

THE EAST BURKE SENIOR CENTER NEWSLETTER



APRIL 2021

*Activities and Programs are open
to Adults aged 55 and older*



April 22nd is Earth Day and we're celebrating with an outdoor event with the local arborist, the NC Cooperative Extension agent, fun activities and take away treats that will be fun for ALL ages. We encourage you to visit us on Thursday, April 22nd from 1 - 3 PM in the parking lot of the Senior Center.

Until then, you can start celebrating Earth Day by taking small steps to reduce your "Carbon Footprint". What in the world is a "carbon footprint"? A carbon footprint corresponds to the whole amount of greenhouse gases (GHG) produced to, directly and indirectly, support a person's lifestyle and activities. This includes transportation, housing, food consumption, and basically everything you do in your normal operation of living.

Ways you can lower your Carbon Footprint:

1. Transportation - When you can, walk to your destination. When shopping, park and walk to each store or share a ride.
2. Food - Eat locally and from seasonally produced food. Recycle and compost organic waste (we're doing a demonstration for composting on 4/6).
3. Water Use - Use the washer and dishwasher only when full. Avoid boiling excess water and cover pots while cooking - you'll save energy and the process will be faster! Collect the cold water from the first seconds of your shower to water your plants.
4. Energy Use - Be mindful of the temperature in your house, 1° can make a huge difference in your energy bill and program the thermostat to only come on when you're home; Check the insulation in your home; Un-plug charger devices when not in use; use LED bulbs in lights.
5. Waste Management - Refuse what you don't need, reduce what you do need; reuse what you can; Use re-usable bags at the grocery store; Choose products with little or no waste.

These easy steps can be incorporated into every day life. A simple Google search of "How to reduce my carbon footprint" will give even more ideas.

We hope to see you on **April 22nd from 1-3 PM at our Earth Day Event!**

**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

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 out 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.

April 2021

East Burke Senior Center

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



Don't forget to
CALL to
REGISTER for all
VIRTUAL
programs at
(828) 397-3397.

Programs with an
* beside it require
pre-registration.

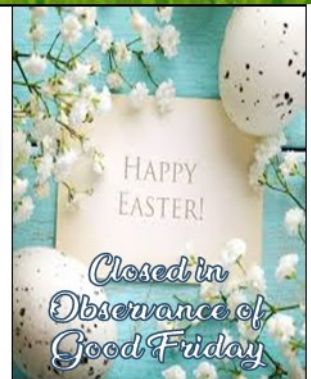
All April long
we're
celebrating...



1



Click the image for
an easy recipe



5

Click [HERE](#) to learn the
history of "Go For Broke".



National Go For Broke Day

6

3PM How Do I...
Start Kitchen
Composting?*



7



Click [HERE](#) to learn
about the day!

8

**NATIONAL
ZOO
LOVERS
DAY**



9

FREE Virtual Training
w/ VAYA Health
10A Bipolar: Extreme
Mood Variation: Is
there Stability?*

11:15A Keeping the
Balance: Mood
Stabilizing
Medications*



12

It's Big Wind Day



Click the photo to
learn more!

13

PLANT A FLOWER DAY



SCHEDULE AN APPOINTMENT TO
PICK UP YOUR FLOWER BAG

14



15

1:30P & 2:45P
Free Virtual Training
w/ Vaya Health*
3P How Do I...Make a
Recycled Grocery Bag
Mat?*



[Click for Orchid Fun Facts](#)

(National Orchid Day - April 16)



19



**National
Garlic
Day**

Click [HERE](#), [HERE](#),
[HERE](#) and [HERE](#) for
recipes!

