

### ADVISORY BOARD MEMBERS

Mattie Adams, Janet Beani, Dwight Beaty, Mary Helen Brown, Debbie Crocker, Lewis Dellinger, Jr., Charles Fite, Betty Grant, Helen Hatch, Carl Morrow, Sandra Murphey, Jancy Patrick (Secretary) Thomas Tate, Reverend William Thompson (President) and Debbie Vaughan (Vice President)

### SENIOR CENTER STAFF

Tabitha Thomas, Director  
Claudia Vaughn, Administrative Asst./Bookkeeper  
Karen Grigg, Program Coordinator  
Lynn Lail, Administrative Asst./My Senior Center Technician  
Bonnie Hale, Transportation Coordinator/Receptionist  
Carolyn Stalls, Gift Shop Clerk/Clerical Assistant  
Ethel Odums, Custodian  
Stan Scruggs, Custodian  
Micheal Heffner, Custodian

### 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 programs, activities, and services that enhance the well being and dignity of senior adults in the greater Kings Mountain area.

BULK RATE  
US POSTAGE PAID  
Kings Mountain, NC 28086  
PERMIT NO. 51



ADDRESS CORRECTION REQUESTED

JANUARY,  
FEBRUARY,  
MARCH 2019  
NEWSLETTER

# THE PATRICK CENTER

## NEWSLETTER

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

### THOUGHTS FROM THE DIRECTOR TABITHA THOMAS

As we enter a new year, I always like to take time to reflect on the past one. The biggest question I have is, did I love well? Did I show kindness to my friends and family? Sure, we can list our accomplishments, but as it says in First Corinthians, without love, we are like a ringing gong or a clanging cymbal. For those of you who remember the Gong Show, that's not a very nice sound!! As we start a new year, we often focus on resolutions about fitness, healthy eating, cleaning out clutter, and losing weight. Those are all important goals, but how about this time we resolve to be kind and generous to those around us? Being kind to ourselves is also important, and allows us to take better care of others.

Here are some ways to show kindness in 2019:

*Smile and tell people you appreciate them.*

*Use eye contact when listening to others and let them know you hear them. Reach out to a friend you haven't talked to in a while. Send someone a card who is living in a facility or is dealing with tough times.*

*Volunteer your time to an agency of your choice.*

*Show grace to someone who tries your patience.*

*Be grateful for what you have.*

*Take time each day to pray, meditate, or take some deep breaths.*

*Give what you can to a charity of your choice.*

*Laugh every day! It is good medicine for you and everyone around you!*

I am grateful for this wonderful senior center and for all of you. As Cinderella says, "Above all else, have courage and be kind."

Let's make that our resolution for 2019.

**SENIOR CENTER HOURS: MONDAY — FRIDAY**

**HOURS OF OPERATION: 8:00AM—5:00PM**

**RENTALS: 8:00AM-12:00 Noon AND 1:00PM-4:00PM (Bonnie Hale)**

---

## HOMESTEAD PROPERTY TAX EXCLUSION

The Patrick Senior Center wants to help by telling you about any discount you may qualify for. One discount you may not know about is the **NC Homestead Property Tax exemption** which provides financial assistance to low income elderly (age 65 and older) and disabled homeowners by exempting part of the value of their home from the **property tax** levied by North Carolina counties and municipalities. Under current law, an elderly or disabled homeowner is eligible for the exemption (\$29,500 or 50% of the appraised value of property, whichever is greater, used as his or her permanent residence) if he or she is a North Carolina resident and his or her income from the preceding calendar year (2018) was \$29,600 or less. If your income does not change or your home ownership status, then you only have to apply for this exemption once and it will be applied to your account each year automatically. If your income or home ownership status changes, you will need to notify the tax office. **There are also property tax relief programs for honorable discharged, permanently and totally disabled veterans** (service connected or receives benefits for specialty adapted housing under 38 U.S.C. 2101) or their surviving spouse and a “Circuit Breaker” Property Tax deferral program for Elderly Or Disabled. For more complete information on these exemptions and exclusions, you can call the Cleveland County Tax Office at (704) 484-4846 or go by their office at 311 E. Marion Street in Shelby, NC or your county’s tax office. Please bring page 1 of your 2018 federal income tax return and documentation of your income. If there is any change in your income, disability, or residence, it must be reported to the tax assessor in January. **Applications for this exemption must be filed with the tax office by June 1st of this year (2019).** We encourage you to take advantage of these special discounts! To check out other discounts that may assist you in keeping up with the rising cost of life’s essentials, see our Resource book in the center lobby.

