COUNTY OF BURKE SENIOR SERVICES

# THE EAST BURKE SENIOR CENTER NEWSLETTER

DECEMBER 2020

Activities and Programs are open to Adults aged 55 and older

Ho Ho Ho and Happy December! We're in the final month of 2020 and we are looking forward to 2021 bringing in positive changes. Staff have been busy creating new programming that will begin in the new year and we are excited to share it with you! More virtual programming, interactive programming, and other exciting changes will be coming. We will continue the "Some Assembly Required" crafts too.

The Christmas season and the stress of the holidays triggers sadness and depression for many people. This time of year is especially difficult because there's an expectation of feeling merry and generous. People compare their emotions to what they assume others are experiencing or what they're supposed to feel and then think that they alone fall short. They judge themselves and feel like an outsider. There are a host of things that add to stress and difficult emotions during the holidays:

- Finances. Not enough money or the fear of not having enough to buy gifts leads to sadness and guilt. The stress of financial hardship during this economic downturn is often compounded by shame. When you can't afford to celebrate it can feel devastating.
- Stress. The stress of shopping and planning family dinners when you're already overworked and tired can be overwhelming.
- Loneliness. A whopping 43 percent of Americans are single, and 27 percent of Americans live alone. When others are with their families, it can be very painful for those who are alone. Seventeen percent of singles are over 65, when health, age, and mobility can make it more difficult to enjoy yourself.
- **Grief.** Missing a deceased loved one is painful at any age, but seniors have more reasons to grieve.
- Estrangement. When you're not speaking to a relative, family get-togethers can usher in feelings of sadness, guilt, resentment, or inner conflict about whether to communicate.
- Pleasing. Trying to please all of your relatives deciding what to get, whom to see, and what to do can make you feel guilty and like you're not doing enough, which leads to depression.

...Continued on next page...

#### BURKE COUNTY SENIOR SERVICES

East Burke Senior Center

101A Main Avenue West Hildebran, NC 28637

> 828-397-3397 828-764-9300 Fax: 828-764-9305

Monday - Friday 8:00 AM - 5:00 PM

As we are closed to the public, please call for an appointment.

Rebecah Bova Assistant Director

Brenda Barnes Office Assistant

Judy Medley Office Assistant

Kathy Young Office Assistant

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The Mission Statement of the East Burke Senior Center is to sustain and improve the quality of life, promote independence while preserving the dignity of and to enhance access to services and information for senior adults and mature adults with disabilities and their caregivers.

Find us on Facebook at www.facebook.com/ EastBurkeSeniorCenter

The East Burke Senior Center and its grounds are Alcohol and Tobacco Free.



• SAD. Many people experience the blues during gloomy weather due to decreased sunlight, called Seasonal Affective Disorder (SAD).

Much of the planning, shopping, and cooking is done by women, so they carry the greater burden in preparing for family gatherings. Women are at twice the risk for depression than men. After heart disease, depression is the most debilitating illness for women, while it's tenth for men. To read more on this, see Depression in Women.

### Some measures you can take to cope with the holiday blues include:

- Make plans in advance, so you know how and with whom your holidays will be spent. Uncertainty
  and putting off decision-making add enormous stress.
- Shop early and allow time to wrap and mail packages to avoid the shopping crunch.
- Ask for help from your family and children. Women tend to think they have to do everything, when a team effort can be more fun.
- Shame prevents people from being open about gift-giving when they can't afford it. Instead of struggling to buy a gift, let your loved ones know how much you care and would like to, but can't afford it. That intimate moment will relieve your stress and nourish you both.
- Don't allow perfectionism to wear you down. Remember it's being together and goodwill that matters.
- Make time to rest and rejuvenate even amid the pressure of getting things done. This will give you
  more energy.
- Research has shown that warmth improves mood. If you're sad or lonely, treat yourself to a warm bath or cup of hot tea.
- Spend time alone to reflect and grieve, if necessary. Pushing down feelings leads to depression. Let yourself feel. Then do something nice for yourself and socialize.
- Don't isolate. Reach out to others who also may be lonely. If you don't have someone to be with, volunteer to help those in need. It can be very uplifting and gratifying.

