

THE EAST BURKE SENIOR CENTER NEWSLETTER



Poison Prevention Awareness Month

Poison Prevention Awareness Month takes place every March and it might be more important than you realize. Poisoning from the Mayo Clinic is defined as an injury or death due to swallowing, inhaling, touching, or injecting various drugs, chemicals, venoms, or gases. It sounds like a distant concept, but the fact of the matter is that most poisonings occur in the home. Smoke inhalation is the most common cause of acute poisonings. Inhalation of carbon monoxide, hydrogen cyanide, and other toxic substances make it a silent killer.



History of Poison Prevention Awareness Month

In the early 20th century, very little was known about poisons. There weren't any poison control centers, comprehensive drug labeling, or oversight of pharmaceutical manufacturing. As a result, the understanding of deaths and health problems associated with toxicology wasn't well understood. But as medical science improved, so did the knowledge about poison.

A pediatrician at Duke University named Jay Arena, M.D. collected information about toxic hazards in the early 1930s and The American Academy of Pediatrics (AAP) was founded at this time. The pediatric practice had begun to recognize childhood poisonings and patient morbidity, and a deeper understanding was needed. Arena gave advice to physicians on poisoning cases and he provided the first reports on the hazards of household products to children.

The first formal poison control center was developed in 1953 by Edward Press, M.D., and Louis Gdalman. It was located in Chicago and it gave people the opportunity to call in for medical advice and collected standard data. They quickly grew after the first one and by 1978 there were 661 centers.

The United States Congress passed a joint resolution on September 26, 1961. The resolution requested that the President proclaim the third week of March National Poison Prevention Week, and JFK proclaimed it so. Since then, it's gone on to include the American Society for the Prevention of Cruelty to Animals (ASPCA), providing valuable information to pet owners about poisonous substances, and it has taken over the entire month of March.

...continued on next page.

**BURKE COUNTY
SENIOR SERVICES**
*East Burke
Senior Center*

101-A Main Avenue West
Hildebran, NC 28637

828-764-9300
Fax: 828-764-9305

Monday
8:00 AM - 7:00 PM
Tuesday - Friday
8:00 AM - 5:00 PM

Rebecah Bova
Assistant Director

Bryonna Lasky
Office Assistant

Judy Medley
Office Assistant

Heidi Thompson
Office Assistant

*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](http://www.facebook.com/EastBurkeSeniorCenter)



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

BURKE COUNTY
ALL ABOUT ADVANCING

How to Observe Poison Prevention Awareness Month

1. Learn your poisons - It's critical to change the mindset surrounding poisons. Learn what items in your house could be potentially toxic and how to best handle them. Everything from medicines to charcoal lighter and insect sprays can have devastating effects if they aren't handled properly.
2. Child safety - If you have children, or if they spend time at your house, make sure that they know about poison safety as well. Children can get into products with dangerous chemicals and it's important that they are equipped with the proper information. Also, take preventative measures to ensure that your house is safe by child-locking cabinets that have chemicals and medicines.
3. Pet safety - We also need to look out for our pets. Since animals don't have the ability to communicate with us, learn the poisoning symptoms that you need to look out for. Breathing irregularities and sickness, diarrhea, agitation, and heart issues are all possible signs that could require intervention. You know your pets better than anyone, and if you have any concerns, don't hesitate to call Animal Poison Control (APC) at (888) 426-4435.

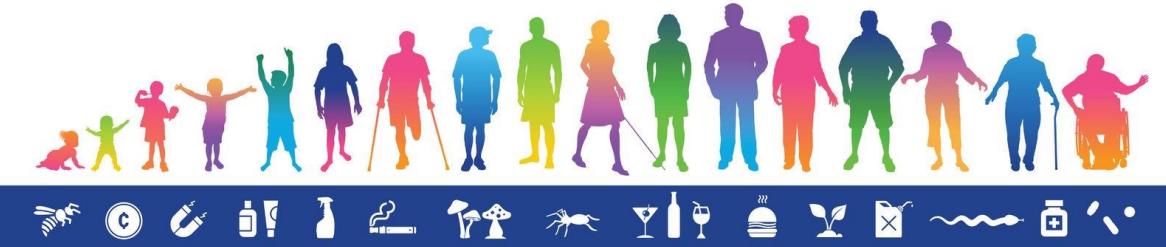
Four Facts About Poison Prevention Awareness Month

1. Deaths per day - 87 people die every day from unintentional poisoning.
2. Everything is poisonous - Almost anything can be poisonous if too much of it is ingested.
3. The victims - Children are the major victims of poisoning
4. Teen danger - Teens have a high risk of death when using household products to get "high".

