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Karen Grigg, Program Coordinator  
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#### CITY OF KINGS MOUNTAIN

H. LAWRENCE PATRICK SENIOR LIFE  
AND CONFERENCE CENTER  
909 E. KING STREET  
KINGS MOUNTAIN, NC 28086



*Patrick Center*  
CITY OF KINGS MOUNTAIN

**Mission Statement:** The H. Lawrence Patrick Senior Life and Conference Center serves as a focal point on aging, providing a broad range of ever changing services and programs that enhance the well being and dignity of senior adults in the greater Kings Mountain area.

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# THE PATRICK CENTER

NEWSLETTER

*A Senior Center of Excellence*

909 E. King Street Kings Mountain, NC 28086  
(704) 734-0447 FAX: (704) 734-4477

APRIL, MAY, &  
JUNE 2018  
NEWSLETTER

### THOUGHTS FROM THE DIRECTOR SHARON EAKER

Spring is here, and with it comes the reminder of new life as the day of Easter ushers April in. All the beautiful blooming flowers covering the landscape of the earth brighten the days of April and May. As some of you may know, May is Older Americans Month, a month to recognize the contributions of older Americans to their communities. This year's theme is "Engage at Every Age" which emphasizes the importance of being active and involved, no matter where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental and emotional well-being. With the various ever changing activities, programs and services, the Patrick Center strives to enhance the well-being of older adults in our community. It is becoming more and more apparent that remaining socially engaged can improve the quality of life for older adults. We encourage older adults age 55 and older to get involved by joining the Center, or by getting more involved by trying something new. If you need more information about what we offer, please see our Program Coordinator Karen Grigg or any of our staff. We are here to help you engage! One way to engage and make a difference is to volunteer. Whether volunteering at the Senior Center or somewhere in the community, volunteering improves your quality of life as well as the lives of others. In June, we will remember the cold winter and be grateful for the warm sunshine of summertime. You might want to come to the Center a little more to get out of the heat. It's usually nice and cool to walk on our indoor walking track or enjoy our various activities. Come join us in April, May and June and experience the neat things that are offered each month. It's a "cool" place to be!

**SENIOR CENTER HOURS: MONDAY — FRIDAY**  
**HOURS OF OPERATION: 8:00AM—5:00PM**  
**RENTALS: 8:00AM-12:00 Noon AND 1:00PM-5:00PM (Bonnie Hale)**

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## PAINT CLASSES

Paint classes ( without the Sip ) are back by popular demand! Thanks to Instructor, Artist Sue Brabham. Come join in on the fun **Monday, April 23rd from 10:00am to 12:00pm**, on **Monday, May 14th from 10:00am to 12:00pm** and on **Monday, June 25th from 10:00am to 12:00pm** for step by step instructions on how to paint your own artwork. These classes have a **\$8.00 fee per class** to cover the cost of the painting supplies. **Please sign up in the Gift Shop and pay your \$8.00 fee upon signing up** one week prior to the scheduled class. **For the April 23rd class, sign up before Monday, April 16th. For the May 14th class, sign up before Monday, May 7th. For the June 25th class, sign up before Monday, June 18th. YOU CANNOT SIGN UP WITHOUT YOUR PAYMENT.** We look forward to seeing you at each class. Sue has some exciting and new ideas for us in the upcoming months. Check out the bulletin boards in the hallways for the picture of the month. Refreshments will be served.



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## HEALTH CARE FAIR

May is “Older Americans Month.” In honor of Older Americans Month, the Center is hosting a **Health Care Fair on Friday, May 18, from 9:00am to 12:30pm at the Senior Center.** Come join us for a “Fitness Fiesta”! You will have a morning of educational and interactive activities to promote overall wellness. The Health Care Fair is open to all **senior adults ages 55 and older.** Take advantage of free screenings, health and wellness information and so much more! **You do not have to register for this event.** If you have a product you want to sell or display and would like to rent a table, please call Karen Grigg at 704-734-0447 for more information.



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## FIT for LIFE

Did you know that Colorectal Cancers are the third most common cancer among men and women and that more than half of these cancers could be prevented with screening. Come to the Center on **Friday, May 4 from 10:00am-11:00am** for a **Colorectal Cancer Education Program. Join Tiffany Crank, Cancer Program Development Specialist at the Levine Cancer Institute for “FIT for LIFE” Program.** You will learn general information about colon cancer, the importance of screening and making healthy lifestyles choices to prevent cancer. Tiffany will also provide information about **FREE** colon cancer screenings for **uninsured** individuals and provide resources for smoking cessation to those who still smoke and resources for how to begin an exercise program. We hope to see you here.