---

## SENIOR CANTEEN

We are now selling drinks and snacks for \$.50 each at the Front Desk. Come check out our Senior Canteen and see what we have to offer.

---

## COSMETOLOGY SERVICES AT THE COLLEGE

On Wednesday, February 27, we are going to Cleveland Community College Cosmetology Department in Shelby. **Please sign up in the Gift Shop and pay your \$1.00 transportation fee.** The bus will leave the Center at **9:00am**, stopping by a restaurant of choice in Shelby to get some lunch, then returning to the Center at approximately 1:00 to 1:30pm. The College will be providing the following services: Haircut, Style and Manicure—Free of Charge.



---

## MEDICINE DROP OFF

The City of King Mountain will be hosting its annual **Medicine Drop off on Tuesday, March 19 from 8:00am to 12:00pm** and on **Wednesday, March 20 from 12:00pm to 4:00pm** here at the Patrick Senior Center.

---

## SIP N’ PAINT ART CLASSES

The Center is happy to offer “Sip N’ Paint” Art Classes (sparkling cider) on a monthly basis thanks to instructor, artist, Sue Brabham. Come join us on **Monday, January 14 and Monday, February 11 from 10:00am-12:00pm**. The morning classes have a fee of \$8.00 each and are available to seniors ages 55 and older. We will also offer an **after hours class on Tuesday, March 12 from 5:30pm-7:30pm**. The evening class has a \$15.00 fee and is open to the public of all ages. **Please sign up and pay your fee in the Gift Shop before the deadline, (one week prior to date of class) so we may know how many supplies we need to purchase. Please do not sign up unless you are paying at the same time.** We look forward to a beautiful painting and a terrific time every month!

---

## 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

---

## BUTTER BEAN AUCTION

Come join us for a fun auction like no other.....using butter beans for money! Our next Butter Bean Auction will be held on Wednesday, **March 27 at 10:00AM** in the dining room. Everyone will be given a packet of butter beans, and then the bidding will begin. Laughter will abound as players try to “outwit and outbid” their opponents! Donations of prizes, or money to purchase prizes are greatly appreciated. Maybe you have gotten a gift you have never used or you could just pick up something at the Dollar Tree. Come join us at the Butter Bean Auction.

---

## TRIP TO SEA LIFE AQUARIUM

**SEA LIFE AQUARIUM** is an indoor aquarium located inside Concord Mills Mall. This one-of-a-kind experience will get you up close and face-to-face with amazing underwater creatures such as sharks, stingrays, sea stars, sea horses, jellyfish and thousands of colorful fish! Join us on a journey through 10 themed exhibits on **Wednesday, January 30**. Buses will leave the Center at 9:30am and return around 1:30pm. Group tickets cost **\$12.50** and must be paid two weeks in advance. Please sign up in the Gift Shop and pay for your ticket and \$1.00 transportation fee (**total of \$13.50**) no later than Wednesday, January 16. This fascinating underwater world is waiting for you to explore.

---

## CHAIR YOGA

Come join us for a **free demonstration** of Yoga with Instructor **Daniel Jovaneli from Breeze in Yoga** to strengthen your body and mind on Wednesday, January 23 and Wednesday, February 20 from **11:30am to 12:30pm in Conference Room II**. Yoga is known for being an effective stress reliever, and it comes with a long list of physical benefits. **Yoga can help you:** improve core strength and posture, increase flexibility, balance and range of movement, manage stress, chronic pain and arthritis, sleep better and feel more energized, lose weight and lower blood pressure. You can improve your overall health, enhance your quality of life, and have some fun while you're at it. **These demonstrations are free!**

---

## DAY BY DAY SUPPORT GROUP

Come join us in the library on the first **Wednesday of the month from 10:00am—11:00am** with Kathryn Ellen of Hospice & Palliative Care of Lincoln County. Day by Day focuses on the importance of making positive decisions on a daily basis that remind us to take control of our lives so life doesn't take control of us.