Why Poison Prevention Awareness Month is Important

1. It's easy to forget - When we use our household items, the last thing on our minds is that they could be potentially dangerous. Poison Prevention Awareness Month draws attention to the fact that this carelessness could have disastrous repercussions.
2. Children - It's one thing for adults to be forgetful, but the most at-risk people are children. This month forces us to think more broadly and to take preventative measures to make sure our children are safe.
3. New information - Medical science is constantly learning more about poisons and the best way to prevent them. It's the perfect time to brush up not only on the standard facts, but to identify any new information that has been discovered to better guard against poisonings.

POISON CENTERS: Here for the Ages



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 referrals for the Elderly - Prepared by 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.

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. LIÉAP and CRISIS Intervention assistance available on site.

Food Distribution - Referrals to local food banks available including BUCM, EBCM, The Outreach Center, and others.

Exercise Activities Offered at the Senior Center



Yoga & Tai Chi with Mary*

MONDAYS & FRIDAYS

TAI CHI AT 10:00 AM

YOGA AT 10:45 AM

*Donation to instructor



Low-Impact Aerobic Exercise with Pat

MONDAY – FRIDAY AT 9:00 AM



Exercise Equipment in the Gym:

TREADMILLS, ELLIPTICALS, BOWFLEX,

RECLINING BICYCLES,

AB CRUNCHER, FREE WEIGHTS

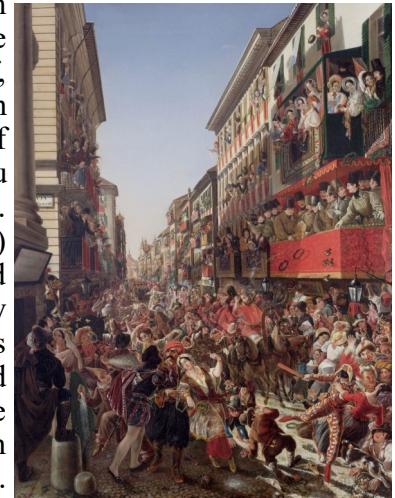
MONDAY – FRIDAY

8:00 AM – 4:00 PM

Virtual Field Trip

To kick off the Mardi Gras celebration, let's visit New Orleans and look back on the history of "Pointe du Mardi Gras"...

The origins of Mardi Gras can be traced to medieval Europe, passing through Rome and Venice in the 17th and 18th centuries to the French House of the Bourbons. From here, the traditional revelry of "Boeuf Gras," or fatted calf, followed France to her colonies. On March 2, 1699, French-Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville arrived at a plot of ground 60 miles directly south of New Orleans, and named it "Pointe du Mardi Gras" when his men realized it was the eve of the festive holiday. Bienville also established "Fort Louis de la Louisiane" (which is now Mobile) in 1702. In 1703, the tiny settlement of Fort Louis de la Mobile celebrated America's very first Mardi Gras. In 1704, Mobile established a secret society (Masque de la Mobile), similar to those that form our current Mardi Gras krewes. It lasted until 1709. In 1710, the "Boeuf Gras Society" was formed and paraded from 1711 through 1861. The procession was held with a huge bull's head pushed along on wheels by 16 men. Later, Rex would parade with an actual bull, draped in white and signaling the coming Lenten meat fast. This occurred on Fat Tuesday. New Orleans was established in 1718 by Bienville. By the 1730s, Mardi Gras was celebrated openly in New Orleans, but not with the parades we know today. In the early 1740s, Louisiana's governor, the Marquis de Vaudreuil, established elegant society balls, which became the model for the New Orleans Mardi Gras balls of today.



The earliest reference to Mardi Gras "Carnival" appears in a 1781 report to the Spanish colonial governing body. That year, the Perseverance Benevolent & Mutual Aid Association was the first of hundreds of clubs and carnival organizations formed in New Orleans. By the late 1830s, New Orleans held street processions of maskers with carriages and horseback riders to celebrate Mardi Gras. Dazzling gaslight torches, or "flambeaux," lit the way for the krewe's members and lent each event an exciting air of romance and festivity. In 1856, six young Mobile natives formed the Mistick Krewe of Comus, invoking John Milton's hero Comus to represent their organization. Comus brought magic and mystery to New Orleans with dazzling floats (known as tableau cars) and masked balls. Krewe members remained anonymous. In 1870, Mardi Gras' second Krewe, the Twelfth Night Revelers, was formed. This is also the first recorded account of Mardi Gras "throws." 1872 was the year that a group of businessmen invented a King of Carnival, Rex, to preside over the first daytime parade. To honor the visiting Russian Grand Duke Alexis Romanoff, the businessmen introduced Romanoff's family colors of purple, green and gold as Carnival's official colors. Purple stands for justice; gold for power; and green for faith. This was also the Mardi Gras season that Carnival's improbable anthem, "If Ever I Cease to Love," was cemented, due in part to the Duke's fondness for the tune. The following year, floats began to be constructed entirely in New Orleans instead of France, culminating with Comus' magnificent "The Missing Links to Darwin's Origin of Species," in which exotic paper-mache' animal costumes served as the basis for Comus to mock both Darwin's theory and local officials, including Governor Henry Warmoth. In 1875, Governor Warmoth signed the "Mardi Gras Act," making Fat Tuesday a legal holiday in Louisiana, which it still is.