The signs of depression are feelings of sadness, worthlessness or guilt, crying, loss of interest in usual activities, fatigue, difficulty concentrating, irritability, social withdrawal, and changes in sleep, weight, or appetite. If these symptoms are severe or continue for a few weeks, more than the holidays may be the cause. Seek professional help.

\*Excerpted from https://psychcentral.com/lib/9-tips-to-cope-with-holiday-depression/\*

We are here to help. If you or someone you know needs referrals for any type of depression, give us a call. There are resources available at no cost.

Cheers to Holiday Happiness, a Happy New Year, and time well spent with family, friends, and to remembering and making new memories.

From our families to yours, Merriest of Christmases and Happiest of New Years!

Rebecah, Judy, Kathy & Brenda



NC 211 is an information and referral service provided by United Way of North Carolina.



Families and individuals can dial

2-1-1 or 1-888-892-1162 to obtain free and confidential information on health and human services and resources within their community.

You can also visit www.nc211.org for online assistance.

## Information

#### **LEGAL ASSISTANCE**

Legal Aid of North Carolina Foothills (Appointment schedules may be altered by closure.) Staff from Legal Aid partner with the senior center to provide Will Clinics annually. This is an opportunity to make simple wills for persons over age 60. If interested, call us to be added to the waiting list. For more information, call the senior center at 828-397-3397.

### INFORMATION AND ASSISTANCE FOR OLDER ADULTS

Call the senior center at (828) 397-3397 for information about services or resources in Burke County.

### **COVID 19 INFO LINE**

Burke County Emergency
Services has an
information line if you have
questions about the
symptoms of COVID 19.
Call them with questions at
(828) 764-9388.

After Hours Line NC Public Information Line 1-866-462-3821

### **NCBAM HOPE LINE**

If you are 65 or older and feel isolated or lonely, the North Carolina Baptist Aging Ministry wants to help! A friendly voice is available Monday– Friday from 9am to 9pm.
1-866-578-4673

#### **FOOD PANTRIES**

If you are in need of food, here are a few options. Contact the senior center for a full list of pantries in the county.

Burke United Christian Ministries:
828-433-8075
The Outreach Center:
828-439-8300
East Burke Christian Ministries:
828-397-7074

### **TRANSPORTATION**

Handi-Care, Inc. in Drexel receives a grant to provide free medical transportation.

828-437-8429

Greenway Public Transportation provides general and Medicaid transports. 828-464-9444