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## IMPORTANT DATES

- \***DOCUMENT SHREDDING**—MONDAY, APRIL 16, 9:00AM - 2:00PM.
- \***VOLUNTEER MEETINGS**—(THIRD TUESDAY OF THE MONTH) APRIL 17, MAY 15 AND JUNE 19, 12:15PM.
- \***FREE WILL CLINIC**—MONDAY, JUNE 18, 9:00AM—3:00PM, Call 877-579-7562 now to schedule your appointment.
- \***BLOOD PRESSURE CLINICS**—(THIRD WEDNESDAY OF THE MONTH) APRIL 18, MAY 16 AND JUNE 20, 10:00AM—11:30AM.
- \***MONTHLY BIRTHDAY CELEBRATIONS**—(FOURTH TUESDAY OF THE MONTH) APRIL 24, MAY 22 AND JUNE 26, 9:45AM—11:30.
- \***EAST ELEMENTARY SCHOOL BIRTHDAY PARTIES**—(THIRD WEDNESDAY OF THE MONTH) APRIL 18 AND MAY 16.

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## LEGAL SERVICES



CALL FOR AN APPOINTMENT (WILLS, LIVING WILLS, POA)  
MONDAY—FRIDAY 9:00AM-11:00AM AND 1:00PM-3:00PM  
1-877-579-7562

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## INDEPENDENCE DAY CELEBRATION

Come join us at the Center for our annual **4th of July Cookout on Tuesday, July 3 from 10:00AM—until** to celebrate Independence Day. We will be having hamburgers and hotdogs with all the trimmings. This meal will be **FREE for seniors age 55 and older** who sign up. You must sign up in the Gift Shop before **MONDAY, JUNE 25** so we know how much food to purchase and prepare. Please bring a folding chair if you wish to sit outside. There will be games and door prizes. Corn hole, Ping-Pong, and billiard games will also be available for your enjoyment. The Center will remain open, but all activities and classes will be canceled that day so that everyone can come enjoy the party and so that staff can prepare. No take outs will be allowed. We hope you will join us for delicious food (prepared by our awesome Friday Lunch Crew), memorable fun and good old fashioned fellowship.

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## COMPUTER CLASSES

Computer Classes are back thanks to instructor **Chris Putnam**. Come join him in the computer lab for another **six week session, from 9:30 to 11:30 beginning Tuesday, May 1 with the last class on Tuesday, June 5**. Topics will be more advanced and will include: Technology Buying Guides, Advanced PC, Setup and Maintenance, Using Cloud Services (Google & Microsoft), How to get Things Done on the Web and Getting More Tech Savvy. Please stop by the Front Desk or call Karen Grigg at 704-734-0447 to register for this class.

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## CARDIO CIRCUIT

The Center is happy to announce a new exercise class, Senior Cardio Circuit. This is a low key, low impact cardio vascular and strength training class. Come join Certified trainer, Cindy Dashnaw from the YMCA on Monday afternoons from 11:45am-12:45pm for increased strength, balance, flexibility and overall better health. If you are a member of the YMCA, this class is free. Otherwise, there is a \$1.00 fee for each class. We hope you will take advantage of this opportunity!

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## PERSONAL CARE SERVICES



**Toenail Clipping By Appointment Only**  
**Wednesdays, April 11th and 25th**  
**Wednesdays, May 9th and 23rd**  
**Wednesdays, June 13th and 27th**

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## THE GRAND CHOIR PERFORMANCE

We are happy to welcome back **THE GRAND CHOIR** to the Patrick Senior Center on **Thursday, May 24 at 10:00AM**. The Grand Choir is a combination of two local Church Choirs, Alexis Baptist Church Kingdom Within Choir and Woodlawn Baptist Church—Celebration Saints of Conover. It had its start in the early 1990's, when at a music ministers' lunch, Red Thornton and Jerry Anderson were carrying on a conversation about the possibility of combining their senior adult choirs, much like they had done with Youth Choirs. Jerry Olsen of First Baptist Belmont got in on the conversation, and the area's first combined traveling senior choir was born. As music ministers came and went, the group continued to flourish, singing in nursing homes, retirement homes, and churches across the Eastern United States. Upon Jerry's leaving Alexis Church, Nathan Dellinger ultimately took over the ministry there, and Kings Mountain native Chris Bridges was music minister at First Baptist, Stanley. When Chris moved to Mooresville, he strongly believed in the mission and the ministry and brought his choir back to participate. Group co-founder Jerry Anderson rejoined with the Seniors from Woodlawn Baptist in Conover, and was excited to bring them into this type of ministry as well. Throughout the years, the group has continued to be about the business of being the hands and feet of God in ministering to other Senior Adults through music, especially those in nursing homes and retirement centers who are often overlooked or forgotten. In addition, the two individual church choirs perform concerts in their immediate local area, further multiplying their ministry opportunities. We hope you can come and be blessed by this group.



