

NEWSLETTER

Ashe Senior Center
NC SENIOR CENTER OF EXCELLENCE
180 Chattyrob Lane
West Jefferson NC 28694
336-246-4347

September 2017



September is Fall Prevention Month with September 22nd through September 28th being Fall Prevention week. Among older adults, falls are the leading cause of injury deaths, unintentional injury, and hospital admissions for trauma. To recognize this critical issue, the Senior Center will have an information table set up all week with lots of good information about preventing falls. A physical therapist from Schuster Physical Therapy will be at the senior center on Tuesday, September 26th at 11:30 am to talk about fall prevention and what to do after a fall. A representative from Kindred will be at the senior center on Thursday 28th at 11:30 am to talk about a program they provide called Safe Strides. We will also have a couple of door prizes to give away during lunch on Friday, 29th. Please join us in all of these fall prevention activities!



Do you have pre-diabetes or diabetes? The senior center is gearing up for a **FREE Diabetes Class** beginning Tuesday, September 5th at 1:00 pm and will run through October 17th. Those who take the class will learn how your body works, what your risk for diabetes are, what to look for when reading labels, and medications that treat diabetes. Join us for a fun, free, hands-on 6 week class. Contact the senior center to register for the class.



Senior Center Yard Sale! The senior center will be having a huge yard sale on Monday, September 11th and 12th from 8:00 am until 4:00 pm. Stop by to find your treasure. There is something for everyone! All proceeds will go back into the senior center to support senior center activities.



Disaster Preparedness Presentation on Wednesday, September 20th at 11:30 am.
The Senior Center will be closed Monday, September 4th for Labor Day!

**Fall Begins Friday,
September 22nd**



The Senior Center will hold a Virtual Dementia Tour! The Virtual Dementia Tour® (VDT®) is a scientifically proven method that builds sensitivity and awareness in individuals caring for those with dementia by temporarily altering participants' physical and sensory abilities. This evidenced-based program simulates changes associated with cognitive decline. Geriatric specialist, P.K. Beville authored and invented the VDT. This patented program offers hope by providing practical ways to create an environment that supports the disease and increases understanding. The tour will be held at the Senior Center, in partnership with Caldwell Hospice and Second Wind Dreams, on Tuesday, September 19th from 1:00 pm until 3:00 pm. If you are interested in taking the tour, please contact the senior center or stop by the senior center desk.



Flu Shot Clinic! The senior center has partnered with Rite Aide of Jefferson to offer you a flu clinic on Monday, September 18th from 10:00 am until 12 noon. Stop by and get your flu shot. Remember to bring your Medicare card.



The Senior Center would like to say thank you to everyone who brought in school supplies or gave a monetary donation for the children of Ashe County! You guys are the greatest!

Blue Cross & Blue Shield of North Carolina
Institute for Health & Human Services

APPALACHIAN STATE UNIVERSITY
BEAVER COLLEGE OF HEALTH SCIENCES

The Rural Health Outreach Collaborative Preventive Health Program will be at the

senior center on Friday, September 29th from 9:00 am until 12 noon. This program is designed to improve health and quality of life. It offers a multi-disciplinary approach with a health team comprised of volunteer professionals, faculty, and students from Appalachian's Beaver College of Health Sciences. They will be offering health screenings that include: basic health measures, cognition, vision, hearing, nutrition, mobility and fall risk, behavior health, and medication review. Registration is required. To take advantage of these **FREE** screenings and to get an appointment you can call: 828-262-7677 or you can call the senior center at: 336-246-4347.

The senior center will be conducting a statewide outcome survey from the NC Division of Aging and Adult Services in an effort to obtain information on the benefits of senior center participation. We would like for you to take this survey to help show the impact of senior centers. This can help senior center funding. We will begin this survey September 18th. We hope you will participate in the survey with us.