

Senior Moments

Kiser Senior Center Newsletter

May 2016

Kiser Senior Center

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*“Enter as Strangers.....
Leave as Friends”*

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**The Kiser Senior Center will
be closed on Monday, May
30th in observance of
Memorial Day.**

Friday & Saturday, May 13 & 14 – 28th Annual Down Home Festival

It's finally here. The 2016 Down Home Festival will be held Friday & Saturday, May 13th & 14th. Friday hours are from 6 PM to 10:00 PM, with all events being on West Pennsylvania Avenue. Saturday events extend to Virginia Avenue with hours being from 12:00 Noon – 10:00 PM.

Saturday food vendors will carry a variety of treats, including roasted corn, steak sandwiches, bologna sandwiches, hot dogs, burgers, funnel cakes, barbecue and much more.

Entertainment includes “The Fantastic Shakers” on Friday night and “Coming Up Brass” on Saturday. A special treat this year will be performances by “Kenya Safari Acrobats” on Saturday. Saturday will also feature several children’s programs and other music groups. The Miss Down Home Festival Pageant will be on stage Saturday at noon.

Rides and Amusements – Palmetto Amusements will furnish the rides and amusements. Armbands are sold on Friday & Saturday.

Craft vendors, local churches and civic groups will be on hand Saturday with information, giveaways and items for sale.

Saturday’s finale will be a spectacular fireworks show, beginning around 9:45 PM.

Mark your calendar now; you don’t want to miss this great weekend of fun and activities.

A line up of stage events is on the following page. Plan on joining us for the events that interest you.

May Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – May 9th and 23rd.

Tuesdays – 5:30 PM – Low Impact Yoga – May 3rd, 10th, 17th, 24th and 31st.

Fees for all classes will be \$1/class.

Daytime programs are:

Line Dancing – will be held on Thursdays at 3 PM Instructor – Judy Haney \$1/class

Computer Classes – Thursday, May 12th & 26th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Four 30 minutes sessions offered. We have a few laptops for use, but if you have your own, please bring it.

To sign up, or for more information, call the Kiser Sr. Center at 704-729-6465

2016 Down Home Festival Stage Schedule**Friday, May 13 – Pennsylvania Avenue – ADS Stage**

6:00 PM – Opening Ceremonies & Rides Open

6:15 PM – Billy Thomas ‘Tribute to Elvis’

7:00 PM – Fantastic Shakers *Sponsored by FMC*

Saturday, May 14th – Pennsylvania Avenue – Waste Pro Stage

12:00 Noon – Miss Down Home Festival Pageant

1:30 PM - Fallon Adams & Summer of Corruption

3:30 PM – Rebels ‘N Bows

4:00 PM – Kenya Safari Acrobats *Sponsored by Dole*

4:30 PM – Whetstone Mtn. Boys

Saturday, May 14th – Virginia Avenue – FMC Stage

12:00 Noon – Rebels ‘N Bows

12:30 PM – Tammie Gelee & the Sugar Band

1:30 PM – Kenya Safari Acrobats

2:00 PM – Billy Thomas ‘Tribute to Elvis’

3:00 PM – Kenya Safari Acrobats

3:30 PM – Otto Reynolds

4:00 PM – Ben Gatlin Band *Sponsored by Cloninger’s, Inc.*

6:00 PM – Mark Lippard *Sponsored by Duke Energy*

7:00 PM – Coming Up Brass *Sponsored by Bank of Ozarks*

9:45 PM – Fireworks *Sponsored by Piedmont Paving*



Stroke Awareness

May is American Stroke Month, which is the American Heart Association/American Stroke Association's annual campaign to increase stroke awareness and to educate Americans that stroke is largely preventable, treatable and beatable. While stroke is the No.5 cause of death and leading cause of disability in the U.S., many Americans do not think of stroke as a major health concern.

Stroke is a medical emergency. Knowing the signs and symptoms of stroke is important to preventing death and disability from stroke. In addition, you may be able to reduce your risk through healthy lifestyle changes or the use of prescribed medications.

Signs of Stroke in Men and Women

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

Call 9-1-1 immediately if you or someone else has any of these symptoms.

Older Americans are the Happiest Americans

Newsflash for rock stars and teenagers: It turns out everything doesn't go downhill as we age – the golden years are really golden.

That's according to eye-opening research and studies at the University of Chicago and Duke University. These studies found that the happiest Americans are the oldest, and many older adults are more socially active than the stereotype of the "lonely senior" suggests. The two go hand-in-hand – being social can help keep away the blues.

"The good news is that with age comes happiness," said the study from the University of Chicago. "Life gets better in one's perception as one ages." A certain amount of distress as we age is inevitable, including aches, pains and the loss of loved ones and friends. But older people generally have learned to be more content with what they have and what they have achieved than younger adults. They learn that it is fine that they became a school teacher and not a Nobel Prize winner.

They've learned that happiness can mean getting out, spending time with family and friends. So, if we've made it through mid-life, the good news is that there is light at the end of the tunnel.