20



IP VIRTUAL TRIVIA ALL ABOUT
"EARTH DAY"

21

FREE Virtual Training
w/ VAYA Health
10A Bipolar: Extreme
Mood Variation: Is
there Stability?*

11:15A Keeping the
Balance: Mood
Stabilizing
Medications*



22



23

1:30P HOW DO I...
IMPROVE AIR QUALITY*



26



CLICK [HERE](#) TO
LEARN MORE

27

FREE Virtual Training
w/ VAYA Health
10A Bipolar: Extreme
Mood Variation: Is
there Stability?*

11:15A Keeping the
Balance: Mood
Stabilizing
Medications*



28

1P How Do I...
Start a Raised
Bed Herb
Garden?*



30



CLICK [HERE](#) TO VISIT THE ARBOR
DAY FOUNDATION.

Virtual Programming

is held via Zoom or Facebook Live.
Pre-registration is required.



March's "How Do I..." Programs:

6th at 3PM - How Do I ... [Start Kitchen Composting?](#)

Learn to compost in your kitchen! Presented on Facebook Live.

15th at 1PM - How Do I ... [Recycle Grocery Bags into a Mat?](#)

Join Kathy as she shares how to make plastic grocery bags into "plarn" and then into a usable mat. Presented on Facebook Live.

28th at 1PM - How Do I... [Grow a Raised Bed Herb Garden?](#)

Judy will show us how easy it is to start and grow an Herb Garden in a raised bed.
Presented on Facebook Live.

23rd at 1:30PM - How Do I... [Improve Air Quality?](#)

Brenda will review some easy ways to improve the quality of the air in and out.
Presented on Facebook Live

Other Virtual Programs in April:

9th & 21st at 10AM and on the 15th & 27th at 1:30PM - FREE Training with VAYA Health -
[Bipolar: Extreme Mood Variation: Is there Stability?](#) Via Zoom.

9th & 21st at 11:15AM and on the 15th & 27th at 2:45PM - FREE Training with VAYA Health -
[Keeping the Balance: Mood Stabilizing Medications](#) Via Zoom.

Saturdays, April 10th - May 1st, 10:30 - 11:30 AM

[Coffee Chat Technology Series](#) - <https://aarp.cvent.com/TechSeries>

Chat with Michael Friedman, AARP volunteer and a college sophomore at Washington University in St. Louis about the ways that technology can support physical, emotional and psychological well-being.

10th at 10:30AM - Using Technology to Better Stay Connected with Friends & Loved Ones

17th at 10:30AM - Avoiding and Combating Scams

24th at 10:30AM - Powerpoint, Word, OneNote, and More

May 1st at 10:30AM - The Internet of Things

20th at 1PM - [Earth Day Trivia](#)

Join Kathy on Facebook Live to test your knowledge of Earth Day!

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.



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. Call (828) 485-4257 if you have questions or need 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.

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

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

INFORMATION AND ASSISTANCE FOR OLDER ADULTS

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

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

TRANSPORTATION

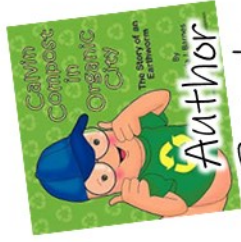
Handi-Care, Inc. in Drexel receives a grant to provide free medical transportation.
828-437-8429
Greenway Public Transportation provides general and Medicaid transports. 828-464-9444

Celebrate Earth Day

on Thursday, April 22nd from 1 PM - 3 PM
in the Parking Lot of the East Burke Senior Center



All Ages
Welcome!



