



JACKSONIAN

A MONTHLY PUBLICATION OF THE JACKSON COUNTY
DEPARTMENT ON AGING



Department on Aging's annual Volunteer appreciation event



The Department on Aging is getting
a new program **F.R.E.S.H.**
(Focused Routines Encouraging Senior Health)!

Heather Phillips created the F.R.E.S.H. program, it will provide education like workshops, community outreach volunteers, referrals to local care, and hygiene kits. Please see page 2 for more details.



Are you F.R.E.S.H?

The Department on Aging is getting a new program FRESH (Focused Routines Encouraging Senior Health)! Because of this, I wanted to take the opportunity to elevate a special person, a person who makes good things happen, a person who really loves and cares for all of you. Heather Phillips.

Heather Joined the DOA in September of 2024, she is the congregate meals manager for Sylva, she tackles lots of big projects, Like helping to organize the Volunteer Appreciation Lunch. Heather contacted and arranged for some of the gifts and donations for this event, as well as the entertainment and the BBQ. Heather also helped come up with the idea for the Kentucky Derby event, Diapers to Dimples, and assist with countless other events and activities here at the DOA. When she is not taking care of us, she has a total of 6 Children between herself and her Husband, 5 boys and 1 girl, she and her husband also stay busy running a business!

As if this was not enough, while out in the community one day Heather was speaking with an elderly person as she was shopping, she couldn't help but notice this person needed a little assistance in the hygiene department. At this point a spark fanned into a raging fire, taking into consideration that some if not most of our seniors here are on a fixed income, and prices are going up seems like daily, Heather created the FRESH program, it will provide education like workshops, community outreach volunteers, referrals to local care, and hygiene kits. Heather was able to get area vendors to donate as well as assistance from the Area Agency on Aging. So be looking for more information. Can's say enough good things about Heather and all of the work she has done for us all, so if you get the chance please let Heather know what a good job she is doing, as one of the many great employees here at the Department on Aging. -Jamie

F.R.E.S.H. Focused Routines Encouraging Senior Health
A program presented by AAA

June 19th 11am-12pm in the Heritage Room

- Learn how personal hygiene directly affects physical and mental health
- Learn about the different types of hygiene and how you can maintain a better quality of life

FREE Personal Hygiene Kits to All Participants!

Space is limited! Reservations are required at MyActiveCenter.com,

at the front desk, or call 828-586-5494



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

MEDICARE 101
JUNE 6TH AT 10AM

Part A

Hospital
Insurance



Part B

Medical
Insurance



Part C

Medicare
Advantage Plans



Part D

Prescription
Drug Plans



Presented By: Meagan Mintz, SHIP Coordinator

**Jackson County Department on Aging
Heritage Room 1st Section**

DESSERT AND COFFEE TO BE SERVED

**For inquiries, please contact Meagan at
828-631-8037. Registration is required at**

MyActiveCenter.com,

at the front desk, or call 828-586-5494



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

JUNE IS MEN'S HEALTH MONTH

June is the month that we celebrate dads. What better time is there for men to get their health screenings scheduled? Even healthy men need to get health screenings for preventive care. If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease. Medicare covers prostate screenings once every 12 months for men over 50 and the colorectal screening tests every 120 months, unless at high risk. Cardiovascular screenings can detect conditions that could lead to heart attack or stroke and are covered by Medicare once every five years. 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**

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.



First Baptist of Sylva sent an amazing team of volunteers to assist Project CARE in building a 60' ramp for a client in Sylva.



Daniel built a 7' ramp for a client in Whittier.



With assistance from New Hope Baptist, Project CARE built a 50' ramp for a client in Sylva.



The **Project FIRE** team is working on providing firewood racks to clients without adequate cover. We called all our clients inquiring about their status and will starting building and delivering the firewood racks this month.



Hi everyone! Your Senior Center Coordinator Amanda here, just wanting to remind you all of the option to be a contributing participant and how important this is to support our programming! We do not charge a fee to belong to the Jackson County Senior Center, but some of our programming does require a fee to enjoy. We do accept contributions, which help us maintain our current level of programming as well as expand services provided. Benefits for contributing include discounted trips/classes/events/programs/fundraisers and a cooler bag while supplies lasts! The suggested contribution at the Jackson County Senior Center is \$60 a year. This amount may be paid monthly, quarterly, semiannually, or annually. We accept cash, credit card, or checks that can be made payable to "JCDOA."



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, Heather Phillips 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





Linda Freeman, Lorena Beasley and Beverly Taylor enjoy making cards with instructor Toni Murphy.