Health Tip #1 – Walking is a wonderful way to get exercise, but as the weather warms, it's important to recognize the effect it can have on our bodies.

Plan your walks for early morning or late in the day, when the sun's rays are less scorching.

Make sure your clothing and sunscreen protect against both UVA and UVB rays, which both damage skin.



Health Tip #2 – Help yourself to a handful of walnuts daily to take care of cholesterol. Research shows that eating 2 daily ounces of walnuts (about 28 halves) helped lower total and LDL (bad cholesterol).

Don't overdo it.....nuts have hard-to-digest compounds that can cause digestive problems. Eating too much can cause a problem.

Other symptoms from overeating nuts include – quick weight gain, bad breath, brittle nails, iron loss.

If you can stick to the “handful a day” rule, enjoy this healthy treat.

Hearing Loss

Sure, some hearing loss comes with age – but many of us are more decibel impaired than we need to be. A range of controllable problems can turn down your volume by blocking sound or damaging parts of your hearing system. The proportion of people ages 55 to 64 who have some amount of hearing loss is now up to 25%. From 65 to 75 that figure doubles.

These few tips can help us “unmute.”

- Protect your ears by steering clear of loud places – including noisy restaurant, which can hit decibel levels higher than a lawn mower's.
- Do you use earphones for music when you exercise? Ill-fitting ones won't block out crowd, traffic noise, causing you to turn up the volume.
- Earwax is perfectly normal, but some people temporarily lose hearing due to a buildup. Have your doctor confirm wax is a problem and extract it. Q-tips can cause damage if not properly used.
- Check your medications – some list side effects as “may cause hearing loss”, or “may cause ringing or tinnitus”. If you experience this, see your doctor. You could also have an ear infection causing these same symptoms.

Around Town – Local events and happenings that may interest you

Community Concert & Cruise In – May 28rd – the 2016 Community Concert/Cruise-In series will celebrate Memorial Day with an emphasis on Veterans and active service men and women. The Cruise In will have a Veterans' Choice and our local American Legion units will be present to open the ceremonies. The event, the second in our series, takes place downtown Bessemer City – 6:00 p.m. till 10:00 p.m. *Vanilla Cornbread* will be performing. Make plans to join us.

Bessemer City Pool Opens – Saturday, May 28th will be opening day for the Bessemer City Swimming Pool.

With Spring comes the reopening of local Farmers Markets. Fresh, local fruits, vegetables and herbs are at their peak when purchased from a Farmers Market. They are also unprocessed and contain no additives and can be most nutritious and delicious. Keep watch in local newspapers for schedules for the Farmers Markets.



Special Folks

Special thanks this month to Ginger Patterson for cooking a dish for the "Slow Cooker" class. Also want to thank our instructor, Linda Minges for a great program. This was a great program and we got a really nice lunch to go with it.



Thank You!

Happy Mother's Day

"A Mother is she who can Take the Place of all Others but Whose Place No One else can Take..."



*Moms - our first friend,
our first teacher, our first
and biggest fan.*

Mother's Day is May 8th



Construction Update

The Streetscape Project on Pennsylvania Avenue is nearing completion. Paving and landscaping are on the schedule and with a little good luck in the weather department we should be able to get back to a normal schedule soon. We appreciate everyone's patience as we continue to work to make the downtown an attractive place to do business and to enjoy events.

May 2016

1		3 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	4	5 3 p.m. <i>Line Dance</i>	6	7
8 <i>Mother's Day</i>	9 <i>Line Dance</i> 6 p.m.	10 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	11	12 3 p.m. <i>Line Dance</i> 4 - 6 <i>Computer</i>	13 9 a.m. <i>Exercise Class</i> <i>Down Home</i> <i>Festival 6 - 10</i>	14 <i>Down Home</i> <i>Festival</i> 12 Noon - 10 pm
15	16	17 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	18	19 3 p.m. <i>Line Dance</i>	20 9 a.m. <i>Exercise Class</i>	21
22	23 <i>Line Dance</i> 6 p.m.	24 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	25	26 3 p.m. <i>Line Dance</i> 4 - 6 <i>Computer</i>	27 9 a.m. <i>Exercise Class</i>	28 <i>Community</i> <i>Concert/Cruise</i> <i>In 6 pm</i> <i>Vanilla</i> <i>Cornbread</i>
29	 30 <i>CLOSED</i> <i>Memorial</i> <i>Day</i>	31 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>				

Our Purpose -The purpose of the Kiser Senior Center is to provide information and services for the senior community of Bessemer City, including opportunities for meaningful leisure and recreational activities, the availability of persons with whom you can share your concerns, and a place of fellowship and understanding. The Kiser Senior Center is made possible through the generous contribution from Dr. Glen A. Kiser and his wife, Muriel C. Kiser.

Newsletter – The Kiser Center newsletter “Senior Moments” is published monthly. The newsletter has information on upcoming programs at the center and around Bessemer City as well as a calendar with the activities for the month. “Senior Moments” is available for pick up at the Kiser Senior Center, with the new edition normally ready the week prior to each month. The newsletter is also available by email if you wish to share your address.