## FRIDAY LUNCH

**Friday Lunch** is a Center program that was conceived and is run by volunteers. **Participants are asked to sign up at the front desk by Monday if they plan to eat on Friday of that week.** The meals are only \$3.00 per person (paid for as you go through the serving line at 11:00am), and are served first to participants who signed up and then to participants who didn't sign up, but want to eat. After all participants are served, volunteers who are working that day at the Center may purchase a meal. You can help us keep this lunch affordable by donating items such as **canned vegetables, pasta, 2 liter diet and regular drinks, canned milk, salt, pepper, spices, unopened salad dressings, canned fruit, aluminum foil, plastic wrap or monetary gifts.** Special "THANKS" to our awesome kitchen team!

## S.H.O.P SENIORS HELPING OTHER PEOPLE



APRIL—Canned Fruit and Applesauce

MAY—Canned Tuna, Beans and Soup

JUNE—Macaroni & Cheese and Juice



Did you know that some seniors have to choose between food and their medicines? That is why our **Seniors Helping Other People OR S.H.O.P.** as we call it, is now our own in-house food pantry. **This pantry is for seniors age 55 and older who need assistance with emergency food.** You can join us in the Fight Against Hunger among seniors by continuing to assist us monthly with your donations. **You may make donations as listed above, or bring paper products, toiletries or money contributions for staff to purchase fresh foods.** If you are in need of food, please see Karen Grigg at the Center.



We may limit the amount each person can get monthly so that we can serve as many seniors as possible. Together, we can make a difference in the fight against hunger!



## DID YOU KNOW?

Did you know the Senior Center offers these drop-in activities: Wii Bowling, Pool Room, Ping Pong, Corn Hole, Shuffle Board, Independent Computer Lab, Exercise Room, Library, Walking Track, Karaoke, Board Games, Card Games, Word Search Games, Puzzles, Coloring and more? There is something fun for everyone. Activities are offered Monday through Friday from 9:00am to 4:00pm. Please let the staff know if you need any assistance.

## EXTRA HELP FOR LOW INCOME SENIORS

Medicare beneficiaries may be eligible for the federal **Extra Help** low income subsidy program if he/she has limited income and resources. The **Extra Help** program can increase cost savings by paying for all or part of the monthly premiums and annual deductibles, and provide lower prescription co-payments under a Medicare prescription drug plan. To qualify for **Extra Help**, your monthly income must be limited to the following: **\*\$1,538.00 monthly for an individual, \*\$2,078.00 monthly for a married couple living together, \*Resources/assets must not be more than \$14,100 for an individual, \*Resources/assets must not be more than \$28,150 for a married couple living together.** Assets/resources do not include a primary residence or a vehicle. There are also other Medicare Savings Programs that could help pay your Medicare Part B Premium. If you believe someone you know may qualify for the **Extra Help** program or any other Medicare Savings plans, please make an appointment with a SHIIP counselor at the Center today. *(\*income limits may change yearly.)*



## RED CROSS BLOOD DRIVE

FRIDAY, APRIL 27 10:00AM—2:30PM

At the Patrick Senior Center

PLEASE CALL KAREN GRIGG AT THE CENTER TO SCHEDULE AN APPOINTMENT! YOUR DONATION COULD SAVE A LIFE!