Author
Brenda
Barnes



Make Your



Ask an Agent
Agriculture &
Horticulture



Make A
Nature
Craft



FOOTHILLS
CONSERVANCY
of North Carolina

Ask an
Arborist



Dispose of old
Prescription
Drugs





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



Egg Straw Art



Denim Roses



Fairy House



Bunny Plate



Access to Services and 24/7 crisis assistance
1-800-849-6127
www.vayahealth.com

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 April 2021 Webinars

Date	Time	Topic
April 9, 2021	10:00-11:00am	Bipolar: Extreme Mood Variation: Is there Stability? - Register by April 6th
April 9, 2021	11:15am-12:15pm	Keeping the Balance: Mood Stabilizing Medications - Register by April 6th
April 15, 2021	1:30-2:30pm	Bipolar: Extreme Mood Variation: Is there Stability? - Register by April 12th
April 15, 2021	2:45-3:45pm	Keeping the Balance: Mood Stabilizing Medications - Register by April 12th
April 21, 2021	10:00-11:00am	Bipolar: Extreme Mood Variation: Is there Stability? - Register by April 16th
April 21, 2021	11:15am-12:15pm	Keeping the Balance: Mood Stabilizing Medications - Register by April 16th
April 27, 2021	1:30-2:30pm	Bipolar: Extreme Mood Variation: Is there Stability? - Register by April 22nd
April 27, 2021	2:45-3:45pm	Keeping the Balance: Mood Stabilizing Medications - Register by April 22nd



NCCARE360

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.

S'MORES TART



Ingredients

¼ cup whole milk	1 cup milk chocolate chips
1 tbsp for garnish	1 6-oz graham cracker crust, chilled
3 egg whites, room temperature	½ cup sugar
½ tsp vanilla extract	1 cup marshmallow cream

Directions

In a small pan over medium heat, warm the milk until it just begins to bubble around the edges. Turn off the heat and add 1 cup chocolate chips. Let sit for a few minutes to melt the chocolate, and then whisk to combine. Pour into the pie crust and put into the freezer until set, about 20 minutes. Preheat the broiler to high.

In a large, clean glass or metal bowl, add the egg whites. Using an electric hand mixer, whisk the egg whites to get them frothy. With the mixer running, slowly beat in the sugar. Continue until they begin to form stiff peaks, 3 to 4 minutes. Beat in the vanilla and marshmallow cream. Spoon the mixture over the chocolate, making sure to cover all the way to the edges of the crust. Put on the middle rack of the oven and broil until the top is lightly browned, 2 to 3 minutes. Garnish with the remaining chocolate chips. Allow to cool for 10 minutes before slicing.

Low Carb Cauliflower Breakfast Bake



INGREDIENTS

1 large head cauliflower	8 slices bacon, chopped	10 large eggs
1 c. whole milk	2 cloves garlic, minced	2 tsp. paprika
Kosher salt	Freshly ground black pepper	
2 c. shredded cheddar	2 green onions, thinly sliced, plus more for garnish	
Hot sauce, for serving, optional		

DIRECTIONS

Preheat oven to 350°. Grate cauliflower head on a box grater and transfer to a large baking dish.

In a large skillet over medium heat, cook bacon until crispy, 8 minutes. Transfer to a paper towel-lined plate to drain fat.

In a large bowl, whisk together eggs, milk, garlic, and paprika. Season with salt and pepper.

Top cauliflower with cheddar, cooked bacon, and green onions, and pour over egg mixture.

Bake until eggs are set and top is golden, 35 to 40 minutes.

Garnish with hot sauce and more green onions before serving

Virtual Visits



In celebration of Earth Day, you can take a virtual tour of ... the Earth! Visit www.Google.com/Earth to get a bird's eye view of our planet.



Take a tour of California's famous Redwood Forest by clicking [HERE](#).



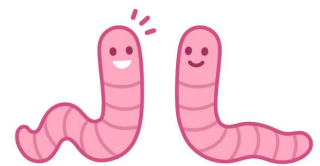
You can visit 11 endangered places on earth by clicking [HERE](#) and you can take virtual adventures in the Grand Canyon, at Glacier National Park, in the Monteverde Cloud Forest, Amazon Rainforest, and other amazing places!

The Joyce Kilmer Memorial forest is a North Carolina gem hidden within a short drive. You can click [HERE](#) to visit their website.



Watch Peregrines (who now have eggs laid!) by clicking [HERE](#) or enjoy the beauty of Red Wolves [HERE](#) - both are endangered animals.

