



# Senior Connection Alexander Senior Center



## January / February 2012

### Medicare Part D - \$206,000 Savings!

Well, the results are in and we had a spectacular Medicare Part D Open Enrollment Period! Thanks to our volunteers, we were able to assist 480 seniors this year in doing the research for and counseling with those of you who provided your information to us. In going through this process, **we were able to help them save over \$206,000 in drug costs during the coming year.** This was done by entering each persons medications into the Medicare Plan Finder Tool, and then printing the reports showing which plans (out of the 30 available next year) would be the least expensive for their exact drugs. This research is based on the individual going to their personal pharmacy ... the pharmacist handing the same exact medications over the counter to them. The only difference is the card they hand them to file the claim, and then how much they pay. Our record this year was one individual who could save over \$21,000 by switching plans from the plan they were in this year. In this case, they were taking a very expensive medication which was covered this year, but would not be covered next year. They would have found this out in January when they went to the drug store... and they would have been told that they would have to "pay full price for that medication all year... and sorry, it's too late to change now!"

**Thanks Volunteers!** Once again, without our volunteers, this would not have been possible! My heartfelt thanks go out to the following: Ruthanne Fry, Barbara Gilmer, Jeri Perry, Genny Masters, Shirley Flowers, Judy Rao, Chris Howes, Teri Petzold, Carolyn Speagle, Judy Fay, Glenda Hobbs, Karen Millsaps, Cheryl Spole, Brenda Hefner, Christine Gates, and especially to my wonderful wife Becky who worked tirelessly to coordinate the program and provide selfless service to so many. And we certainly can't forget Donna ... though she is an employee, she worked very hard on this project, too. On behalf of all the seniors who were helped by all of your wonderful service ... **THANK YOU!!!**

### Newsletter Mailing Problem

My apologies go out to all of you who did not receive your Newsletter and Calendar in November. Due to a computer problem with our database, we ended up sending the newsletter to many who have not requested it, and also many of you who we intended to send to got missed. Hopefully, this problem has been resolved and since you are reading this, I am assuming that you received it. If by chance you hear of someone who says they didn't receive their newsletter again, please have them contact us so we can correct our records.

**New System Coming:** In the next couple months, we will have our new electronic tracking system installed and running. This new system will allow us to mostly eliminate the sign-in sheets, and they will be replaced by each of you being issued a personal key tag (like you get at the grocery store). You will swipe your key tag when you come in and touch the computer screen indicating the activity you will be participating in. The computer does all the tracking. We will keep you informed of changes.

### Need "Extra Help" Paying For Medications?

All year, we are helping folks who might qualify for the "Extra Help" Program through Social Security to help with the cost of their prescription drugs. This is a program in which you have to **qualify both in income & resources**. Below are some guidelines:

|                  | <b>Single</b> | <b>Married</b> |        |
|------------------|---------------|----------------|--------|
| <b>Income</b>    | \$1,361 / mo. | \$1,838/ mo    | (NEW!) |
| <b>Resources</b> | \$12,640      | \$25,260       |        |

If your numbers are at or below these numbers, please call the Senior Center so we can schedule an appointment to file an application online for you! This is a **FREE** service. Note: **You must have Medicare to apply.**

### Closing Dates

The Senior Center will be closed on the following dates due to celebrating the holidays:

- ◇ **Monday, January 2nd** - New Years Holiday
- ◇ **Monday, January 16th** - Martin Luther King Day

## Trips

**Tuesday, January 17th - The Depot at Cody Creek** continues to be one of the favorite destinations of those who like to go on our trips. The transportation fee will be \$7.00 and you will be responsible for your dinner costs. We will be leaving at 3:00, so please be on time. This time frame will allow time to get there and spend some time on the grounds before the restaurant opens at 5:00.

**Wednesday, February 29th - Southern Spring Show -** This show in Charlotte is always popular with all the wonderful spring flowers and landscaping ideas. We are leaving at 7:30. The transportation fee will be \$7.00 and the cost of the tickets is \$7.00. The \$14.00 will need to be ***paid within 24 hours of making your reservations.*** Please pay promptly as there are often people on a waiting list who would like to go if you decide not to go.

