

NEWSLETTER

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



January 2018



The Senior Center Staff want to wish each of you a Happy New Year!!! Hope 2018 brings each of you the best year ever! The Senior Center will be closed on Monday, January 1st, 2018 to observe New Years. A special thank you to all of those who helped support the Senior Center in 2017. Also want to say thank you for all the wonderful Christmas cards and letters during the holidays.



Tax Aide at the Senior Center! The Senior Center is offering the VITA Tax Aide Program this year. The VITA program will be available on Tuesdays and Thursdays beginning January 30th. Tax preparations will be held on these days from 9:00 am until 5:00 pm. This service is offered free of charge. VITA Tax Aide, in conjunction with the IRS and NC Department of Revenue, has trained volunteers to provide this service. Appointments are required and are being made at the Senior Center. Remember to bring proof of any and all income, your social security card and date of birth for everyone on the return, bring Medicare and/or Medicaid card. If you do not have Medicare or Medicaid, bring the letter your received from your Insurance Company and bring last years return. Please arrive 15 minutes early to complete initial information. For more information or to make your appointment, please call the Senior Center at 336-246-4347. You can also make your appointment at the Senior Center front desk.

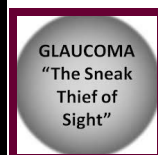


Mental Health 101 Presentation and Brain Health Bingo at the Senior Center

The Senior Center and Vaya Health's Geriatric & Adult Mental Health Specialty Team have partnered to bring educational presentations and fun Bingo for seniors throughout the year of 2018. Bingo with the seniors will be held on Monday, January 22nd at 10:30 am until 11:30 am. The first presentation will be Mental Health 101 and will be on Monday, January 22nd as well from 2:00 pm until 3:00 pm. Registration is required and can be obtained by emailing Mandy Matney at mandy.matney@vayahealth.com or by contacting the senior center. Free DHR approved continuing education credits can be given as well.



The Senior Center will be closed Monday, January 15, 2018 to observe Martin Luther King Jr. Day. Mr. King was an American clergyman, activist, humanitarian and leader in the African American Civil Rights Movement. He was born on January 15, 1929 in Atlanta, Georgia and was assassinated on April 4, 1968 in Memphis, Tennessee. He was best known for his role in the advancement of civil rights using nonviolent civil disobedience.



January is Glaucoma Awareness Month! According to research, currently there are 3 million people in the US who have glaucoma. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. The best way protect your sight from glaucoma is to get a comprehensive eye examination.

SENIORS ON THE MOVE

The senior center and the Ina Cox Travel Club will be planning trips for 2018 soon. We will post them as they are planned.