



# NEWSLETTER



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

Daylight Savings: Sunday, March 11th

**March 2018**

St. Patrick's Day: Saturday, March 17th



**March is finally here with the anticipation of Spring!** The first day of Spring will officially be here on Tuesday, March 20, 2018. Many of us are looking forward to warmer weather with lots of sunshine and thoughts of planting our flower beds and raising a garden. Consider raised garden beds if you feel that traditional gardens will be too much to handle.

They are easily accessible and can hold much more than expected. With that, here are some helpful tips when raising a garden: Don't try to do everything in one day. Work for awhile and then rest for awhile, Do a safety check of your yard, fix the things that are not safe or could be a hazard, carry a cell phone in case of an emergency, use a cane or walking stick for uneven ground, avoid all ladders and no climbing on chairs, stay away from slope's and steep banks, bring your gardening up to waist level, share your knowledge with someone younger, and allow your family and friends to give you "safe gardening gifts" to help when working in the garden.



**VITA Tax Aid Program Reminder!** If you made less than 54,000.00 last year and do not own a business, you can take advantage of the senior center VITA program. IRS trained volunteers can prepare your federal and state tax returns at no cost to you. They will be preparing tax returns on Tuesdays and Thursdays from 9:00 am-5:00 pm. To make an appointment or if you have tax questions, please call the senior center at 336-246-4347.



Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is a program designed to manage falls and increase activity levels. In this class you will learn practical strategies to manage falls. Those that attend will view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. The senior center will be offering the class at the Riverview Community Center starting March 8th and will end on May 3rd. Class will be held on Thursdays from 9:30 am until 11:30 am. For more information or to register for class, stop by the senior center or call the senior center at: 336-246-4347.



**Senior Center Yard Sale!** The senior center will be holding a yard sale on Thursday, March 22nd and Friday, March 23rd from 8:00am until 4:00pm. Stop by to see what treasure you may find! All proceeds go to support senior center operations.



**March is Colorectal Cancer Awareness Month!**

1 in 20 will be diagnosed with colon cancer in their life time and is the second leading cause of overall cancer deaths in the U.S. If you are over 50, it is very important to be screened. There are things you can do to help avoid colorectal cancer such as: eat right, get moving, do not smoke, don't drink too much alcohol, and get checked. National Dress in Blue Day is held on the first Friday in March in communities throughout the nation. The Colon Cancer Alliance first launched the program in 2009 to bring nationwide attention to colon cancer and to celebrate the courage of those affected by this disease. Show your support for the Dress in Blue Day on Friday, March 2nd at the senior center. Best dressed in blue will win a prize!



**March is National Nutrition Awareness Month!** It is important for us to make informed choices in food and to develop the right kind of eating and activity habits. An eating pattern that meets people's nutrient needs within calorie limits is vital to maintaining good health and quality of life. Making physical activity a part of your daily routine will also help maintain good health and quality of life. To bring awareness, the senior center will have Abby Clapham as our guest speaker on Wednesday, March 14th at 11:30 am. She will be doing our monthly nutrition education. Hope you make plans to be there!



**Senior Center Trip to Hamricks in Hickory**

The Senior Center is taking a shopping trip to Hamricks on Tuesday, March 13th. The van will leave at 9:00 am. Lunch will be at Cracker Barrel. There are still seats available if you would like to go. If so, please let the front desk know. The cost of the trip is \$15.00 and will need to be paid by Friday, March 9th, 2018. Also, stop by or call to check on the upcoming overnight trips that are available through the Ina Cox Travel Club.