#### Services Provided at the East Burke Senior Center

- **Provide Various Health Screenings** and Health Promotion programs geared towards the older adult free of charge or at reasonable cost.
- **Tax Aide/AARP** Tax Assistance for the Elderly Prepared by AARP volunteers and E-File and State Tax Returns. Volunteers needed.
- SHIIP (Senior Health Insurance Information Program) Provide counseling services for older adult and qualified Medicare recipients interested in Medicare, supplemental insurance, and long-term care insurance information. Also assist with signing up for Medicare Parts A, B, & D.
- **Reverse Mortgage Counseling** Provided to Seniors through the Western Piedmont Council of Governments Area Agency on Aging office. Assist clients in obtaining appointments.
- Outreach Staff available to present at your church or other civic gatherings and health fairs.
- Social Security Assist in filling out the online applications for initial enrollment and other basic services.
- **Transportation** Assist clients in meeting their transportation needs, including Senior Carpooling, General and Medical Transportation.
- Housing Assist clients in finding and contacting local housing options. Application completion assistance is available.
- **AARP** Host the East Burke AARP at East Burke Senior Center, Host the Table Rock AARP (all hearing impaired) at the Burke Senior Center, work with the Burke County AARP.
- Host the Burke County Council on Aging.
- Durable Medical Equipment Seniors can borrow, free of charge, various home health equipment including wheel chairs, bathroom chairs and other common pieces of equipment (subject to availability). This is through a partnership with Handicare, Inc.
- **Home Improvement** Assist clients with home improvement through various agencies including Foothills Service Project and Carolina Cross Connection.
- **Legal Services** Available through Legal Aid of North Carolina. Host annual Will Clinics every July. All services are by appointment only. Notary available onsite to assist with Power of Attorney, Health Care POA and Living Wills.
- Support Groups PACT (Partnering Adult Caregivers Together) offered the second Tuesday each month at the Burke Senior Center. Vietnam Combat Support Group, WWII/Korean Support Group, and Grandparents Raising Grand children at the East Burke Senior Center also available. Call for a full listing of available support groups.
- Home Delivered and Congregate Meals are available through Burke County Nutrition Program. Also serve as a Meals on Wheels delivery location. Volunteers needed.
- Home Health & In-Home Aide Services We can assist you in filling our and sending in intake forms for grant funded services. We can complete referrals to local agencies providing home health services in your home.
- Medicaid Assist you in completing the Medicaid application online or paper format, including Medicare Savings Program.
- Job Training & Job Placement Senior Center serves as SCSEP host. Provide assistance with online job applications including NCWorks.
- Adult Day Health Assist with enrollment to local Adult Day Health program.
- Mental Health Educational programs provided onsite. Assistance and Referral to mental health support programs available.
- Disaster Preparedness Information available to assist you in preparation and readiness should a disaster occur.
- Hospice Host presentations annually on Hospice Care. Can assist you for referrals for care.
- Long Term Care Facilities/Ombudsman Program Maintain list of facilities for long term care placement. Connect to the regional Ombudsman residents' right advocate. Community Advisory Committee Volunteers needed to visit residents in local long term care facilities.
- **Rehabilitation Services** Assistance available to connect with area agencies providing rehab services including vocational rehab, independent living and long term care rehab.
- **Elder Abuse / Adult Protective Services** Reporting assistance proved onsite when needed.
- Respite Assistance available to connect you with the Family Caregiver Support Program respite services and Project CARE.
- **Senior Games** Applications available onsite and assistance provided for completion, submission and Silver Arts transportation.
- TAB Telephone Assurance program of Burke Daily calls to seniors to check on well-being and safety.
- Energy Assistance Senior centers serve as FAN distribution site. LIEAP and CRISIS Intervention assistance available on site.
- Food Distribution Referrals to local food banks available including BUCM, EBCM, The Outreach Center, and others.

# December 2020

EST. 2005

Share photos of your

"mutt"!

Pick up a box of

Christmas cards from

the center to send to

friends & family! Call for appointment.

It's Christmas Card Day

### **East Burke Senior Center**

101-A Main Ave W Hildebran, NC 28637 (828) 397-3397 A Certified Senior Center of Merit



Click HERE for the history.



15 What is "Cat Herders Day"? Click HERE to learn!



Click HERE to watch apes, live, at the San Diego Zoo

Monkey Day



22

VAYA Health FREE Virtual Training

1:30 PM - Person(RE)ality: Why Mine is Different

2:45 PM - Overcoming Communication Barriers





Every single person has the power to change the world



8 HAPPY NATIONAL BROWNIE DAY



Click HERE, HERE, HERE, & oh HERE & **HERE** for recipes.

16

VAYA Health FREE Virtual Training

10 AM Person (RE) ality: Why Mine is Different

11:15 AM - Overcomina Communication Barriers



10

17

INTERNATIONAL DAY

OF PERSONS

WITH DISABILITIES

3 DECEMBER

VAYA Health FREE Virtual Training

1:30 PM - Person (RE) ality: Why Mine is Different

2:45 PM - Overcoming Communication Barriers



NC boasts "First in

Flight" thanks to the

**HERE** to Learn more

about the brothers.

