



NEWSLETTER



ASHE SENIOR CENTER
NC SENIOR CENTER OF EXCELLENCE
180 Chattyrob Lane, P.O. Box 9
West Jefferson NC 28694
336-246-4347

SEPTEMBER 2011



SEPTEMBER IS RECOGNIZED AS FALL PREVENTION MONTH AND THE SENIOR CENTER CONTINUES TO EDUCATE OUR FOLKS ON PREVENTING FALLS. YOU MAY HAVE ATTENDED OUR CLASS ON FALL PREVENTION (MATTER OF BALANCE) IN THE PAST, IF NOT WE WILL BE OFFERING A SERIES OF CLASSES LATER THIS YEAR. FALLING IS THE NUMBER ONE FEAR OF THE ELDERLY, MORE THAN ONE THIRD OF ADULTS AGE 65 FALL EACH YEAR. AMONG OLDER ADULTS, FALLS ARE THE LEADING CAUSE OF INJURY AND DEATHS. IN 2001, MORE THAN 11,600 PEOPLE AGES 65 AND OLDER DIED FROM FALL RELATED INJURIES. IN 1999 IN THE UNITED STATES, HIP FRACTURES RESULTED IN APPROXIMATELY 338,000 HOSPITAL ADMISSIONS. WE WILL BE EDUCATING OUR SENIORS ON THIS IMPORTANT ISSUE SO WE CAN ALL REDUCE OUR RISK OF FALLING. FALL PREVENTION AWARENESS WEEK IS 9-19-2011 THROUGH 9-24-2011 WITH FALL PREVENTION DAY BEING OBSERVED ON SEPTEMBER 24th. MUCH GOOD INFORMATION WILL BE PASSED OUT EACH DAY THIS WEEK. PLEASE PLAN TO JOIN US FOR SOME MUCH NEEDED INFORMATION.



THE WEATHER IS TURNING COOLER AND FALL WILL SOON BE ON THE IT'S WAY. WHAT A GREAT TIME TO TAKE A WALK AND ENJOY ALL OF THE WONDERFUL CREATIONS. WALKING HAS MANY BENEFITS SUCH AS BUILDING STRENGTH, LOWER BLOOD PRESSURE, LOWER CHOLESTEROL, REDUCE HEART RATE, REDUCE STRESS AND HELPS US REDUCE OUR WEIGHT.

SENIOR CENTER MONTH!

HAPPY BIRTHDAY

- 9-01 MONT SHEPHERD
- 9-02 WILMA JORDAN
- 9-04 RUBY ELLIS
- 9-06 CHRIS GOODMAN
- 9-06 RONNIE MANCHETTE
- 9-07 CLARA FLETCHER
- 9-08 DONNA ROSE
- 9-08 DRU THOMPSON
- 9-11 RAY BALL
- 9-13 CLEEDA SLOOP
- 9-13 GENE PHILLIPS
- 9-13 DORIS DILLARD
- 9-15 CHUCK WILLIAMS
- 9-16 GEORGIA PERRY 9-23 AVERY SIMONE
- 9-17 DICK BENSON 9-23 JANET PETERSON
- 9-20 AUDREY SEVERT 9-25 LUCY HOWELL
- 9-20 TOM WALLACE 9-27 ARCHIE CORBETT
- 9-21 WAYNE FINLEY 9-27 GEORGE BROWN



MEDICARE OPEN ENROLLMENT IS MOVING.

IN THE PAST, OUR OPEN ENROLLMENT FOR MEDICARE PART D PLANS HAS BEEN 11-15 THROUGH 12-31-2010. THIS YEAR WE HAVE MOVED OPEN ENROLLMENT TO

OCTOBER 15th UNTIL DECEMBER 7th.

DURING THE LATER PART OF SEPTEMBER WE WILL BEGIN TO TAKE APPOINTMENTS. IT IS IMPORTANT THAT EVERYONE LOOK AT A NEW PLAN. THIS CONSISTS OF MAKING AN APPOINTMENT BY CALLING 246-4347, BRINGING IN YOUR MEDICARE CARD AND MEDICATION YOU ARE PRESENTLY TAKING. EACH YEAR THERE ARE CHANGES TO YOUR PLAN SO MARK THIS IMPORTANT DATE AND LET THE TRAINED SHIP VOLUNTEERS HELP YOU IN FINDING THE RIGHT PLAN FOR 2012 WHICH COULD SAVE YOU MONEY.

WITH GAS PRICES UP WHAT A GOOD WAY TO GO.

THE SENIOR CENTER CONTINUES TO OFFER TRIPS TO THOSE WHO WANT TO TAKE DAY TRIPS OR SOME OVERNIGHT TRIPS AT A MINIMAL AMOUNT OF MONEY.



THE LIST WILL BE AT THE FRONT DESK, THIS WILL BE A FIRST COME FIRST SERVE (THOSE PAYING WHEN THEY SIGN UP WILL BE CONSIDERED FIRST) BASIC. HERE ARE

SOME OF THE TRIPS NOW BEING OFFERED WHICH HAVE A VACANCIES:

SEPTEMBER 27th; GRAYSON HIGHLAND PARK PICNIC
OCTOBER 11th; WHIPPOORWILL MUSEUM & WILKES FRESCO'S
OCTOBER 25th; SHATLEY SPRINGS BREAKFAST, NEW RIVER PARK
INA COX TRAVEL CLUB IS PRESENTING AN AMAZING MYRTLE BEACH HOLIDAY SHOW TRIP NOVEMBER 7-2011 FOR 4 NIGHTS. THE TRIP INCLUDES TRANSPORTATION, 4 BREAKFASTS, 4 DINNERS 2 THEATER SHOWS, VISIT TO THE MAGNOLIA PLANTATION, AND MORE. COST IS ONLY \$465 PER PERSON DOUBLE OCCUPANCY. CALL INA AT 977-2256 OR ASK AT THE SENIOR CENTER DESK.