

Senior Moments

Kiser Senior Center Newsletter

October 2017

Kiser Senior Center
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*“Enter as Strangers.....
Leave as Friends”*

**Event and Senior Program
Coordinator**

Adora Alford

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The Recreation Dept. has recently acquired a 24 passenger bus for use in the Senior Program. Beginning this Fall we will be planning day trips for seniors. If you have ideas for visits, please call the senior center and let us know and we will check on them as we plan.

Special thanks to First Baptist Church, BC.

Programs & Classes

Exercise Program - Tuesday & Friday mornings – 9:00 a.m.

*This is a one-hour low impact exercise program. Exercises are done using taped program. – **No fees***

Tai Chi – Tuesdays – 10:30 – 11:30 a.m. - Instructor Patti Duncan - \$1/class

This is a beginner program, open to the public.

Line Dance – Advanced Class – Thursdays – 3:00 PM

Beginner Class – Start with the basics – 2nd & 4th Thursdays – 4:00 PM

All Line Dance Classes are \$1/class

Evening Programs – Low Impact Yoga with Wanda Clary – Tuesday-5:30 p.m. - \$1



Email & Contact Updates – the City changed IT firms in August and as a result, some of the email contacts may have been lost. If you want to be added to the email list for program/newsletter updates, please contact Adora at the Kiser Senior Center to be sure we have your correct information. You can email to adora@bessemercity.com, or call 704-729-6465.

Eating Smart - The Med Way –A Gaston County Extension Program

Session #5 – Eat Smart- the Med. Way will be held Thursday, October 19th, 11:00 – 12:30 at the Kiser Senior Center. This session is on “Rethink Your Sweets” and focuses on how to watch for added sugars in your diet.

In November the Eat Smart Program will focus on Calcium & Calcium substitutes. The program will review types of milks and milk substitutes, such as almond milk, etc. The cost for these programs is \$5/person payable at the door. Included will be food samplings and recipes based on the topic of the day.

Call to sign up – 704-729-6465

Living Alone – When to know if living alone is safe for your loved one.

Many times it is difficult to know when it's time to begin the discussion about safety in living alone as a senior. It's a choice that affects the lives of many seniors and the families. You want to be sure you're getting the correct answers and making the most informed choices. Sadly, there are those that prey on the most vulnerable population today. Families need to know who to call, where to turn, etc. for correct information.

Wednesday, October 11th at 11am the Kiser Senior Center will have a guest speaker to discuss topics related to living alone, what options are out there to assist, when to start the discussion, and more.

This program is opened to seniors and their families. If you are the caregiver of a senior, please join us for this program. Light lunch will be provided. Please call ahead with a head count to help us prepare. Kiser Senior Center – 704-729-6465.

Medicare – 2018 Open Enrollment Date Nearing

Medicare Open enrollment starts Sunday, Oct. 15th and ends Thursday, December 7th. If you're thinking about becoming a member of Medicare this will a good time to apply. If you are already a **Medicare** beneficiary, and perhaps your health has changed, or you want benefits you aren't currently receiving, you can use this time to review coverage and make any changes to their Medicare supplement plan (Part B) and/or their Medicare prescription drug coverage (Part D) for the upcoming calendar year. New coverage for changes made during the **open enrollment** begins January 1, **2018**. The Kiser Senior Center will host informational meetings on the following dates/times. Phil Jackson, with United Healthcare-Medicare Solutions will be at the Senior Center to answer questions, provide information and material. Dates for program are:

Wednesday, October 18th – 9:30 – 11:00 AM
 Wednesday, October 25th – 2:00 – 3:30 PM
 Wednesday, November 1st – 9:30 – 11:00 AM
 Wednesday, November 8th – 2:00 – 3:30 PM
 Wednesday, November 15th – 9:30 – 11:00 AM

Make plans now to stop in and speak with the representatives. We will have light refreshments on hand for those dropping by.

Coming in January – a topic that is we don't want to think about, but has become increasingly present in today's society – Alzheimer's & Dementia. The Kiser Senior Center will host a public meeting, not only for seniors, but for family members and friends of those with these diseases. Monday, January 22nd at 11:00 a.m. Tiffany Long, with UNC School of Medicine, will be at the Senior Center for a one-hour program. This program is targeted to families, friends, caregivers desiring more information regarding dementia and caring for someone with dementia or Alzheimer's. Types of dementia, treatment, respite & caregiver support and other topics will be discussed. This is a free program, but we do need those interested to call and sign up so we can prepare. More information to follow. Call Adora at 704-729-6465.