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## NATIONAL HEALTHCARE DECISION DAY

Despite recent gains in public awareness of the need for advance care planning, studies indicate that most Americans have not exercised their right to make decisions about their healthcare in the event that they can't speak for themselves. In order to help Americans understand that making future healthcare decisions includes much more than deciding what care they would or would not want and to inspire, educate, and empower the public and providers about the importance of advance care planning, an initiative was formed. **The National Healthcare Decisions Day Initiative (NHDD)** is a collaborative effort of national, state, and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions. This year's **National Healthcare Decisions Day is on Monday, April 16, 2018**. To start off our Decision Day, **Alex Harris, Staff Attorney with Legal Aid of NC**, will be at the Center from **9:30am to 10:30am** to go over some important facts about Living Wills and Healthcare Power of Attorneys, what they are, why they are important, where to keep them, etc. All adults can benefit from thinking about what their healthcare choices would be if they are unable to speak for themselves. These decisions can be written down in an advance directive so that others know what they are. **Advance directives come in two main forms: 1) A "healthcare power of attorney" documents the person you select to be your voice for your healthcare decisions if you can not speak for yourself, and 2) A "living will" documents what kinds of medical treatments you would or would not want at the end of life.** These documents can, but are not required to be registered with the NC Department of Secretary of State's Office. Seniors can obtain the documents, fill them out with assistance from Martha Richards, Cleveland County Healthcare System Chaplain, and then have them notarized at the center for **FREE from 10:00am to 2:30pm on the 16th by appointment or by dropping by.** (Continued on page 7)

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## TRANSPORTATION FOR SENIORS



The Center offers Transportation Services through TACC for senior adults ages 60 and older who live in the Kings Mountain area of Cleveland County for in-county medical appointments, Senior Center nutrition site, and grocery store trips. **Please make your doctor appointments between the hours of 8:00AM -11:30AM on Monday through Friday.** This will allow us to utilize rideshare which cuts our cost and lets us provide more services. We transport seniors to the grocery store on the second and fourth Thursdays of the month as funding permits. **If you need this transportation, PLEASE CALL BONNIE HALE, OUR TRANSPORTATION COORDINATOR ON MONDAY THROUGH FRIDAY FROM 8:00AM—12:00 AND 1:00—5:00PM.** Remember to call at least two days or more ahead to schedule your transportation! **IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL US TO CANCEL IT OR THE CENTER WILL STILL HAVE TO PAY FOR THE SERVICE. IF YOU DO NOT CANCEL YOUR TRANSPORTATION, AND TACC COMES TO YOUR HOUSE TO PICK YOU UP FOR THREE DIFFERENT APPOINTMENTS AND YOU DON'T RIDE EACH TIME, THEN YOU WILL NOT BE ABLE TO USE OUR TRANSPORTATION SERVICES FOR ONE MONTH.** Please call us to assist you with this valuable service if you have transportation needs.

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## HOLIDAY CLOSINGS



Monday, April 2  
Easter Monday

Monday,  
May 28  
Memorial Day



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## NEW TO MEDICARE SEMINAR

Are you new or soon to be new to Medicare? Are you interested in a quick explanation of Medicare? Do you have some questions about Medicare you want to have answered by trained volunteer counselors? If so, you will want to attend a special **SHIIP (Seniors' Health Insurance Information Program)** presentation entitled: **Medicare 101 The Basics**. This will be held at the Center on **Thursday, April 12 at 6:00 pm**. The basics of Medicare including Medicare Part A, Part B, Medicare Advantage Plans (Part C), Prescription Drug Plans (Part D), and Medicare Supplements will be explained. After the presentation **trained SHIIP counselors** will have an **open forum to answer your questions**. Please invite your families to attend so that they can assist you in navigating



the difficult issues of Medicare. The public and other agencies' staff are invited to attend. Please call the Center at 704-734-0447 to register for this presentation as refreshments will be provided. **YOU MUST REGISTER IN ORDER TO ATTEND!** Don't forget to mark this important date on your calendar!

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## SENIOR CENTER SURVEY

The week of May 21 through May 25 we will be conducting a participants' survey in the main lobby. This survey is necessary for us to achieve "Senior Center of Excellence" with the North Carolina Division of Aging Senior Center Certification process, **Scope (Senior Center Operations and Program Evaluations)**. We rely on the input from the survey to better serve you. This also helps us to receive additional funding from the state for our center. You will receive a small gift for your participation and your name will be entered into a drawing to win a Gift Card. Thank you for your participation and best wishes on winning the Gift Card!



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## NATIONAL HEALTHCARE DECISION DAY

*(Continued from Page 6)* Please call the Center for an appointment. We hope you will join us on this day of **Advance Care Planning** as we celebrate **National Healthcare Decisions Day at the Center**. **Do this for your family; they will appreciate it so much.**

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## EVENING SIP N PAINT CLASS

We are so grateful for Sue Brabham! She has agreed to offer another evening "Sip N Paint" class on **Tuesday, June 5 from 5:30pm to 7:30pm**. Please sign up in the Gift Shop before May 31 and pay the \$15.00 fee for seniors age 55 and older or \$20.00 fee for younger than age 55. You can not sign up without your payment.

