



JULY 2025

www.aging.jacksonnc.org

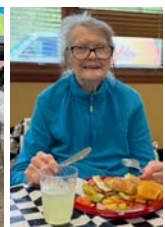
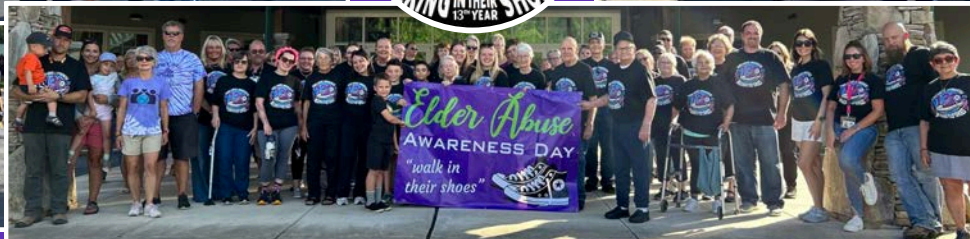
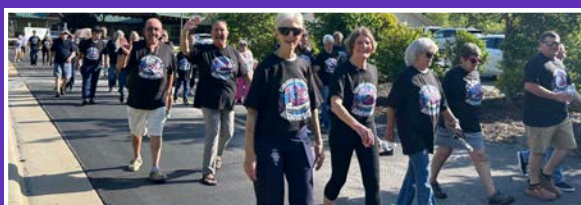
# JACKSONIAN

A MONTHLY PUBLICATION OF THE JACKSON COUNTY  
DEPARTMENT ON AGING



Yesterday as we were finishing up the "Walk in their shoes" event, I turned to one of our other team members and stated "we get to do this for a living!" what I meant was simple, we get to advocate, plan, invent, implement, develop and participate in a very active and busy calendar for all of you. I spent 23 years as a frontline social worker, being yelled at, cussed, and threatened, I have had guns and knives pulled on me, physically attacked, told I was wrong, stupid, called a liar etc. etc... you get the idea, it was a job where people were always mad, now to be clear it was not my fault that people had ended up in the situations that they were in, but we still had to help fix the issues, keep them safe, house them and on and on. That job came with very few victories. I bring this up to say, every day here we have wins, a program that goes well, or a big event to plan for or to produce. I see people happy, smiling, laughing discussing what they are going to do next here at the DOA. But last night it just clicked, we are so blessed, each of us feels that way, we have a great staff here, I am blessed to have the exact 17 staff members that I have, each of them bring something amazing to all of you. Countless hours spent away from their families, homes, loved ones (yes I know they get paid but being satisfied with your job is also very important), time after hours working events like last night, but they don't do it just... - *message from Jamie Continued on page 2-*

## ELDER ABUSE AWARENESS WALK ACROSS THE AREA WE HAD OVER 800 FOLKS COME OUT TO WALK!



Congratulations are in order for our Senior Center Health and Wellness Manager, Laura Rodi! see page 3 for more details...



90'S BDAY PARTY

PAGE 1



**MOBILE FREE  
PHARMACY  
PROGRAM**

**GIVES AWAY FREE  
OTC MEDICINE**



**Friday, July 11, 2025 9 AM - 2 PM**  
**Jackson County Department on  
Aging 100 County Services Pk.**  
**Sylva, NC 28779**

**ONLINE ORDERING OPENS - 6/11/2025**  
**ONLINE ORDERING CLOSES - 7/4/2025**

**This program has been brought to  
your community in partnership with:**



**Come see us in  
person on event  
day or order online  
and come pick up  
your medicines.**

**Order here:**

**[www.medassist.org/mobile](http://www.medassist.org/mobile)**

No appointment or registration required.  
No income eligibility. No I.D. required. Must  
be 18 years or older to receive medicines.

NC MedAssist is a statewide, nonprofit pharmacy that provides free prescription and over-the-counter (OTC) medications through various programs. Learn more at [www.medassist.org](http://www.medassist.org).

**Continued from page 1**

...to please me or the county, they truly want to please each and every one of you!

What is my point? Very simple, we are all different, that is the best part of the world. All I ask is that everyone focus on the great things that are being done here at the Department on Aging, focus on just how much each of these employees care for you all, how much they want you to have the best, how hard they work to bring you new programs. All of the employees here do have a tough job, not only do they have some very stringent rules and guidelines set by our governing bodies, they also understand that I expect them to always be 100% professional. So with all of this in mind, I please ask of you all to give grace, and kindness, the ladies and gentlemen give you their all each day, they truly amaze me with the love and respect they have for all of our seniors in Jackson Co. I have said it a million times and I will say it again, you all are the reason that we are here, so if you get the opportunity please thank our staff members, because they love you, they want you to have an amazing place to come, and they want to continue to grow our Senior Center / DOA both in terms of people and programs. And as always, I am here for each of you and if you need me please make an appointment or catch me and let's talk! -Jamie



**Ice Cream Celebration**

**July 3rd**

**During Congregate Dining**  
**Join us for Ice Cream after lunch in**  
**celebration of the Fourth of July!**  
**Register with Heather for lunch!**



**NC DEPARTMENT OF  
INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner  
855-408-1212 (toll free) • [www.ncdoi.gov](http://www.ncdoi.gov)

**JULY - STAYING HEALTHY**

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking.

Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases.

If you have Medicare, you can get a yearly wellness visit and many other preventive services.

Ask a SHIP counselor for more information.

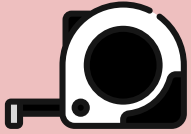
**The best way to fight Medicare Fraud is by  
checking your Explanations of Benefits!**

Please double check your Medicare statements! Scammers will target you through various methods to obtain your Medicare number, then use that number to bill fraudulent items to Medicare.

**for more information contact:**  
**Meagan Mintz @ 828-631-8037**

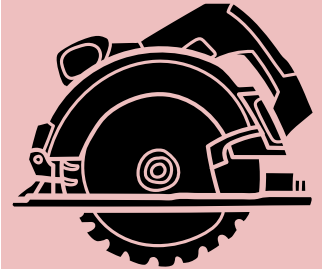
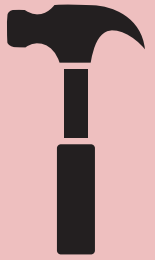
**Both the Sylva and Cashiers locations  
will be closed on July 4th for Independence Day**

**Project C.A.R.E (Community Action to Reach Elderly)** provides safety modifications for low income elderly, homebound seniors and other qualifying persons in Jackson County.



Matt and Danny built a ramp for a client in Whittier.

With assistance from members of the Webster Baptist Church, the Project CARE team built a 30' ramp for client in Sylva.



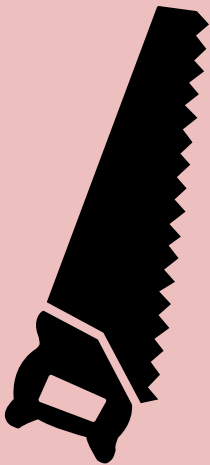
Matt and Danny built a 22' ramp for a client in Tuckasegee.



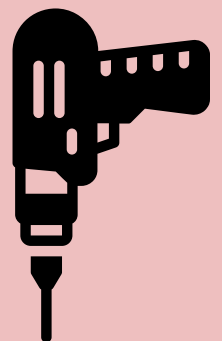
First Methodist Sylva sent a team of volunteers to help with a 40' ramp in Whittier.



Steve Kuehl and John Gosche assisted the Project CARE team in building a 27' ramp for a client in Whittier.



The Wesley Foundation from WCU provided an energetic crew of students to assist with a mobility project for a client in Balsam.



### ...continued from page 1

Laura attended a weeklong training with Dr. Paul Lam Tai Chi for Health Institute, June 9<sup>th</sup> through June 21<sup>st</sup> and completed the training with four new Tai Chi Certifications. We are so incredibly proud of Laura and thankful for all that she does to serve our participants, providing them with the highest quality health and wellness programs. Her new certifications include: Tai Chi for Beginners, Tai Chi for Osteoporosis, Tai Chi for Heart Conditions and Tai Chi for Life.

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# hello SUMMER



Group of Cashiers seniors enjoying their meal at the Moose Cafe in Asheville after spending time at the Farmer's Market.



Lorena Beasley, Judi Moore, Norma Lilly and Barbara Reich eating Congregate lunch at the Cashiers Senior Center.



Gay Chaplin, Lisa Guttormsson and Cherie Todd with instructor Andrew Beck posing with their acrylic painting projects.



Seniors Barbara Reich, Judy Newton and Norma Lilly with instructor Toni Murphy showing off the cards they made in card making class.



Norma Lilly with her Multimedia art project.



Instructor Minda Daughtry talking with Lee Hunter and Brenda Clickenger and showing them the different weeds that can be found in and around a person's yard. Her activity was Weed ID and bingo.



Kathie Bruce and Sonna Sanders showing off their completed baskets.



Nancy Roth and Linda Chambers with their completed acrylic painting projects.