**Special Note:** We are investigating the possibility of combining with another Senior Center to offer **bigger trips**. These would be trips taken on a tour bus and possibly some overnight trips. We have had several requests for us to offer trips of longer duration, but we have never felt that would be possible to get a large enough group together to make that work. If you might be interested, please let one of the Senior Center staff know so we can get an idea of how many might be interested.

**Weather Advisory:** In the interest of safety of our seniors, our trips are structured around "weather permitting." We don't want anyone having an accident trying to go on one of our trips. If you have doubts as to the weather conditions, call the Senior Center. If we have to cancel, you will obviously have your money returned.

# Trips

## Local AARP Meetings

Our local chapter of AARP will meet on the following dates with these programs:

**Tuesday, Jan 3rd - Margo Mosley from the Cooperative Extension will be speaking on Nutrition.**

**Tuesday, Feb. 7th - Glenn Mays will be sharing the experience of his Heart Transplant surgery.**

The annual dues to belong to this organization are very low, and you do not have to belong to the national organization to join. These meetings **begin at 11:00** and they are covered dish ... bring your favorite dish to share.



## Coupon Club

We have new dates when the **Coupon Club will meet ... the 2nd and 4th Wednesdays of each month at 1:00.**

**Special Request:** *EVERYONE: please come in and help yourself to the coupons that have been collected and clipped for your convenience.* Glenda spends lots of time each month going through these coupons to keep them up to date. Couponing can be a lot of work, but the **box of coupons in our lobby is available for everyone to use.** Also, if you have coupons that you are not using, please bring those to the front desk for others to use. Thanks again to Glenda and Donna for teaching this valuable, money-saving class!



## FREE - Bingo Brunch - FREE

Our monthly Bingo Brunch will be held on the following dates at **10:00:**

- ⇒ **Wed. January 11th**
- ⇒ **Wed. February 8th**

This is a great time of laughter and good food along with great games of Bingo and FREE prizes. Please call us at least by Monday of the event week to let us know you are coming so we can order plenty of food. As usual, there is no cost for food or this fun activity ... come join us! Thanks to Sandy Austin and Dudley Home Health for sponsoring this event with prizes and Sandy's service.

# Bingo Brunch

## FREE - Movie Matinee - FREE

Our monthly movies are as follows:

- **Wed. Jan 4th - "Mrs. Doubtfire"**
- **Wed. Feb. 1st - "Must Love Dogs"**
- These movies begin at 10:30 and we provide popcorn and drinks. As usual, there is no charge, and you don't need to call for reservations. Please come!



## Character Karaoke

**Special Event: Thursday, Feb 16th from 6:30 - 8:30**

- Phyllis Douglas will be leading a special night of "Character Karaoke" (karaoke in the costume of the original artist). If you would like to participate, contact Phyllis (or the Senior Center and we will get you in touch with Phyllis) and she can give you the details of what you need to bring. Note: this is a special entertainment party ... no food will be served.

## Parties

Our **monthly parties begin at 6:00** and they are a covered dish event, so bring your favorite dish to share. If you have a birthday that month, you will be honored at the Birthday table, and you are not required to bring a dish to share.

**Jan 26th** - Come join us for an evening of entertainment by our *Musicians Jam Band!*

**Feb 23rd** - Our party this night will feature the "*Soggy Bottom Boys*" (from the original movie "*Oh Brother Where Art Thou*"). This is a new group coming to us, that started with their 50th High School Reunion, and it has become a favorite entertainment for groups such as ours. This will be a night to remember, so be sure to mark this on your calendar ... and come prepared to laugh lots!

## Birthday Luncheons

Our regular Birthday Luncheons will be on the following dates at 12:00 noon:

- **Wed. Jan. 18th** - "Surprise Program" -you won't want to miss this special program! (The truth is that we have not yet confirmed the program at the time of printing, but you can count on it being "special.")
- **Wed. Feb. 15th** - *Keith Warren* from the Alexander Sheriffs Dept. will give an introductory session to a *Personal Self-Defense Class* which is upcoming in the next couple months.

Thanks to *Adams Funeral Home* for sponsoring these events with a wonderful cake and supplies.