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## DUTCH LUNCH BUNCH

The Center invites you to join the **Dutch Lunch Bunch**, a group who goes one time a **month, usually on the second Wednesday of the month**, to various restaurants in the area. Lunch is on your own and transportation is **only \$1.00**. Let someone else do the driving and enjoy eating with others for a great time of fun and fellowship as we enjoy different cuisines. Seating is limited so reserve your seat for each trip on the first of that month. For our **April 11** trip, we are heading back to SC to the **Beacon Drive-In in Spartanburg**, "Where the food is always good!" **Jammin J's Pizza Factory in Shelby** is a huge favorite and on our travel plans for the **May 9** destination. There you will enjoy an all-you-can-eat buffet with salad, pasta, pizza made to order and dessert. Then, on **June 13** we will be visiting **Ole' Carolina BBQ in Gastonia** where the "Best BBQ in the Carolina's" is served. You can sign-up in the gift shop by paying your \$1.00 to reserve your seat. **YOU CAN NOT SIGN UP WITHOUT PAYING YOUR \$1.00.** *If this is the first time you have been on a trip with us, please ask the receptionist for a Trip Release to complete prior to leaving on the trip.* We hope each of you will plan to go with us on these adventures.



## COMMODITIES DISTRIBUTION

If you are a senior adult, age 55 or older, or are disabled (with proof) in Cleveland County and are low income, you may qualify to receive U.S.D.A. Commodities, which is surplus foods from the government for low-income persons. Please call to see if you qualify during our pre-registration days each quarter. Income eligibility guidelines usually change yearly. WE DISTRIBUTE COMMODITIES FOUR (4) TIMES PER YEAR AND YOU MUST PRE-REGISTER EACH TIME THAT WE DISTRIBUTE COMMODITIES IF YOU WANT TO RECEIVE THEM EACH TIME.

The U.S.D.A. Commodities Distribution at the Patrick Center will be on TUESDAY, JUNE 12 FROM 1:00PM—2:30PM to senior adults who are eligible AND who pre-register in May. PRE-REGISTRATION DATES ARE TUESDAY, MAY 8, WEDNESDAY, MAY 9, AND THURSDAY, MAY 10 FROM 9:00AM—11:00AM. IF YOU DO NOT PRE-REGISTER IN MAY, YOU WILL NOT HAVE COMMODITIES TO PICK UP AT THE JUNE 12 SENIOR CENTER DISTRIBUTION. YOU MUST PICK UP YOUR COMMODITIES BY 2:30PM ON TUESDAY, JUNE 12, OR THEY WILL BE RETURNED TO SHELBY FOR DISTRIBUTION TO SOMEONE ELSE. NO EXCEPTIONS! If you do not pre-register with the Center in May, you can pick up commodities at the Shelby Fair Grounds on Wednesday, June 13 beginning at 8:00AM from the Shelby Lion's Club.

Please make arrangements NOW and have a back-up plan should you be unable to pick-up your commodities due to illness or other problems. If you plan to let someone else pick up your commodities and did not request a permission slip during pre-registration, please fill out, sign, then cut out and send the permission slip on page 9 of this newsletter, indicating the person who will be picking up your commodities. PLEASE FILL OUT THIS FORM COMPLETELY! YOU MUST HAVE THIS SLIP OR put the information that is on this form with your signature on a piece of paper so that someone can pick up your commodities for you! No exceptions! (Continued on page 9)

## COMMODITIES DISTRIBUTION (Continued)

(Continued from page 8) To see if you qualify or for more information, please call the Patrick Center at 704-734-0447. We hope you will come take advantage of this FREE service. It can assist you with your grocery budget. Every little bit helps!

### PRE-REGISTRATION DATES

TUESDAY, MAY 8  
WEDNESDAY, MAY 9  
THURSDAY, MAY 10  
9:00AM—11:00AM



COMMODITIES DISTRIBUTION  
TUESDAY, JUNE 12  
1:00PM—2:30PM

### SHELBY LIONS CLUB

Authorization For Commodity Representative

I am authorizing \_\_\_\_\_ to  
apply for and pick-up commodities on my behalf and to provide needed  
eligibility information.

Number in my household \_\_\_\_\_

My monthly gross income is \$ \_\_\_\_\_

Address \_\_\_\_\_

Signature of Applicant \_\_\_\_\_