>	<p>3 Hamburger Patty w/ gravy Boiled Red Potato Steamed Green Beans Cookie Bun</p>
<p>6 Baked Chicken Leg Mashed Potatoes Steamed Green Beans Brownie Roll</p>	<p>7 Pork Tenderloin w/gravy Lima Beans Pickled Beets Fruit Cocktail Roll</p>	<p>8 Meatloaf w/gravy Mashed Potatoes Steamed Mixed Vegetables Pineapple Roll</p>	<p>9 Baked Tilapia Filet Whole Kernel Corn Coleslaw Yellow Cake Cornbread</p>	<p>10 Chicken Salad Potato Salad Carrot Raisin Salad Grape Tomato Peaches Unsalted Crackers</p>
<p>13 Hamburger Steak w/gravy Steamed Rice Steamed Mixed Vegetables Peaches Roll</p>	<p>14 Baked Chicken Tender w/gravy Mashed Potatoes Steamed Green Beans Yellow Cake Roll</p>	<p>15 Pinto Beans Steamed Cabbage Stewed Tomato Peach Cobbler Cornbread</p>	<p>16 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crookneck Squash Applesauce Roll</p>	<p>17 Baked Whiting Fish Filet Whole Kernel Corn Slaw Pears Baked Hushpuppy Roll</p>
<p>20 Baked Chicken Breast Boiled Red Potato Steamed Green Beans Brownie Biscuit</p>	<p>21 BBQ Pork Whole Kernel Corn Cole Slaw Pineapple Roll</p>	<p>22 Spaghetti w/meat sauce Tossed Salad Salad Dressing Peaches Roll</p>	<p>23 Salisbury Steak w/gravy Mashed Potato Steamed Mixed Vegetables Berry Cobbler Roll</p>	<p>24 Ham Salad Macaroni Salad Copper Pennies Grape Tomato Fruit Cocktail Roll</p>
<p>27 Baked Pork Patty Green Peas Carrots Devil's Food Cake Roll</p>	<p>28 Meatloaf Steamed Rice Steamed Broccoli Florets Yogurt Roll</p>	<p>29 Baked Chicken Tenders Lima Beans Steamed Squash w/onion Brownie Roll</p>	<p>30 Pinto Beans Stewed Tomato Cole Slaw Peach Cobbler Cornbread</p>	<p>31 Hamburger Patty w/gravy Boiled Red Potato Steamed Green Beans Yellow Cake Roll</p>

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.
Menu is subject to change due to availability of product.

Generations Ashe is an equal opportunity employer and provider.

ENTER TO WIN DOOR PRIZES!!



HEALTH FAIR

Wednesday,
May 15th, 2024
9:00 am - 1:00 pm
Generations Ashe
Senior Center



Health Information Includes:

- Generations Ashe
- Home Health Care
- Best Value Hearing
- Fall Prevention
- Appalachian Senior Programs
- SHIIP Program
- And Much More!

Ashe County Sheriff's Department will be on-site from 9am - 1pm for Medicine/Drug Drop. Bring in all of your unused and out of date medications.

SHRED-IT will be on-site from 10am - 1pm. Bring your confidential documents that need to be shredded!

SHIIP/SMP Representatives will be on-site and available.