Wright Brothers. Click

VAYA Health FREE Virtual Training

10 AM Person (RE) ality: Why Mine is Different

11:15 AM - Overcoming Communication Barriers



11 DON-I FORGET TO

PRACTICE MINDFUL

MEDITATION # TAHE A SCREEN



18 National

pages to vote on which site, Hildebran or Morganton, has the ugliest sweaters.



23 Celebrate Roots Day



Find out more HERE

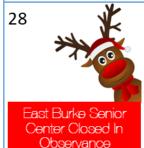
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25

East Burke Senior Center Closed In Observance of the Christmas Holiday



of the Christmas

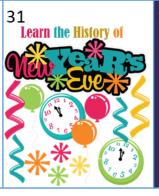
Holiday

In honor of Pear Month, HERE are recipes that look yummy! Give them a try and post on Facebook! .

30

Because... bacon. 110 Bacon Recipes HERE.







This month we're doing something a little different with our "Some Assembly Required" crafts. Due to high demand, which is great, we are trying a different way so that we can accommodate everyone.

When you call in, we will give you a number. Each of our craft kits will be numbered. On the first Friday of the month, we will draw numbers for crafts. We cannot guarantee you will receive the craft(s) you want, but you can always trade with your friends. If, on December 14th, we have craft kits that weren't picked up, we will do a "first come, first served" appointment pick up.

We also ask that you not pick up for anyone else since we have to keep track for our certification process.

You may still have an opportunity to own one of the crafts as every time we make a sample, we're putting them into special storage and will hold a drawing at a later time.

Thanks so much for working with us and being understanding.



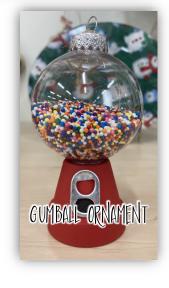
# This month's "Some Assembly Required" Crafts are:

















# This month's "Some Assembly Required" Crafts are:



















### **Registration Information**

Please send email Rebecah.Bova@BurkeNC.org to register for any selected webinar(s) by the deadline indicated.

Please include attendee name, webinar topic, webinar date & time, and agency affiliation if applicable.

### Mark Your Calendars for Upcoming FREE December 2020 Webinars

Date	Time	Topic
December 4, 2020	10:00-11:00am	Person(RE)ality: Why Mine is Different
		Register by December 1 <sup>st</sup> to Rebecah.Bova@BurkeNC.org
December 4, 2020	11:15am-12:15pm	Overcoming Communication Barriers
		Register by December 1 <sup>st</sup> to Rebecah.Bova@BurkeNC.org
December 10, 2020	1:30-2:30pm	Person(RE)ality: Why Mine is Different
		Register by December 7 <sup>th</sup> to Rebecah.Bova@BurkeNC.org
December 10, 2020	2:45-3:45pm	Overcoming Communication Barriers
		Register by December 7 <sup>th</sup> to Rebecah.Bova@BurkeNC.org
December 16, 2020	10:00-11:00am	Person(RE)ality: Why Mine is Different
		Register by December 11 <sup>th</sup> to Rebecah.Bova@BurkeNC.org
December 16, 2020	11:15am-12:15pm	Overcoming Communication Barriers
		Register by December 11 <sup>th</sup> to Rebecah.Bova@BurkeNC.org
December 22, 2020	1:30-2:30pm	Person(RE)ality: Why Mine is Different
		Register by December 17 <sup>th</sup> to Rebecah.Bova@BurkeNC.org
December 22, 2020	2:45-3:45pm	Overcoming Communication Barriers
		Register by December 17 <sup>th</sup> to Rebecah.Bova@BurkeNC.org



Through a public-private partnership, North Carolina has created the nation's first statewide technology platform, NCCARE360, to coordinate whole-person care uniting traditional healthcare settings and organizations that address non-medical drivers of health, such as food, housing, transportation, employment and interpersonal safety. NCCARE360 is now available in all 100 counties.

