ONGOING ACTIVITIES AT THE CENTER

Games: For Mah Jong groups call 452-2370
Hearts/Pinochle call George at 400-3173
Social Bridge call Chris at 452-2209

Meditation: Meets every Thursday at 10:30 a.m.

Brain gym/X box: You may come in Monday-Friday, 8-5;
however, if you need instruction, you must call Bruce at 926-7478 prior to coming in.

Book Club: Meets the third Wed. at 2 p.m. A second club may form if there is enough interest. Call 452-2370 to put your name on the list.

Parkinson’s Support Group: Meets the last Wednesday of every month at 2 p.m.

Technology Assistance: In addition to the computer classes we offer periodically, we also have a volunteer who is willing to offer one-on-one assistance in the use of I-pads, I-phones and laptops. If you need assistance call 356-2800 to schedule an appointment.

Crochet Group: Beginning April 7th, a crochet group will meet each Tuesday morning at 10 a.m. Whether you are a novice or an expert, you are invited to come and crochet with the group. Bring your own supplies and work on your own project.

Senior Resource Center of Haywood County
81 Elmwood Way, Waynesville, NC 28786
(828) 356-2800 haywoodseniors.org

Spring, 2015
Dear Friends,

We believe aging is a positive thing. With age we hopefully become wiser and more comfortable in our own skins. Aging brings us time to explore interests we have had on hold. The third portion of our life can be the best and brightest—a time when we can freely explore our creativity. We invite you to do just that. “Creative Living” is a unique venue for learning ... ...meeting....celebrating! Explore interests—find a passion for something new - let your creativity run wild!

Refund Policy

Classes are 100% refundable when the class is cancelled by the Center. A student wishing to withdraw from a class that has not been cancelled by the Center must request a refund in writing at least five (5) business days before the scheduled start of a class. Cancellations with refunds will incur a $5 handling fee. After the five working day period, refunds will not be given except for a verified medical/hardship case.

Please register for classes at least one week in advance. The instructors need to know how much material is needed and if enough students have signed up to fill the class.

Cover photograph is courtesy of Joy Teetsel.

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**Beyond Words**

Beyond Words will help the caregiver learn effective communication strategies for use with loved ones with dementia, taking into consideration the various stages of the illness. The instructor will also identify factors affecting nutrition and eating in individuals with dementia.

Leslie Lawson, LRT/CTRS, QMHP is a Licensed Recreational Therapist, and Qualified Mental Health Professional. She has been part of the Geriatric and Adult Mental Health Specialty Team of Smoky Mountain LME/MCO for almost seven years. Leslie has experience working with all ages in mental health and physical medicine and rehabilitation. Leslie also is certified in Gerontology and has her certification as a Dementia Caregiver Specialist.

Tuesday, June 30, 1-4  
No cost

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**REGISTRATION**

Register for classes at the Senior Resource Center, 81 Elmwood Way, Waynesville or by calling 356-2800. Payment must be made prior to the first day of the class and registration must be done at least one week prior to class.

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**SOMETHING NEW!**

A walking group every Wednesday & Friday at 9 a.m. at the Senior Resource Center. Walking in place with some stretching will help you keep flexible & in shape. Come on—get moving! Begins April 8 at 9 a.m.
Classes will be held at the Senior Resource Center unless otherwise noted.

Classes

Eat Smart, Move More, Weigh Less

Did you make a New Year’s resolution to eat less, exercise more and lose weight? Having trouble sticking with it? We have just the program for you. Eat Smart, Move More, Weigh Less is a weight management program developed by the NC Cooperative Extension and the NC Division of Public Health. There will be an orientation meeting on April 1st, the sessions will begin on April 8th and run until July 15th. This program offers strategies proven to work. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. This program is offered in collaboration with Cooperative Extension.

Julie Sawyer is a graduate of the University of Tennessee. She taught Family & Consumer Sciences at Tuscola High School and is now on the staff of Haywood Cooperative Extension where her focus is on food safety, preservation and nutrition, as well as healthy lifestyles.

Wednesday, April 1st, 11 a.m. orientation
Wednesday, April 15-July 15, 11 a.m.
Cost: $25

Macular Degeneration Matters

Macular Degeneration affects as many as 15 million Americans—perhaps someone in your own family. Is it hereditary? What is the difference between the wet and dry types? Does it cause total blindness? Are there treatment options? This session with Dr. Coy Brown will answer these and other questions. You will find this to be a very informative class.

Dr. Coy Brown is a local optometrist with Smoky Mountain Eye Care. He is dedicated to meeting the vision care needs of the people of Waynesville by providing high quality personalized eye care.

Wednesday, June 24, 1 p.m.
No cost

Life Insurance 101

There are many reasons one might need to review his/her life insurance in view of current needs. For example, perhaps you started a large 20 year level term policy at age 59 to give your wife survivorship income and now you are 75 and still in great health—the point is, situations change and needs change. This class will explain the different types of life insurances and how you can apply them to your individual needs. With proper planning, you and your family can be covered and have peace of mind for years to come.