Jerry Hagan posing with his Acrylic art project.



Drumming instructor, Mary Ferrick with a group of Cashiers seniors getting ready to have a good time drumming.



Minda Daughtry, agriculture/horticulture instructor is showing senior Lorena Beasley a pair of clippers that are easy for seniors to use.

Pat Villarreal and Faye Harris working on their baskets in the monthly basket class.



Senior ladies at the Mother's Day party at the Cashiers Senior Center. From left to right are Alison Clickenger, Brenda Clickenger, Yollie Affatato, Beverly Taylor, Barbara Reich, Lorena Beasley, Linda Freeman, Judi Moore, Norma Lilly and Annita Eggleston.

Becky Lipkin showing off her multimedia art projects.

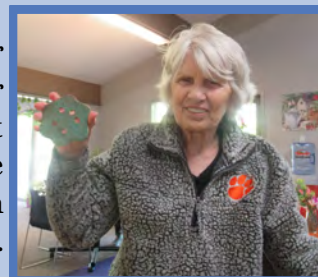


Seniors enjoying the last day of Chromebook computer class. Participating in the class are Jill Noha, Alison Clickenger, Brenda Clickenger, Linda Freeman, Jan Howard, Annita Eggleston and Norma Lilly.



Lunch time with Meals On Wheels volunteers, Selena Kittrell, Sherri Annino, Steve Hines and George Henry during our Volunteer Appreciation Drop-In Luncheon.

Beverly Taylor showing off her pottery piece that she made at the Bascom in Highlands.



Registration for events whose seats are drawn by LOTTERIES (currently Greeting Card and Basket). You may register at 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. **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

CHROMEBOOK CLASS ★

Classes that cover subjects such as basic computer, email, cybersecurity and more.

Course Requirements

- Cell phone for Google account verification
- Working internet at home, willingness to practice after class time
- Password book or list - bring to class!

**LIMITED TO
THE FIRST 8
REGISTRANTS**

**JUNE 3
TO
JULY 1**

**1PM TO 3PM IN
THE HERITAGE
ROOM**

Field Trip: 8am-4pm on June 6th

\$15 at the gate (cash or card)

18 person

Maximum

Foxfire Heritage Days

Celebration of Appalachian culture includes live music, food, hands on activities and craft demonstrations. We will arrive around 9am when it begins and stay until 12:30 at which point we will be going to The Sunday Diner for lunch (participant is also responsible for cost of their lunch) and then return to the Senior Center. ★

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.

June 11th at 1pm in Room 134



Anxiety: Managing Nervous Energy

Monday, June 16th at
10:30am in the Heritage Room



Tai Chi for Arthritis and Fall Prevention Tuesdays & Thursdays at 9:30am in Rm134

June 24th - September 11th

▶ **Limit 12 • FREE** ◀

ADVOCACY VIDEO DAY

June 4th at various times throughout the day at the Senior Center

Bill Davis, Jackson County Public Information Officer will be here to help us video participants on what our Senior Center means to you!



DIGITAL LITERACY PROJECT FOR OLDER ADULTS

Limited to 7 participants!



DIGITAL NAVIGATION AAA CLASS WITH TORI ★
June 10th from 1pm-3pm in the Computer Lab

Silver Watercolor Group

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

All level painters are welcome!

Bring your own supplies!

★ **FREE! limited to 10 registrants**

**Every 2nd and 4th Thursday of the month.
June 12th and 26th: 1pm-3pm in Room 125**



FATHER'S DAY BREAKFAST JOIN US FOR A SPECIAL MEN'S BREAKFAST, CELEBRATING ALL OF THE DAD'S!!

June 13th ★

at 8:30 am in the Senior Cafe



Join us for Fun
and prizes!



**June 18th and 25th
1:00-2:30pm in Rm135**



**4th Thursday of every month
10am-12pm June 26th Room 125**

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 **PAGE 5**

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

ELECTRONIC SERVICE REQUESTED



Left to Right: Elizabeth Beck, Howard Rohner, Rebecca Mack, Mary Johnson, Clarence Delforge

Join us for Coffee and Bagels with Gayle Woody, our Senior Tarheel Legislature Representative. She will speak about her latest meeting, Senior Legislative Priorities, and upcoming information you need to know. She will also take your feedback to representatives on your behalf!
Pre-Registration not required, but highly encouraged
June 18th at 10 AM in the Heritage Room

13th

Annual Elder Abuse Awareness Walk

Monday June 16th at 5:30pm



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