



NEWSLETTER

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



July 2018



The Senior Center and the Ashe Assisted Living is happy to announce a Caregiver Support Group beginning July 3rd at 4:00 pm at the Ashe Assisted Living. The support group will meet regularly on the 1st and 3rd Tuesdays of each month. We will develop a support system, exchange information about caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Respite care will be available upon request and must be pre-arranged. Call Barbara Weaver at 336-846-6200 to sign up for the support group.



Tai Chi for Arthritis is a fall prevention program that can improve balance. Dr. Paul Lam and a team of medical specialists created this program to relieve pain for people with arthritis and improve their quality of life as well as preventing falls for older adults. The senior center will be offering the Tai Chi for Arthritis class starting Monday, July 16th. To sign up for this class, stop by the senior center desk or call: 336-246-4347.



13th Annual School Supply Drive! The School Supply Drive began June 18th and will end August 10th. Donation boxes are set up in the senior center, Library, LifeStore Banks, Ameriprise Financial, First Citizens, United Chemi-con, Medi-Home Health and Hospice & 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.

Ashe Community Paramedic Program

'Building Bridges'



Join us at the senior center on Tuesday, July 31st at 11:30 am for presenter Cody Darnell. Cody is the Coordinator for the new Ashe Community Paramedic Program. The program is designed to bridge the gaps to health care for vulnerable seniors, uninsured and those who are low income and isolated. Paramedics will be trained to identify gaps in services, connect clients to resources and provide follow up care. This program can give people better access to health care and improve patient satisfaction.



The senior center will be closed Wednesday, July 4th to celebrate America's independence! Shuttle transportation will not be running on the 4th as well! Hope each of you have a great **4th of July!!**



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.



Senior Center Trips! The Senior Center will be taking 3 trips to the Wohlfahrt Haus Dinner Theatre soon. Sign up now for "One Nation Under God", "Country Roads", and "A Wohlfahrt Haus Christmas". The senior center and Ina Cox is also sponsoring a trip to Branson, Missouri that will include several shows. This trip will be in September for 7 days. If you are interested in either of the trips please let us know.