Donna McDowell is an agent with Bankers Life. She lives in Haywood County and daily addresses the retirement planning needs of Western North Carolina seniors. Her areas of specialty are life insurance, Medicare, short and long term care, and preservation of savings with growth through annuities.

Monday, June 29, 2 p.m.
No cost
Sleep Apnea

Sleep apnea, once rarely heard of, seems to now be prevalent. What is it? Is it dangerous? What can be done to treat it? What is a CPAP and how does it work? This session will answer these questions and stress the importance of controlling sleep apnea through the use of a properly set up CPAP machine.

Heath Sutton, owner of Mountaineer Oxygen Services, Inc. for 12 years, has a Masters from Western Carolina University in respiratory therapy and is a Certified Respiratory Therapist. He has been in the medical profession for over 15 years.

Tuesday, June 16, 10 a.m.
No cost

Long Term Care Planning

It’s no secret that long-term care costs are on the rise and will be one of the most significant expenses senior face. Long-term care insurance is expensive and often out of reach. How can I afford it? How does long-term care insurance work? What happens if I don’t have insurance? What happens to my assets? What about my family? These questions and more will be covered in this seminar on long-term care planning. The information is for planning purposes only; no attempts will be made to sell insurance.

R. Joseph Ritter, Jr. is a certified financial planner and founder of the 501 © (3) non-profit organization Zacchaeus Financial Counseling, Inc. After enjoying more than 10 years as a specialized paralegal in an estate planning law firm serving high net worth clients, Joe founded the organization to provide financial education and affordable financial planning coaching and counseling services to low and middle income households.

Wednesday, June 24, 11 a.m.
No Cost

Beginning German

Learning a new language is great exercise for the brain. This beginner class will cover basic German grammar rules and vocabulary. You will also learn a bit about German history for a well-rounded experience. The class will continue as long as students are interested.

Burton Flanagan is a retired lawyer with a love for German history and culture. He studied German at the University of Alabama and lived in Switzerland for a year and a half where he renewed his study of the German language.

Monday, April 6th, 1:30-2:30
No cost

I Have an IPad, Now What?

Do you have an IPad but have no idea how to use it? Perhaps you know a few things, but want to know more. This class provides hands-on experience. Participants will bring their IPads to class and learn tips and tricks for more detailed IPad usage. Participants will also share their IPad tips.

Jayne Williams is a retired teacher with experience in teaching all ages from pre-school through seniors. She has taught in public schools, community colleges and specific group settings in South Carolina, Florida, Georgia, and North Carolina. She specializes in breaking subjects down into learning segments to make learning easier.

Tuesday, April 7, 10-11 a.m.
No Cost
**Beginning Computer Skills**

This class is designed for those who would like to be able to use a computer. Basic skills such as e-mail and internet will be practiced. Each participant will be able to log in, create an e-mail address and use basic internet skills.

Jayne Williams is a retired teacher with experience in teaching all ages from preschool through seniors. She has taught in public schools, community colleges and in group settings throughout the southeast. She specializes in breaking subjects down into learning segments to make learning easier.

Tuesday, April 7, 11-12
No Cost

**Oh, My Aching Back!**

An interactive discussion of “Myths that Surround Low Back Pain: Uncovering the Truth To Have a Healthy Back”. Dr. Fleck will discuss how back pain develops, testing and non-surgical treatment options, the role of activity in healing pain, the indications for surgery, and habits to support a healthy back. Attendees will be asked to complete “the Back Challenge”, a survey of their current impressions regarding spine pain. This will serve as a foundation for the discussion, allowing attendees to better understand how their beliefs may be impacting their own spine health.

Laura Fleck MD is a Board Certified neurologist who trained at Northwestern University in Chicago. Her practice is limited to the evaluation and management of spine related pain (both low back and neck pain). Her approach to spine care is holistic and emphasizes empowering patients to manage symptoms through education, lifestyle changes, and rehabilitation. During her career, Dr. Fleck has provided inpatient spinal cord injury rehabilitation, designed and developed two nationally known spine centers, and performed extensive electrodiagnostic testing (EMG/NCV testing) for the evaluation of peripheral nerve and spinal nerve root injuries.

Thursday, April 9th, 4:30-5:30 p.m.
No cost

**Healthy Habits for a Healthier You**

This program is designed to offer you research-based recommendations about taking care of your brains and bodies in order to age as well as possible. This program is intended for healthy individuals who are looking for ways to age well.

Denise Young is the Regional Manager for the Alzheimer’s Association of Western North Carolina. She brings more than 10 years of non-profit experience to this role. She conducts educational programs throughout 14 western NC counties and manages the three Walk-to-End Alzheimer’s events in our area. She has recently moved to Hendersonville from Salisbury, NC and looks forward to expanding the outreach of the Alzheimer’s Association in all of Western North Carolina.

