



# NEWSLETTER

**Ashe Senior Center**  
NC SENIOR CENTER OF EXCELLENCE  
180 Chattyrob Lane  
West Jefferson NC 28694



## June 2017



**June is Home Safety Month!** Older Americans are involved in more than 2.3 million accidents in their homes each year. About 7,000 adults 65 and older die in such accidents annually. Falls, burns, and poisonings are among the most common accidents involving older people. Bob Davis, an Ashe County Fire Marshal, will be at the Senior Center to speak about Home Safety on Thursday, June 8, 2017 at 11:30 in the dining room. He will talk about home safety tips, ways to prevent accidents in the home and what you should do if there is an emergency.



**Life Line** is a preventative screening that may identify health problems early enough for your physician to take action. There are five screenings offered that include: Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease, and Osteoporosis Risk. You can choose one screening or all. The Life Line Screening will be held on Tuesday, June 13th. Pre-registration is required and you will need to call: 1-877-754-9648 to make an appointment.



**Cataract Awareness Month** **June is Cataract Awareness Month.** This is something that each of us over the age of 50 begin to deal with. Because you have them does not mean that it is time for the cataract surgery. With time, these worsen and our vision begins to fade. This is when you will need to visit a eye doctor and let him determine if surgery is necessary. Medicare covers one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. Medicare will only pay for contact lenses or eye glasses from a supplier enrolled in Medicare. It is real important to have your eyes checked annually.

## alzheimer's association®

The brain is the most complex organ. It's also one of the most important. Your brain changes as you age. This is natural. But the central mission of your brain never changes. It's job is to make sense of the world and oversee your daily operations and life. So, we should start thinking about brain health which can help reduce some risks to your brain as you age. Julie Walker from the Alzheimer's Association of North Carolina will be presenting about brain health at the senior center on Wednesday, June 7th at 11:45 am. Please join us in learning ways to keep your brain healthy!



**Senior Center Trips!** A trip to the Riverview Fish Fry is scheduled for Friday, June 2nd. A Hamrick's trip is scheduled for Tuesday, June 13th! We will be going to Linney Mills and Amish Store on Thursday, June 29th. For more information or to sign up, please contact the Senior Center.



**June is Men's Health Month!** The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. There are many things you can do to improve your overall health and to maintain good health. According to the CDC, men can improve their health by getting a good nights sleep, staying away from tobacco, exercise more, eat healthy, tame stress, and stay on top of your game. See your doctor for regular checkups and discuss any problems you may be having.



**Ice Cream Social!!** The Senior Center will kick off the first day of Summer with an Ice Cream Social. We will have ice cream with toppings at 12:30 pm on Wednesday, June 21, 2016 to celebrate summer and it's warmer weather. Please come join us!

**The Senior Center would like to thank all of those who helped support the Yard Sale, Music Fundraiser and Cake Walk. Thanks so much for all you do!!**



**America will Celebrate Flag Day Wednesday, June 14th!**



**Sunday  
June 18, 2016**