---

## SENIOR GAMES KICK-OFF

The **Senior Games Kick-Off** event will be at the **Patrick Center on Friday, February 1 from 10:00am - 11:00am**. Come and see if participation in Senior Games is something that might interest you. Please let Karen Grigg know if you plan to attend this kick-off event. Refreshments will be served. Senior Games' **Opening Ceremonies** will be on **Monday, April 1 at Gardner-Webb University beginning at 9:00am**. **Silver Arts and Senior Games Packets are now available at the Front Desk. Pick up yours for important deadlines.**

---

## PERSONAL CARE SERVICES

**Toenail Clipping By Appointment Only**  
Wednesdays, January 9th and 23th  
Wednesdays, February 13th and 27th  
Wednesdays, March 13th and 27th



---

## SUGGESTION BOX

**MAKE A**  
*Difference*  
**Offer A Suggestion**

Our **suggestion box** is located across from the main bathrooms and sitting on the shelf under the bulletin board. Ideas, concerns, compliments, and/or complaints can be made about anything at the Senior Center. Answers to your suggestions will be **posted on the bulletin board as soon as appropriate. All suggestions will be reviewed and considered.** We want your input into what happens at the Center; your concerns are important to us. Thank you for taking the time to communicate with us!

---

## BACK PACK PROJECT

Did you know that many children in our community go to bed hungry because they have nothing to eat for dinner? You might ask what can I do to help alleviate this problem! One solution that helps hungry school children is the **BACK PACK PROJECT** that the Center assists with in coordination with the **Kings Mountain Rotary Club and City Manager Marilyn Sellers**. We collect *non-perishable food items such as individual cereal packs that can be eaten without milk, pop tarts, individually prepared dinners such as spaghetti, ravioli, mac & cheese (really need these), fruit cups, applesauce, pudding cups, beanie weenies, juice boxes, crackers, and cookies for elementary students who are in need of some food items for the weekends.* The schools send these backpacks home with the children on Fridays and the children bring the backpacks back to school on Mondays. A rotary club member picks up the backpacks and refills them with your donations. **If you would like to help us in the fight against hunger, please place your donated items in the blue barrel marked Backpack Project in the Center Lobby.** There is also a collection box at City Hall at the receptionist desk and one at Public Works in the Codes office. **TOGETHER WE CAN MAKE A DIFFERENCE in the lives of children by helping to end hunger in our own community!**

---

## INCOME TAX ASSISTANCE

The Patrick Senior Center will not be providing Tax Assistance Service at the Center this year. However, we are hoping to partner again with the Neal Senior Center in Shelby. Please call the Patrick Senior Center after the New Year for more information.



---

**MERRY CHRISTMAS AND HAPPY NEW YEAR  
FROM THE SENIOR CENTER STAFF!**

---

## 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.

---

## COMPUTER CLASSES

We are happy to announce our Computer Classes are being offered again. Thank you and welcome back instructor, **Chris Putnam**. Come join him in the computer lab for a **nine week session every Tuesday from 9:30-11:30 beginning on January 8 and ending on March 19.** Topics will include Basic Skills, Windows Basics, Setup and Maintenance, Installing and Uninstalling Software, Internet Basics and Online Security. Please stop by the Front Desk or call Karen Grigg at 704-734-0447 to register for this class.