Now, anyone in North Carolina can request services and be connected to an accountable organization to support their immediate and long-term needs. NCCARE360 enables health and community-based organizations to make electronic referrals, communicate in real time, securely share client information, and track outcomes together. North Carolinians who need assistance can search NCCARE360's repository of more than 10,000 local services at nccare360.org/resources, access resources by calling 2-1-1, or complete an online form at nccare360.org/request-assistance.

NCCARE360 completed its statewide rollout six months ahead of schedule as the team fast-tracked the statewide expansion in response to COVID-19. Since the network launched in 2019, more than 1,000 organizations across the state have joined the network to connect the people they serve to the resources they need to stay healthy and well, while also ensuring accountability and tracking outcomes

Research has established that having an unmet resource need including experiencing food insecurity, housing instability, unmet transportation needs and interpersonal violence or toxic stress—can negatively impact health while also increasing health care utilization and costs. These non-medical drivers have the greatest impact on health, yet historically the human services and healthcare systems have been fragmented and siloed. NCCARE360 breaks down those siloes, putting people at the center of service delivery.

To read the press release in it's entirety visit https://governor.nc.gov/news/north-carolina-creates -nation's-first-statewide-infrastructure-connecting-healthcare-and-human

# Seniors and COVID-19

If you are an older adult and/or caregiver living in Alexander, Burke, Caldwell, or Catawba counties, there is assistance available to help you during these challenging times.



# HERE IS HOW WE CAN HELP

The Western
Piedmont Council of
Governments Area
Agency on Aging is
the recipient of
funding from the
CARES Act. These
funds are to support
older adults and
their caregivers in
response to the
pandemic.

The WPCOG AAA can help older adults and caregivers with needs such as meals, groceries, pharmacy items, cleaning supplies, assistive technologies, incontinence supplies, face coverings, and more.

Please call the AAA if you need assistance or have questions at 828.485.4257





The East Burke Senior Center and the East Burke Pharmacy are teaming up to Fight The Flu!

Make an Appointment for a Flu Shot on December 15th at the East Burke Senior Center from 9AM - 1PM.

Call (828)397-3397 to make an appointment.



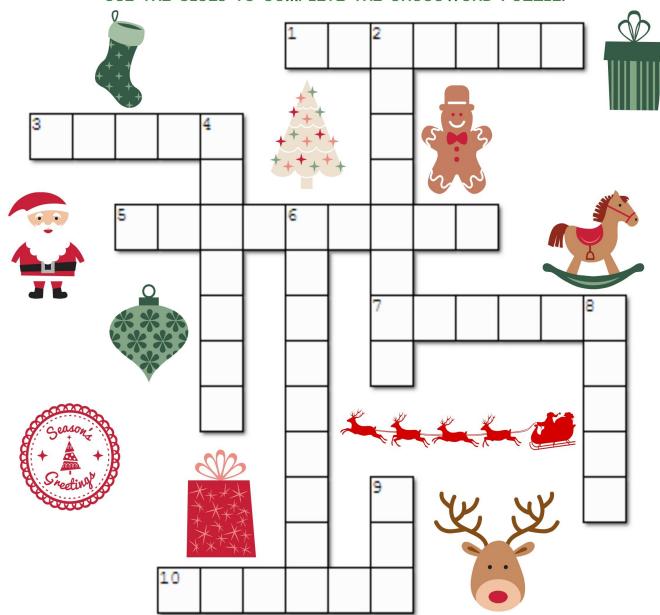
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Angel Holly Peace Snowflake Candycane Joy Presents Snowman Christmas Mistletoe Reindeer Stocking

Elf Noel Rudolph Tree Gingerbread Ornament SantaClaus Wreath

# CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



### Across

- 1. One of Santa's Reindeer
- 3. Santa's Helpers
- 5. December 25th is \_\_\_\_\_\_.
- 7. Christmas Drink
- 10. The name of a popular snowman.