## SYLVA SENIOR CAFE

**Monday - Friday 11:30 - 12:30**

MAKE NEW FRIENDS

KEEP THE OLD

**Price for Private Pay \$6.00**

Contact the Congregate Meals Manager

For Reservations: 828-586-5494

## Monthly Birthday Celebration at the

**Senior Cafe in Sylva**

Check the monthly calendar for the date! Reserve your spot for lunch and cupcakes with the Congregate Meals Manager at 828-586-5494



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Registration for events whose seats are drawn by **LOTTERIES** (currently Greeting Card and Basket). You may register at [myactivecenter.com](http://myactivecenter.com) or call 586-5494 to add your name to the lottery for these classes once the Jacksonian has been published. Lottery winners will be drawn on the second working business day of each month for the following month's classes. Lottery winners will be notified, or you can check your cart on [myactivecenter.com](http://myactivecenter.com). **Payment secures your registration. Cancellations:** Please remember when signing up for classes that are either lottery based entry or classes that have a maximum limit of participants, to please call us in advance if you are unable to make it to a class you have a seat reserved in. The majority of these classes fill up quickly and then have a waitlist of other participants who would love a spot in the class as well. If you cannot make a class, by giving us advance notice it allows us to enter your peers into these classes. Thank-You -Senior Center Staff



Join us for Fun  
and prizes!



July 2<sup>nd</sup>, July 16<sup>th</sup>, July 30<sup>th</sup>  
1:00-2:30pm in Rm135

*Ladies Tea* ★ July 9<sup>th</sup> at 10am  
in Room 135  
*Join us for Tea,  
sweet treats, and conversation*

**BASKET WEAVER FRIENDS** ★  
July 15<sup>th</sup>, 9am-2:30pm in Room 125. Bring your  
own basket project. No instruction is provided

**Senior Center Trip!** **LIMITED TO THE FIRST 16 REGISTRANTS**

**Tickets:** \$12.95 plus tax for Seniors 65+  
\$13.95 plus tax for all other adults  
Free for all active duty and retired military with military ID

**Destination:** THE WNC NATURE CENTER IN ASHEVILLE

**Date:** JULY 14TH

**Time:** DEPART: 9AM  
LUNCH: 12PM CHEDDAR'S SCRATCH KITCHEN  
RETURN BY 4PM

**Cost:** ADMISSION TO THE NATURE CENTER PLUS YOUR LUNCH

**This trip requires a lot of walking!**

## BRAIN FITNESS: DRUMMING

with Mary Ferrick

### Benefits of drumming

Creates a sense of connectedness,  
Challenges and sharpens your brain,  
Strengthens memory, Reduces stress,  
Boosts your immune system, FUN!

No experience necessary so every  
drummer is expected to participate.

July 23<sup>rd</sup> at 1pm in Room 134



North Carolina Cooperative  
Extension is an equal  
opportunity provider.

**DrumFIT Classics Music,  
Memory & Motion** is a unique  
cardio drumming program,  
designed for older adults, that  
uses movement and rhythm to  
**benefit both the mind and body.**  
Thursdays at 11am Rm 134

## Silver Watercolor Group

Painters gathering to enjoy fellowship and  
to support fellow artists (no instructor).

★ Bring your own supplies!  
**FREE!** Limited to first 10 registrants  
Every 2nd and 4th Thursday of the month.  
July 10<sup>th</sup> and 24<sup>th</sup> 1pm-3pm in Room 125



**iPhone & iPad Support** July 15th from 1-3pm  
**Max limit of 10 people** in the Board Room

Bring your iPhones and iPads and Jenifer will  
be here to help you with any questions and  
to teach you how to use your devices.

★ **Must bring either an iPhone or iPad only.**  
**No other devices at this meeting.**

## SUMMER BASH

★ **July 18<sup>th</sup>**  
**at 11:30 in the**  
**Senior Café & outside**  
**after the monthly**  
**Birthday**  
**party**

Join us for a carnival  
theme Summer Bash! We  
will have games, music,  
watermelon & smores and  
you might even get to take  
your "toss" to drench one  
of your favorite Dept. on  
Aging employees

★ **4th Thursday of every month**  
**10am-12pm July 24 Room 125**

**Card** → **Swap**

**Bring 10 pre-made greeting  
cards to our group of fellow  
card makers, where we will  
be sharing and learning  
from one another!**

**Limited to first 10 registrants**

**Beginning July 30<sup>th</sup>, Vaya will meet  
quarterly and feature light refreshments  
in the Heritage room at 10:30am**



VAYAHEALTH

**PTSD: Healing  
the Emotional  
Wound**

Jackson County  
Department on Aging  
100 County Services Park  
Sylva, NC 28779

AGING@JACKSONNC.ORG



Non Profit Org  
US Postage Paid  
Waynesville, NC 28786  
Permit # 18

@JACKSONCOUNTYDOA

Hello Summer!

ELECTRONIC SERVICE REQUESTED



June Birthdays!

L to R: John Bieloblocki, Danny Kever, Kathy Wilson, Betty Dishman, Pam Kienenberger

Senior Center field trip to Foxfire Museum



Spin Cycle  
Field Trip

A Matter of  
Balance class  
Graduates



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