---

## HOLIDAY CLOSINGS



**Tuesday, January 1—  
New Year's Day**  
**Monday, January 21—Martin  
Luther King, Jr. Birthday**  
**Monday, February 18—  
President's Day**



---

## VOLUNTEER OPPORTUNITIES

Volunteers at the Patrick Senior Center are vital for our day to day operation. In fact, many services and programs could not be offered through the center if it were not for volunteers. The donation of your time and talents will enhance our programs and services, helping us to achieve our ultimate goal of improving the quality of life of our senior adults and adding life to their senior years. Opportunities that require daily use of volunteers to carry out center programs include: Friday Lunch, Commodities Distribution, Receptionist, Clerical, Newsletter Folding, Instructor, Special Parties and Events, Document Shredding, Red Cross Blood Drive, Friendly Visits, Ambassadors-Tour Guide or Line Dancers, Cleaning Assistance and much more! Please contact Karen Grigg at 704-734-0447 for more information. You are invited to come to our volunteer meetings are the third Tuesday of the month at 12:15pm. We hope you will join our team!

---

## BLACK HISTORY MONTH

On Tuesday, February 12 at 9:30AM -11:00AM, the Patrick Senior Center will host its annual **Black History Month Program**. We will be celebrating with the music from the African American Community. There will be a lite lunch served immediately after the program. **Seniors age 55 and older are invited to join us for this inspirational program.** Special thanks to Mary Jones and all the volunteers for all their hard work and for planning this program for the Center.



---

## SENIOR CARDIO CIRCUIT

Ring in the New Year with a new commitment to better health! This **Cardio Circuit** class is a low key, low impact cardio vascular and strength training class. Come join Certified trainer, Cindy Dashnaw from the YMCA on **Mondays 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!

---

## IMPORTANT DATES TO REMEMBER

- \*DOCUMENT SHREDDING—MONDAY, JANUARY 14 9:00AM - 2:00PM.
- \*VOLUNTEER MEETINGS—(THIRD TUESDAY OF THE MONTH) JANUARY 15, FEBRUARY 19 AND MARCH 19 AT 12:15PM.
- \*FREE WILL CLINIC—MONDAY, MARCH 18, 9:00AM—3:00PM Call 877-579-7562 to schedule your appointment.
- \*BLOOD PRESSURE CLINICS—(THIRD WEDNESDAY OF THE MONTH) JANUARY 16, FEBRUARY 20 AND MARCH 20—10:00AM—11:30AM.
- \*MONTHLY BIRTHDAY CELEBRATIONS—(FOURTH TUESDAY OF THE MONTH) JANUARY 22, FEBRUARY 26 AND MARCH 26—9:45AM—11:30.
- \*EAST ELEMENTARY SCHOOL BIRTHDAY PARTIES—(THIRD WEDNESDAY OF THE MONTH) JANUARY 16, FEBRUARY 20, AND MARCH 20—10:30AM



**RED CROSS BLOOD DRIVE**  
**AT THE PATRICK SENIOR CENTER**  
**FRIDAY, JANUARY 18**  
**10:00AM—2:30PM**



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

---

## STEPS TO HEALTH - TAKE CONTROL

Make plans now to start the year with a new health focus. Join Nancy Abasiekong on **Tuesdays from 11:00-12:00** starting **January 15 and ending on March 12**. This program is a chronic disease prevention program. It helps participants develop lifelong habits that help them eat healthy and be more physically active.

**Program Benefits:** 1) Sample healthy foods, 2) A personal tracking tool, water bottle, and spice jar for you to keep, 3) Information to help you control your sodium, fat, and added sugar and 4) Eight engaging and interactive sessions, that include physical activities.

**Lesson Titles:** Session 1 - Taking Control, Session 2 - Moving More, Session 3 - Living Mindfully, Session 4 - Controlling Your Sodium, Session 5 - Controlling Your Fat, Session 6 - Reducing Your Added Sugar, Session 7 - Eating More Fruits, Vegetables, and Whole Grains, Session 8 - Staying in Control.

Steps to Health - Take Control will be held at the:

Patrick Senior Center, 909 E. King Street, Kings Mountain, NC 28086. For more information or to sign up, contact: Karen Grigg, 704-734-0447.

