

Senior Moments

Kiser Senior Center Newsletter

October 2016

Kiser Senior Center
123 W. Pennsylvania Ave.
Bessemer City, NC 28016

Phone – 704-729-6465

Email:
adora@bessemercity.com



*"Enter as Strangers.....
Leave as Friends"*

**Event and Senior Program
Coordinator**

Adora Alford

Recreation Director

Jo D Franklin

Recreation Staff

Mark Nichols

Brandon Willis

Carol Clemmer

City Manager

James Inman



Healthy – Head to Toe – 2016 Health Fair

Wednesday, October 12 – 9:00 a.m. – Noon

Allan Farris Community Center

The 5th Annual "Healthy, Head To Toe" Health Fair will be held on Wednesday, October 12th at the Allan Farris Community Center, 220 South 14th Street. This year's Health Fair will have many new vendors, more opportunities to get screenings, information and of course, more freebies.

Exhibitors scheduled to be on-site include: NC Lions Club Mobile Screening Unit, with our local BC Lions on-hand to meet you; NC Division of Services for the Blind; North Carolina Division of Services for the Deaf; Dr. Robert Crouch, DDS; Brookdale Senior Living; Senior TLC; Bessemer City Fire & Police Departments; Belaire Health Care; Hospice – Cleveland County; Faith Health-Gaston; Partners Behavioral Health Management; InStride/Gaston Foot & Ankle; Peak Resources; Gaston County Adult & Aging Services; CVS Pharmacy (flu shots); Carolina Orthopaedic; Caromont Health; Gentiva Home Health; Bradley Chiropractic and the Kiser Senior Center.

Bring a can of soup for our local Crisis Assistance Ministry and your name will be entered into a drawing for a Walmart gift card.

This will be a great opportunity for seniors and care givers to see our newly renovated Allan Farris Community Center.

Door Prizes, Snacks, Helpful Information, Screenings, & More.

October Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – October 10 & 24.

Tuesdays – 5:30 PM – Low Impact Yoga

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, October 13th and 27th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Session are for 30 minutes sessions. We have a few laptops for use, but if you have your own, please bring it.

Morning Exercise – Every Tuesday & Friday – 9:00 AM - Exercise done to taped program. No charge for program. Open to public.

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

Flu Prevention Tips

Protect yourself and those you love against the flu. Medical experts recommend everyone over the age of six months get a flu vaccine. Follow the precautions listed in this newsletter, get your flu shot or nasal spray and help reduce your chances of getting the flu and getting family, friends and co-workers sick.

Get vaccinated



Wash hands often



Cover coughs and sneezes



Stay home when sick



Remember that CVS will be at our Oct. 12th Health Fair and will be giving flu shots.
Mark your calendar now to join us for this event.



Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. With numbers growing every year, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe.

To increase fire safety for older adults, NFPA offers the following guidelines:

Keep it low - consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping room and outside any sleeping areas. Have a telephone installed where you sleep in case of emergency.

Sound the alarm - The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

Do the drill - Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.

Open up - Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

Stay connected - Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.



Gold among the brown,
Leaves of rust and scarlet,
Trembling slowly down.
Birds that travel southward,
Lovely time to play,
Nothing is as pleasant,
As a lovely autumn day!
---Carmen Lagos Signes



Of all the wonderful things we love about autumn, raking leaves may not be one of them. While it may be a necessity during the fall months, for those unaccustomed to physical activity and regular exercise, the dynamics of raking can lead to strain and injury to the back, shoulders, and wrists.

Multiple people are treated in hospital emergency rooms, doctors' offices, clinics and other medical settings for injuries related to non-powered garden tools, including rakes. Raking requires a number of different activities, including twisting, bending, lifting, and reaching, that utilize several different muscle groups. Improper use of lawn tools along with the potential for tool-related accidents further compounds the risk of injury to the bones and muscles.

You can ease the strain and pain of raking -- fall's most taxing task, by taking the following precautions to minimize your risk of sustaining an injury:

- ** Avoid twisting your body while raking. Use your legs to shift your weight rather than twisting your back. Bend at the knees rather than twist to pick up items.
- ** Use a properly-sized rake for your height and strength.
- ** Wear glove to help prevent blister on the hands.
- ** Do some form of light exercise for 10 minutes to warm up the muscles prior to raking.
- ** Wear shoes with skid-resistant soles to minimize the risk of falling.
- ** Don't overdo. Raking is an aerobic activity – you need to take frequent breaks or slows the pace if you are an infrequent exerciser
- ** As with any form of exercise, be sure to drink plenty of fluids to prevent dehydration.
- ** When you're done, gentle muscle stretching can help relieve tension in the muscles. A hot bath can relax muscles.