### Down

- 2. Christmas Month
- 4. He hates Christmas!
- 6. You hang them by the chimney.
- 8. On Christmas morning we unwrap our

9. \_\_\_ to the world!



WWW.THRIFTYMOMMASTIPS.COM



# NAME THAT CHRISTMAS MOVIE

Answer the questions and submit the response to the East Burke Senior Center to be entered for a special Christmas Prize Drawing! Responses should be submitted no later than December 21st.

<u>CLUE</u>	ANSWER
1. Excessively parsimonious solitudinarian	
2. Stupendous existence	
3. Arctic iron horse	
4. Tactics regarding yuletide swipe by verdurous antagonist	
5. Unaccompanied occupation of domicile	
6. Helpmate for the Pontiff	
7. Yuletide footwear	
8. Festive shindig	
9. Vivacious bulbous spheroids of chilled precipitate	
10. Niveous Yule	
11. Noel for umber chuck	
12. Chronicled season of Joy	
13. Seasonal ditty	
14. Boulevard three score and four claims unexplained phenomenon	,
15. Country of playthings and neonates	
16. Noel over yonder	
17. Tolling of campanulate metal at basilica of Holy Ancestress	
18. Gateway to the city rendezvous	
19. Complete journey tintinnabulations	
20. Jovial north dweller	
21. Destination: Homestead; Arrival date: Christmas	

# Sausage Balls

Yields:20

Prep Time: 10 Min Total Time: 35 Min

### INGREDIENTS

1lb. Ground Pork Sausage

2 c. Bisquick

4 c. Shredded Cheddar

2 tbsp. Freshley Chopped Parsley, plus more for garnish

l tbsp. Paprika

Kosher Salt

Freshly Ground Black Pepper

Extra-Virgin olive oil, for brushing

### **DIRECTIONS**

- 1. Preheat oven to 350° and line a baking sheet with parchment. In a large bowl, mix together pork sausage, Bisquick, cheddar, parsley, and paprika until combined and season with salt and pepper.
- 2. Using a small cookie scoop, place tablespoon-size balls of mixture onto prepared baking sheet.
- 3. Brush tops of balls with olive oil and bake until deeply golden and no longer pink, 25 minutes.
- 4. Garnish with parsley before serving.



## Roasted Carrots with Maple and Thyme



### **Ingredients**

2-3lbs carrots 6tbsp maple syrup

4tbsp olive oil 1 tsp salt

1/2 tsp black pepper 1/2 tsp cayenne pepper

1 tbsp smoked paprika 1/4 tsp cinnamon

1/4 tsp nutmeg 1/4 cup fresh thyme leaves

1/2 cup walnuts, chopped

#### **Directions**

Preheat the oven to 350 degree, meanwhile, spread the walnuts on a foil lined roasting sheet. Once ready, toast the walnuts for 10-12 minutes or until fragrant. remove walnuts from the oven and set aside to cool.

Increase the oven temp to 400 and prepare the glaze. In a medium/large bowl combine olive oil, maple syrup, salt, pepper, cayenne, cinnamon, nutmeg, paprika and thyme. Whisk to combine, then toss carrots in the glaze until completely covered.

Pour out carrots and glaze onto a foil lined roasting sheet, large enough to space carrots out so they're not too crowded. If not enough space is provided, the carrots will steam and not roast which will result is a soggier carrot with no char.

Roast carrots for 30-40 minutes or until fork tender and carrots begin to spilt. About half way through the cooking process give the carrots a toss to redcoat and evenly roast

Remove carrots from the oven onto a serving dish, be sure to get all the glaze that has thickened on the roasting pan

Sprinkle the carrots with the walnut while they're still hot, serve immediately. Enjoy!