For additional workshop information, contact: Nancy Abasiekong, Family & Consumer Sciences Extension Agent, 704-492-4365.

---

## HEARING PRESENTATION

**Shawn Lane, Community Accessibility Specialists from the N. C. Division of Services for the Deaf and the Hard of Hearing** will be here on **Monday, March 25 from 10:00am-10:45am** sharing information regarding this very valuable state resource. All services provided by this agency are free of charge. If you have hearing loss, think you may have some hearing loss, or know someone with hearing loss, this program is one that you don't want to miss. One of the biggest programs offered by this agency is the Equipment Distribution program. Some equipment available from this program is: a hearing aid, an amplified telephone, a captioned telephone, various alerting devices, and more. Come to learn more about this program and how it may help you, family members, friends, or other loved ones.

---

## SUPPORT GROUP INFORMATION

**1st Tuesday—3:00PM**

**Veterans Meeting**

Patrick Senior Center, Kings Mtn.

**1st Wednesday-10:00AM**

**Day by Day**

Patrick Senior Center, Kings Mtn.

**2nd Tuesday-5:30PM**

**Diabetes Support Group**

Cleveland Regional Medical Center, Shelby

**3rd Tuesday—5:30PM**

**Evening Dementia Support Group**

Life Enrichment Center, Shelby

**4th Tuesday—6:00PM**

**Parkinson's Support Group** (quarterly)

Life Enrichment Center, Shelby

**4th Tuesday-5:30PM**

**Evening Dementia Support Group**

Neisler Life Enrichment Center, Kings Mtn.

---

## INCLEMENT WEATHER POLICY

In the event of inclement weather, you may call the Senior Center at **704-734-0447** to find out we will be closed or will open at a later time than usual. As soon as we receive notification of the closing or delayed opening, we will change the voice mail greeting on the Senior Center answering machine. You may also check the City of KM website for updates. As always, in inclement weather, please use caution and good judgement in deciding whether or not to come to the Center.

---

## 12 STEPS TO MAKING THE MOST OF EVERYDAY

Please join us on **Monday, March 4 at 10:00am in Conference Room I** for an interactive, inspirational discussion on 12 practical suggestions that you can implement to ensure that you are "Making the Most of Every Day." Life is too precious for us to risk leaving things to chance. Be smart. Be creative. Be deliberate. Be responsible. Be happy. Be healthy. Be passionate. Come on out and we'll share a few of our secrets that you'll find useful in navigating this journey that we call life.

## EMERGENCY ALERT NOTIFICATION SYSTEM

Do you want to get notified about emergencies and other important community news? The Emergency Alert Program notifies you in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods. You may enter up to 5 addresses that you would like to monitor. You may also get alerts for your child's school or family members that also live in Kings Mountain. This service is provided free of charge by The City of Kings Mountain; however, normal messaging fees may be applied by your service provider for cell phones and text messages. You will receive time-sensitive messages wherever you specify, such as your home, cell, email address, text messages and more. Sign up today! Simply go on the City of Kings Mountain website, click on Emergency Alert Notification, click on the Create New Account button and get started! If you do not have access to the internet, ask one of our staff members for help.

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



JANUARY—Soup and Crackers

FEBRUARY—Canned Tuna and Chicken

MARCH—Beans and Cooking Oil



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!

## DEBUNKING THE MYTHS OF HOSPICE

Come join us for **Debunking the Myths of Hospice** - A discussion of what palliative medicine and hospice are and what they are not, as well as make a comparison of the similarities/differences of these two types of medicine. Learn when each of these are appropriate and the level of support that both of these can bring to the caregivers and families. Kathryn Ellen, Strategic Account Manager for Hospice and Palliative Care of Charlotte Region (including Cleveland County) will help you to understand all the misconceptions about Hospice and answer all of your questions on **Monday, February 4 at 10:00am in Conference Room I.**



