February Jacksonian
A Monthly Publication of Jackson County Department on Aging

Jackson County Health Department

COVID vaccinations are underway!
Call 828.631.4357 (HELP) to see if you meet the requirements to make an appointment

For the most current information go to the health departments website at: http://health.jacksonnc.org/

COVID vaccinations are underway!

It’s THAT time of the year again!

&

AARP TAX AIDE

is here to help

Appointments MUST be made.
No walk-ins. Please call:
(828) 331-1771
Appointments will be scheduled at the Department on Aging on either a Monday or Friday between the hours of 10am - 3pm

* A delayed start or complete cancellation is possible

JACKSON NEIGHBORS IN NEED
BLANKET DRIVE

Every being deserves to stay warm this winter!

CALL (828) 586-5494 TO GET YOUR BLANKET TODAY!
JACKSON COUNTY DEPARTMENT ON AGING
100 COUNTY SERVICES PARK DR SYLVA
PICK UP MONDAY - FRIDAY BETWEEN 8AM - 5PM

To donate a blanket, drop it by our building between the hours of 8 - 5 pm Monday-Friday at:
100 County Services Park. Sylva
Put blankets on the metal shelf under the awning outside the front doors. (Only NEW blankets accepted.) We will get blankets to those who need them.
Attention Medicare Recipients!

Medicare covers the COVID-19 vaccine at no cost to you, so if anyone asks you to share your Medicare number or pay for access to the vaccine, you can bet it’s a scam.

Here’s what to know:

- You can’t pay to put your name on a list to get the vaccine.
- You can’t pay to get early access to a vaccine.
- Don’t share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Con artists may try to get your Medicare number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

“One who knows their connection with divine love can never feel the isolation of loneliness or the fear of being rejected or deserted. One cannot be apart from or turned away from a love which knows no parting and is present and available under all circumstances.”

— Donna Goddard
For more information about Smoky Mountain Senior Games contact:
Jackson County Department on Aging
100 County Services Park
Sylva, NC 28779
828-586-5494

"We don't stop playing because we age, we age because we stop playing."
Health & Wellness

Recently, senior center staff surveyed participants who had regularly attended exercise classes before the pandemic hit who now participate in virtual classes. Some of the questions asked were:

- What programs were you participating in before the building closed?
- What virtual programs are you attending now?
- What is the difference between in-person instruction and virtual classes?
- Are you ready to resume in-person instruction when the building opens up?

We found that the majority of people continue to take the same classes they came to in-person. A few participants can take more virtual classes than in-person classes because they don’t have to drive here; this allows people who don’t live in the area to attend our classes too.

Most participants are excited to come back to in-person instruction because social interaction in a virtual class is not the same as seeing people face to face. Still, some feel more comfortable staying at home, and they want the option of in-person or virtual even after the building opens.

Some quotes from the participants who were surveyed:

“I’m beyond delighted with the virtual classes! Believe me, the exercise Zooms the senior center hosts are vastly superior to the bulk of Zooms I do.”

“The virtual classes are a blessing in my life.”

“Virtual classes are so much more convenient I don’t have to worry if I am going to get a seat in Suzie’s class!”

“It’s not like being there with everyone, but it’s good, at least I’m getting up and exercising.”

“We are not able to see everyone who would normally come to class because they don’t have a computer or what not.”

“I said to my husband, I hope they let us continue to go virtually once we get back opened up, I would love it!”

“I love being married. It’s so great to find one special person you want to annoy for the rest of your life.”

- Rita Rudner
Cashiers Senior Center Presents:

A Virtual Jewelry Class
with Mary Collins

Make Valentine stretch bracelets for your loved ones
February 11th
from 10am - 12pm
Cost: $3 or $5

To register call (828) 745-6856
or go to: MyActiveCenter.com

Spring Crafting with Margaret

Call Cashiers Senior Center to register
(828) 745-6856
Pick up craft between 9am - 2pm on February 23rd

Cashiers Senior Center

I was dead, then alive. Weeping, then laughing. The power of love came into me, and I became fierce like a lion, then tender like the evening star.
- Rumi
“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” – Rumi

Vaya Health has a Crisis Line that is available 24/7. You can call the Access to Care Line at: 1-800-849-6127

- WEAR a cloth face covering.
- WAIT 6 feet apart. Avoid close contact.
- WASH hands often or use hand sanitizer.
- WORKOUT

Senior Center Exercise Instructor Susie Jones added a fourth "W." Wear, Wait, Wash, & Workout!

Renee Cohen has been volunteering with Meals on Wheels for 18 years. After retiring from SCC she started assisting our program & others in the community such as: the Newcomers Club, the Library and the Community Table. She has called Jackson County home for 50 long years. When she’s not busy volunteering her time to the community you can find her enjoying time with her grandchildren!

Volunteer of the month