



NEWSLETTER

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



July 2017



July is UV Safety Month! The skin is the largest organ we have. It protects against heat, sunlight, injury, and infection. The need to protect our skin from the sun has become very clear over the years. Several studies has shown the link between overexposure to the sun and skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning can cause many problems other than just cancer such as eye problems, a weakened immune system, age spots, and leathery skin. Here are some ways to protect your skin: wear proper clothing such as long sleeved shirts and pants; Avoid burns which increases your chances of skin cancer; staying in the shade during the hottest part of the day (10 a.m. - 4 p.m.); use extra caution at higher elevations due to more UV exposure; apply sunscreen throughout the day even if it is water-resistant, and always remember to protect your eyes from the sun by wearing sunglasses that block 100% of UV rays and a wide-brimmed hat.



Legal Aid of NC will be holding a Wills and Advance Directives Clinic at the Ashe County Senior Center on Thursday, July 13th from 10:00 am until 3:00 pm. Space is limited so you must pre-register by contacting the front desk at 336-246-4347 or stop by to sign up.



12th Annual School Supply Drive! The School Supply Drive began June 26th and will end August 11th. Donation boxes are set up in the senior center, Library, LifeStore Banks, Dollar General, Medi-Home & 5/3 Bank. Monetary donations are greatly appreciated as well. School supplies that are donated are divided equally among all 5 Ashe County Schools and the guidance counselors will give supplies to the children in need.

alzheimer's association®

The Alzheimer's Association is the premier source of information and support for the 5.4 million Americans with Alzheimer's Disease and related disorders. The National organization was founded in 1980 as a non-profit organization and is the largest private supporter of Alzheimer's research. The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in the 49 western North Carolina counties serving over 100,000 people living with Alzheimer's disease. Julie Walker from the Alzheimer's Association will be presenting on the basics of Alzheimer's on Wednesday, July 12th at 11:30 am.



The Senior Center will be closed on Tuesday, July 4th to celebrate America's independence! Shuttle transportation will not be running Monday the 3rd or Tuesday the 4th.

Paint with Raney Art Party! Raney Rogers has been painting professionally for 34 years and opened the first art gallery in West Jefferson twenty-two years ago. She exhibits her work regularly and has won numerous awards for her depictions of wildlife, landscapes, botanicals and more. The Art Party will be held Wednesday, July 12th from 10 am-12 Noon. Each student will produce a completed painting of Grandfather Mountain. The cost will be \$35.00 which includes all supplies needed. Please register with the Senior Center if you would like to attend.



The senior center is looking for individuals who would be interested in volunteering in the exercise room. They would observe, motivate and provide a safe environment for participants. We are also looking for someone who would like to teach an intermediate level, afternoon exercise class. If you are interested, please contact the senior center.



Senior Center Trips! The Senior Center will be taking a trip to the Riverview Fish Fry on Friday, July 7th. We will be leaving at 3:30 pm. We will also be going to Hamricks in Bristol on Thursday, July 13th. This trip will leave at 9:00 am. If you are interested in either of the trips please let us know.