## DUTCH LUNCH BUNCH

You are invited to join our **Dutch Lunch Bunch**, seniors who go as a group on the **second Wednesday of the month**, to various restaurants in the area for **only \$1.00 for transportation plus lunch on your own.** You don't have to eat alone! Come join the Dutch Lunch Bunch 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. On **January 9**, we plan to visit by most popular vote...**Shrimp Boat in Gastonia**, then on **February 13**, we will travel back to **Gastonia to O'Charley's!** Next, we are headed to **Hamricks for our annual spring shopping trip then eating at Clock of Gaffney on March 13!** We hope each of you will plan to go with us on these adventures to try something new. You can sign-up in the gift shop by paying your \$1.00 to reserve your seat. **YOU MUST PAY YOUR \$1.00 UPON SIGNING UP. WE WILL NOT ACCEPT YOUR SIGNATURE WITHOUT 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 with us.*



---

## COMMODITIES DISTRIBUTION

The Commodities Program has undergone some changes. Therefore, we will not be distributing food on a quarterly basis, at least for now. Currently, we are looking at other ways to provide food to our seniors. For the months of January, February and March, any of our Senior Center participants who are in need of food may come by the front desk and get one bag of food once a quarter from our SHOP Pantry (Seniors Helping Other People) as long as food is available. Donations to the SHOP can be made by anyone at any time. We accept non-perishable food items, gift cards we can use to purchase food, and donations designated for SHOP purchases.

There are some food distribution sites in Cleveland County and anyone regardless of age can apply at these sites—**Faith Missionary Baptist/Washington Missionary**—822 Churchill Drive in Shelby, 704-482-8088; **First Baptist Lawndale** - 129 Douglas Street in Lawndale, 704-538-9429; **Washington Missionary Baptist** - 1920 Stony Point Road in Shelby, 704-435-3138; **Changers Church**— 341 Hudson Street in Shelby, 704-284-8664; **Green Bethel Baptist** - 120 Bethel Avenue in Shelby, 704-434-2831 and **Walls Memorial**, 2223 Elizabeth Avenue in Shelby, 704-472-4738. You may want to choose the closest site to your home and you may call them to get on their distribution schedule.

Any further changes and updates about food assistance will be noted in our newsletter. If you are in need of food, please come see us. We also have information about free lunch programs in the county.

---

## BEGINNER LINE DANCING

Are you ready to boot scoot your way to better health? Here is your chance to have fun while getting some exercise. Instructor, Fran Payne will guide you through the basic steps from the beginning and get you ready to graduate to the intermediate classes or you can take it again if you wish. Come join us for this six week series of lessons on **Wednesdays, from 9:00am to 10:00am beginning January 2 in Conference Room II. Thank you Fran!**

---

## ABOUT SHIIP

The Seniors' Health Insurance Information Program (SHIIP) is a free N.C. Department of Insurance health benefits counseling service for Medicare beneficiaries and their caregivers. The service is designed to help beneficiaries make the best decisions about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and/or long-term care insurance. The counselors on the SHIIP toll-free line offer free and unbiased information regarding Medicare health care products. They also help people recognize and prevent Medicare billing errors and possible fraud and abuse through the N.C. Senior Medicare Patrol Program or SMP. 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 savings by paying for all or part of the monthly premiums and annual deductibles. It may also provide lower prescription co-payments under a Medicare prescription drug plan. To qualify for Extra Help, the monthly income must be below \$1,518 for an individual or \$2,058 for a married couple living together. Resources/assets must not be more than \$14,100 for an individual or \$28,150 for a married couple living together. The assets/resources do not include a primary residence or a vehicle. If you or you know someone who may qualify for Extra Help, they are encouraged to apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or if assistance is needed, they can contact the N.C. SHIIP office toll-free at 855-408-1212. They may also seek assistance at the Patrick Senior Center in Kings Mountain by calling 704-734-0447. Starting in 2019, between January 1-March 31, beneficiaries can also make plan changes during the Medicare Advantage Open Enrollment Period. This period allows Medicare Advantage beneficiaries (with or without drug coverage) to switch to another plan or join a prescription drug plan. Appointments available **Tuesday, January 15, February 19 and March 19.** Please call for an appointment.