Tuesday, June 9, 11 a.m.
No cost

**Off We Go**

Join us for a fun day trip to the Whistle Stop Mall. Established in late 1999, the Whistle Stop Mall was created as a place where visitors can see and touch history through the years. It is located in the beautiful town of Franklin, a place rich with culture and heritage. The mall accommodates 60,000 square feet of antiques, retail stores and dining to meet everyone’s needs. Enjoy the trains, tractors, automobiles and collectibles, a true connection to the past. You will also find some new items that will keep you in the present along the way. After shopping, the group will have lunch together before returning to the Senior Resource Center. Please register for the trip. There is limited seating on the bus.

Meet at the Senior Resource Center at 9 a.m.

Thursday, June 10, 9 a.m.
Cost: $5 plus the cost of your meal and any purchases you might make
**Thrifting in Spring**

Can you spot treasure in someone else’s junk? Do you see possibilities in what others would discard? Do you like to recycle? Does getting a good bargain make your day? If you answered “yes” to any of those questions, you will enjoy our “Thrifting in Spring” excursion. We will be leaving the Senior Resource Center at 9:15 a.m. and will visit several thrift stores before having lunch (maybe hitting another store or two) and heading home. Dress comfortably and wear good walking shoes. A beautiful spring day and treasures awaiting—what could be better? Seats on the van are limited so register soon. Everyone is responsible for his/her own lunch.

Tuesday, June 2, 9:15 a.m.
Cost: $5

**Safe and Sound**

Are you one of the thousands of people in or approaching retirement whose desire is to continue living in your home for as long as possible? Do you have a loved one who wishes to remain living independently, but have concerns about their safety? Join us for a lively talk about easy, affordable and valuable adjustments you can make in the home to stay safe and comfortable for years to come. Refreshments will be served.

Natalie Malis has been a public speaker for over 20 years and has dedicated the last 15 years of her career to healthcare. She is dedicated to helping the older people of our community successfully age in place and to providing support to “sandwich generation” caregivers who struggle to care for their young family as well as their parents in need of assistance. Natalie is President and Founder of Solo Secure Medical Alert Systems, a local medical alert monitoring company committed to providing life-saving help to each of their customers at the push of a button.

Wednesday, June 3, 10:30 a.m.
No cost

**Beginners’ Meditation**

In this 6-week course participants will explore different forms of meditation as well as the ways meditation can help bring more serenity, equanimity, health and insight into one’s life. Studies have show meditation can reduce high blood pressure, relieve pain, reduce recovery times, lower cholesterol levels, increase energy, reduce chronic anxiety, and even help in the treatment of addictions. Participants report they feel happier and more content in their daily lives. Those interested in continuing will be welcome in the ongoing meditation class.

Melissa Moss has studied meditation for 35+ years, starting with the forms of contemplative and centering prayer. She has studied the Buddhist approach at Barbara Brennan’s School of Healing and the Sufi method, emphasizing a body-centered avenue. She has experience in concentrative, awareness and surrender types of meditation.

Monday, April 20—May 25; 10:30
No Cost

**Something New for Spring Brunch**

Spring is a good time to add something new to the menu—and just in time for Mother’s Day. Participants in this class will learn how to prepare a savory dish using crepes and asparagus. It is a light and healthy dish the entire family will enjoy. Taste-testing the final product will be the best part of the class.

Heidi Leatherwood was born in Mannheim, Germany. She loves to cook and share her culinary knowledge and expertise with others.

Tuesday, May 5, 10:30 a.m.
Cost: $5
MemoryCare Caregiver Education

A series of 6 two-hour lectures will be provided for those who know someone with memory disorders. Sessions are designed to improve caregiver understanding of the different aspects of dementia care. Related presentation materials will be provided. Space is limited so please sign up in advance. There is no fee for caregivers enrolled in Memory Care; for others, the cost is $85.

Dr. Lisa Verges will lead the course. She is a psychiatrist with MemoryCare, a community based non-profit charitable organization providing care for patients with dementia and education and counseling for their caregivers and families.

Tuesdays, May 26-June 30, 3:30-6 p.m.
Cost: $85 (free for caregivers enrolled in MemoryCare)

Movie Maker

Have you seen those awesome videos of old pictures, family events, memorials that are set to music and are so impactful? Do you have a box of pictures you would like to use? Learn to create your own movies, with music, photos and video using Movie Maker. Scan your photos prior to class. If you need help with this, schedule an appointment at the Resource Center and we will help you. Bring your laptop to class or you can reserve one of the center’s laptops. Bring your scanned pictures on a flash-drive, disc or memory card.

Torrie Murphy, Senior Corp Volunteer Coordinator with Mountain Projects, has used the MovieMaker program to create fun and creative presentations for programs such as YMCA camp, Foster Grandparents and Senior Companion programs as well as family functions and memorials.

Thursday, May 28, 11 a.m.
No cost

High Tea

Feel like a king or queen. Join us as we meet at the Senior Resource Center and then go to the Herren House for high tea. Learn about the tradition and ceremony involved in tea as you enjoy food and drink prepared in the proper British manner.

Michelle Briggs is owner of the Herren House, a local bed and breakfast. She is from Britain and is well prepared to share the ceremony of High Tea with guests.

Wednesday, May 13, 3:45
Cost: $12 plus gratuity