## Christmas Fudge



### **Ingredients**

Cooking spray

- 2 3/4 c. chocolate chips
- 1 (14-oz.) can sweetened condensed milk
- 2 tbsp. heavy cream
- 4 tbsp. butter
- 1 tsp. pure vanilla extract
- 1/4 tsp. kosher salt
- 3 tbsp. Christmas sprinkles

### <u>Directions</u>

Line an 8"-x-8" baking pan with parchment paper and grease with cooking spray. In a medium saucepan over medium heat, melt chocolate, condensed milk, butter, cream, vanilla, and salt together. Stir until smooth then pour into prepared pan.

Top with sprinkles and refrigerate until set, 2 hours. Cut into squares to serve.





The competition is going to get UGLY and the sweaters are going to get uglier!

The Hildebran and Morganton sites are holding an UGLY SWEATER Competition

in honor of National Ugly Sweater Day.

Voting begins on December 15th and goes through the 20th.

A winner will be announced on December 21st.



Visit the Facebook Pages for the Hildebran (<u>facebook.com/EastBurkeSeniorCenter/</u>) or Morganton (<u>facebook.com/Burke-County-Senior-Center-126557367878</u>) sites to cast your votel

### **Drone Footage that is amazing!**



Enjoy the sights of Grand Father Mountain Park from the sky by clicking HERE.

You can also soak in the sights of Linville Gorge HERE.

If you like to enjoy different views of some far away places click HERE.

## Let it snow, let it snow, let it snow...

Watch a peaceful snowfall HERE.

If you enjoy Christmas Trains (on a smaller scale) click <u>HERE</u> to watch an amazing model train and display in the Holiday spirit!

### Christmas Lights Galore



Virtual Christmas Light Tour of US States! Dazzling light displays! Click <u>HERE</u> for the Western US, <u>HERE</u> for the Eastern US.

Take a virtual tour of New Jersey's Best Christmas Light Displays by clicking <u>HERE</u>.

Click <u>HERE</u>, for a youtube video that is JingleJangle! Or click <u>HERE</u> to take a virtual reality drive through 1.5 Million Christmas lights.

You can join in on December 12th at 6pm to watch a live premier concert "Holiday Train at Home" by clicking <u>HERE</u> and joining on Facebook.

### Nostalgic YouTube Videos

Watch "The Little Drummer Boy" from 1968 by clicking HERE.

Click **HERE** to watch a compilation of vintage Christmas movies.

Watch a video of 1950s Christmas <u>HERE</u> or click <u>HERE</u> to watch "The Night Before Christmas" filmed in 1905.

Or sit by a crackling "fireplace" and relax to some Christmas music <u>HERE</u>.

# WANTED

"VOLUNTEERS"

### WANTED FOR:

"No Contact" Meals on Wheels
Deliveries, once a week or
once a month in Hildebran or Rhodhiss;

Helping friends in your community with food insecurity get the meals they need;

Giving back to the community by personally check on home-bound folks & ensure they get their much needed assistance.

If this is YOU, call Lana Lowder at (828) 430-4147 to "turn yourself in" as a Volunteer.

# REWARD

Having the best doggone feeling by helping folks who rely on volunteers' service!



### Laughter really is the best medicine...















Do you have a passion for people? Do you have a talent you'd like to share? Volunteer! There are a variety of ways you can share with others at the senior center. We are always looking for helping hands and willing workers. Let any staff member know you're interested and we will get you started with a volunteer work book and orientation!

### Meals on Wheels - We Need YOU!

Our Meals on Wheels deliveries are wholly volunteer based and we NEED volunteers. Our Hildebran and Rhodhiss routes have immediate openings for delivery volunteers. If you MEALS MWHEELS can volunteer once a week or once a month, call Lana Lowder at 828-430-4147 to let us know what dates you can help deliver hot meals to seniors with food insecurity.



Please call if you can help us help those who rely on their community to ensure they get the much needed assistance.

### Around the Center:

- Send your email address to Rebecah.Bova@BurkeNC.org and we will add you to the newsletter email list.
- Please remember to use the MySeniorCenter kiosk to sign in to ALL programs and events. This helps us with tracking, our certifications, and funding.
- Update your information with us if you have a change of address, phone number, etc.