City Leaf Collection

The City will begin removal of leaves through the use of the leaf vacuum machine on October 1 through March 1. Rake early and frequently to the edge of the street, not on the sidewalk or roadway and do not mix other debris with leaves.

"Pumpkin Happening"

Wednesday, November 16th

1:30 - 3:00 p.m.

Bessemer City High School Health Sciences Class at Kiser Sr. Center

The BCBS Class will be at the Kiser Senior Center with helpful information on falls prevention and blood-pressure control, as well as checking blood pressures for those attending. This FREE program is a partnership designed to help the students with their knowledge of health science and to help our seniors get information. We will have pumpkin desserts, pies, muffins, and more, with coffee and tea for all attending.

Mark your calendar now.



2016 Election Dates to Remember

Oct. 14 - Last day to register to vote or make party affiliation changes for Nov. 8th Election

Oct. 20 - One-Stop Absentee Voting (Early Voting) for General Election begins

Nov. 5 - One-Stop Absentee Voting for General Election ends

Nov. 7 - Last day to apply for absentee ballot for votes who are unable to vote in General Election due to sickness or physical disability

Nov. 8 - GENERAL ELECTION - Polls open at 6:30 a.m. and close at 7:30 p.m.



"Voting is the right on which all other rights depend." Thomas Paine

Around Town – Local events and happenings that may interest you

BC Chamber of Commerce 5K Run – Saturday, Oct. 1st at 8:00 a.m. This event will kick off from the Kiser Senior Center, 123 W. Virginia Avenue.



Citywide Clean Up Day – Thursday, October 6, 2016 – Join with City staff and the Keep Bessemer City Beautiful Team as we clean up the City. Crews will meet at 8:00 a.m. at the Public Works Facility located at 321 E. Lee Avenue.

October 15 – 7:00 p.m. – Community Concert in the Park – “Dreamer” will be performing.



Fire Department BBQ – November 11 & 12 – BC Fires Department.

Sign-ups for the December 20th trip to The Barn Dinner Theater in Greensboro are now open.

We will be seeing “How the Buckner Family Saved Christmas”. This slapstick comedy is billed as the funniest, most requested comedy at The Barn. Cost will be \$55/person, which includes the comedy with meal and travel. This trip is to the matinee showing. We will arrive at The Barn around noon and should return around 7:00 pm or so. Reservations/seating will be taken on a first paid basis.



Cotton Ginning Days 2nd Annual “Something Pumpkin” Cooking Contest

Saturday, Oct. 9th – Citizen Resource Center – Dallas, NC

Get your recipes ready. The pumpkin cooking contest will be held at the Citizen Resource Center in Dallas. Winners receive cash prizes. Categories are as follows:

- Main Dish (soup, salad, sandwich, casserole)
- Dessert (cake, breads, cookies, pastries, tarts)
- Miscellaneous (beverages, appetizers, low-calorie, etc.)
- Youth (ages 8 – 18)

Grand Prize of \$100 is awarded to the overall contest winner. Other prizes are \$50 – 1st place; \$25 – 2nd place and \$15 3rd place, in each category. More information available on handout at Kiser Sr. Center.

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	5	6 <i>3 p.m. Line Dance</i>	7 <i>9 a.m. Exercise Class</i>	8
9	10 <i>Line Dance 6 p.m.</i>	11 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	12 <i>9:00 - 12:00 Healthy Head To Toe Health Fair</i>	13 <i>3 p.m. Line Dance</i>	14 <i>9 a.m. Exercise Class</i>	15
16	17 <i>Sr. Bingo at Allan Farris Comm. Center</i>	18 <i>Closed - Bus Trip to State Fair</i>	19	20 <i>3 p.m. Line Dance</i>	21 <i>9 a.m. Exercise Class</i>	22
23	24 <i>Line Dance 6 p.m.</i>	25 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	26	27 <i>3 p.m. Line Dance</i>	28 <i>9 a.m. Exercise Class</i>	29
30	31					

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.