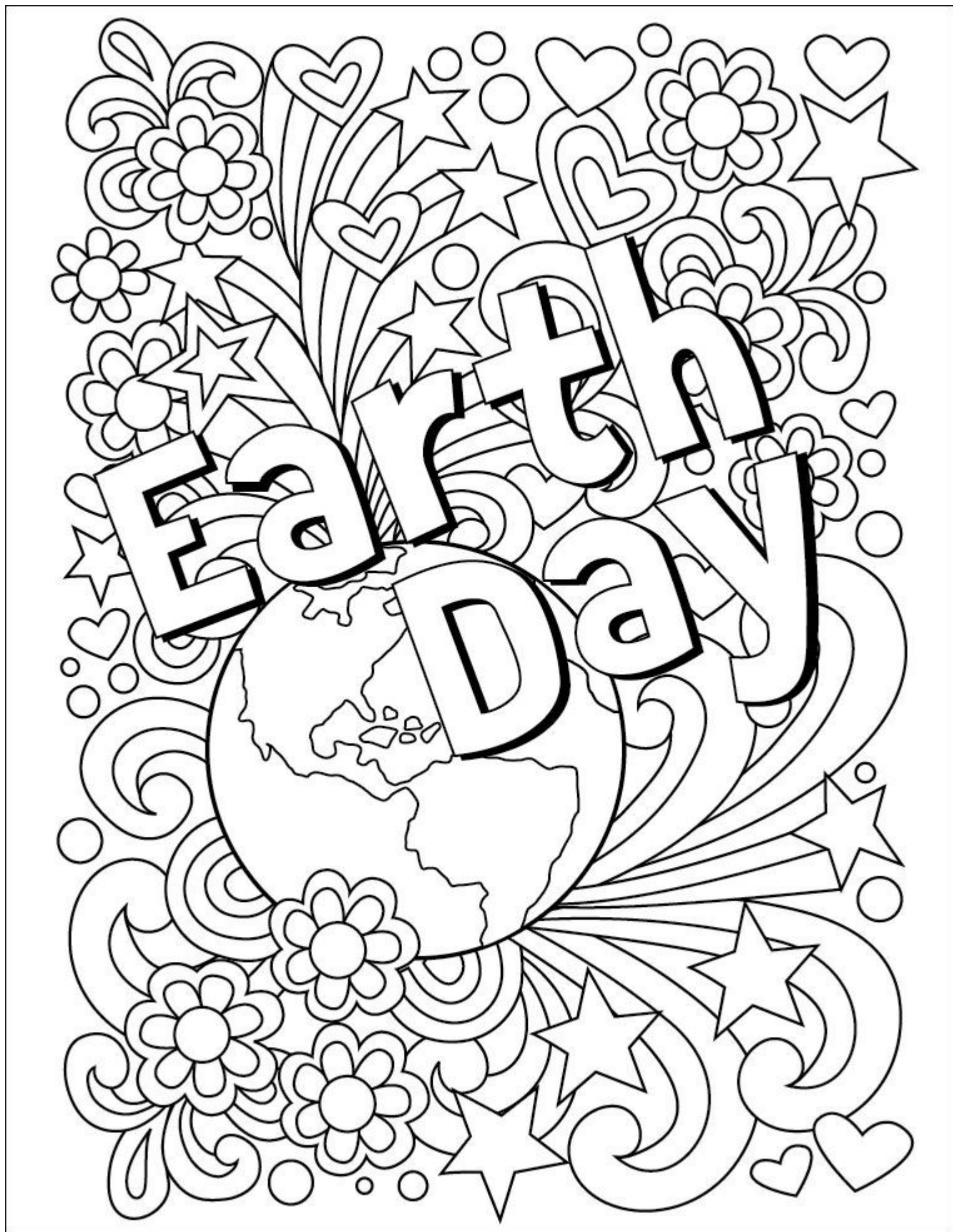
You can watch Earthworms at work and see a time-lapse of 20 days worth of earth worms vermicomposting! Click [HERE](#) to see them hard at work.



Have you ever wondered what composting looks like over time? Click [HERE](#) to see just exactly how composting breaks down and see what your kitchen compost turns into!

Click [HERE](#) to see a Google.com search for Earth Day online games.