## Computer Classes

We have **Beginners Computer Classes each Monday from 1:00 til 3:00**. These classes are **held at East Taylorsville Baptist Church (ETB)** due to their large computer lab which has 10 computers. Susie Barkley and Jeri Perry are the instructors. If one of your New Years resolutions is to learn to use the computer, this is a great place to start. There is no cost to the class, and there are no reservations required. Come out and learn some of the basics of using a computer so you can communicate with your kids and grandchildren. Also, we have a **computer lab at the Senior Center where you are welcome** to stop by anytime and check your email or check in on Facebook with your kids.

## Line Dancing

We hope to start a new Line Dance class in February. We have the possibility of getting a new instructor who has lots of experience. We don't yet know day or time, but if you are interested in being part of this class, please



call to get on the "interested list" so we have an idea of how many to plan for. There will not be a charge for this class, but since the instructor will be traveling from Wilkesboro, we will probably have an envelope available for donations.

## Cookbooks On Sale

**Cookbooks** Our Alexander Senior Center cookbooks are selling well, and you will want to get one for yourself and one for your friends. We are still planning to have our "**Taste of Taylorsville**" party, and it will probably be **March 23rd**. During this party, you will be able to sample many of the recipes which will be made by the person who entered it into the book (you might even get them to autograph your personal copy). This will be a great time of fun, food, and fellowship. Watch the March Newsletter for the exact date, because you won't want to miss this.

## Directors Corner

I want to thank so many of you for your thoughtfulness and kindness during the Christmas season. Your cards, gifts and well wishes were touching and very much appreciated. I consider it an honor to serve such a special group of seniors here at the Alexander Senior Center, and I hope that we have been a blessing to you. Our mission is to provide a safe and comfortable place for our seniors to come and feel welcome and to participate in activities and events that will enrich their lives. As we age, many of us have the tendency to want to just sit at home, but I think we all know that is not healthy for us. If you have not been coming to the Senior Center, I want to personally invite you to look at our calendar and newsletter and circle or highlight activities and events that might be of interest to you. We have many fine folks here that will make you feel right at home. Also, the reality is that you may be just the person who can be a blessing to someone else, so don't miss that opportunity to share in someone's life. The more we give of ourselves, the better we feel ... both physically and mentally. We look forward to a healthy and prosperous year with you here at the Senior Center.

**Alexander Senior Center**  
730 7th Street SW  
Taylorsville, NC 28681  
828-632-1717

Hours of Operation:  
Mon.-Thurs. 8:00-5:00  
Fri. 8:00-2:00

**Bulk Rate**  
**US Postage Paid**  
**Taylorsville, NC**  
**Permit #147**  
**Return Service Requested**

**January / February 2012**

# Senior Connection

**Phone:** 828-632-1717      **Fax:** 828-632-1102

**Staff:**

**Scott Ross** - Director  
sross@alexandercountync.gov  
**Donna Rader** - Administrative Assistant /  
Volunteer Coordinator  
drader@alexandercountync.gov  
**Christine Gates** - Medicare Part D Assistant

- Membership and services are provided to adults 60 years of age or better, and their spouses regardless of age. Members of AARP are also welcome.
- We are funded through the Home and Community Care Block Grant—Older Americans Act, Title III—B, Title III—D, as well as Alexander County funds.
- Membership is free but the center welcomes voluntary contributions which go toward the Senior Center operating budget.

**TRIP Reservation Policy:** We begin taking reservations for our trips on the first business day of the month of the trip after the Newsletter is published **beginning at 9:00 AM**. The amount of the transportation fee will be standardized at \$5.00 per trip unless otherwise noted in the newsletter We would appreciate your paying the transportation fee within 24 hours, if possible. We are trying very hard to keep our expenses to a minimum, and still provide interesting trips for our seniors.

## Upcoming Events

March: "Taste of Taylorsville"

## Newsletter Download Instructions

Instructions to download  
Senior Center Newsletter & Calendar

1. Go to the internet (Internet Explorer)
2. Go to: [www.alexandercountync.gov](http://www.alexandercountync.gov)
3. Click on: **Departments** (Right column)
4. Click on: **Senior Center** (Left column)
5. Click on: **Newsletter** (Left column)
6. Click on: **Calendar** (Left column)