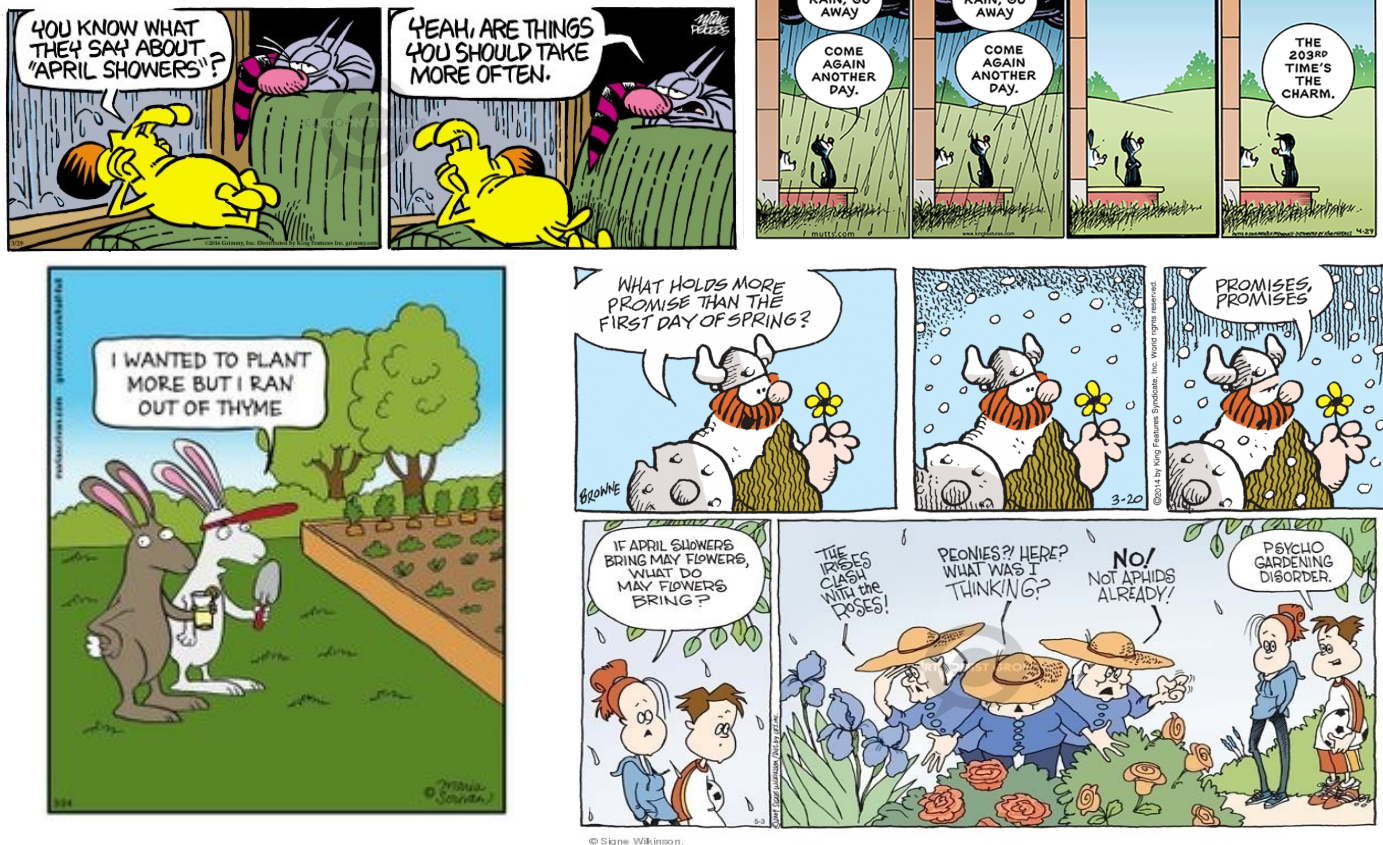


Unless
someone
Like You
cares a whole
awful lot,
Nothing
is going to
get better.
It's not.

DR. SEUSS • THE LORAX



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 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.