Like Comus and the Twelfth Night Revelers, most Mardi Gras krewes today developed from private social clubs with restrictive membership policies. Since all of these parade organizations are completely funded by their members, New Orleanians call it the "**Greatest Free Show on Earth!**"

Click [HERE](#) to take a virtual tour of New Orleans.



Access to Services and 24/7 crisis assistance

1-800-849-6127

www.vayahealth.com

Registration Information

Go to Vayahealth.com, hover over **Get Involved** Tab, Click on **Calendar of Events**, Click on desired class to register.

For more information, please contact Terry Spencer at 828-759-2160 ext. 3332, or at terry.spencer@vayahealth.com.



Mark Your Calendars for Upcoming FREE March 2022 Webinars

Date	Time	Topic
March 11, 2022	10:00 - 11:00 AM	Enhancing Mental Health with Alternative Treatment Part 1
March 11, 2022	11:15AM - 12:15PM	Enhancing Mental Health with Alternative Treatment Part 2
March 22, 2022	1:30 - 2:30 PM	Enhancing Mental Health with Alternative Treatment Part 1
March 22, 2022	2:45 - 3:45 PM	Enhancing Mental Health with Alternative Treatment Part 2



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.

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EAST BURKE SENIOR CENTER 101-A MAIN AVENUE WEST HILDEBRAN, NC 28637 T: (828) 764-9300	1 11A HOW DO I...CELEBRATE MARDI GRAS? * 2P MATINEE MOVIE "THE PRINCESS & THE FROG" G	2 ALL DAY SEUSS BIRTHDAY PARTY 11:30 SEUSSICAL BINGO	3 2:30P ATTENTION ART! * A NEW DIMENSION: BEGINNING 3D	4 2P BAMBOO CRAFT PART 2 *
7	8	9 2P MOVIE MATINEE "LEAP YEAR" PG	10 10A ST. PATRICK'S DAY CRAFT W/ GRACE HEIGHTS *	10A HOW DO I...PRACTICE BEST CELL PHONE ETIQUETTE?
14	15 4:30P HOW DO I...CREATE MY OWN JEWELS? * 3:14P P(E) DAY CELEBRATION *	16 2P KALEIDOSCOPE OF BUTTERFLIES * 2P MOVIE MATINEE "THE LUCK OF THE IRISH" NR	17 11A SUBLIMATION MUG CRAFT * 2:30P ATTENTION ART! * TAKING SHAPE PART 2: CUBES & SPHERES	18 11A LUCKY BINGO *
21	22 5:30 SELF DEFENSE *	23 2P MOVIE MATINEE "EMMA" PG	24 11A POTTERY 2:30P DISCUSSING ART: HISTORIC & CONTEMPORARY WOMEN ARTISTS *	25 9A JAVA FOR JOES * WAFFLES & BACON & CELEBRATE INT'L WAFFLE DAY RSVP REQUIRED
28	29 4P HOW DO I...LEARN ABOUT DONATING BLOOD? 5:30P NOVELTEA BOOK CLUB *	30 2P MOVIE MATINEE "A STREETCAR NAMED DESIRE" PG	31 10:30A BINGO W/ COLLEGE PINES * 2:30P ATTENTION ART! * COLOR BASICS PART 1: THE COLOR WHEEL	PROGRAMS WITH AN * REQUIRE PRE-REGISTRATION BY CALLING (828) 764-9300

Daily Activities

AT EAST BURKE SENIOR CENTER

Monday

- | | |
|----------|------------------------------------|
| 9:00 AM | Low-Impact Exercise Class with Pat |
| 9:00 AM | Rummikub |
| 10:00 AM | Tai Chi with Mary |
| 10:45 AM | Yoga with Mary |
| 4:00 PM | Corn Hole |

Tuesday

- | | |
|---------|------------------------------------|
| 9:00 AM | Low-Impact Exercise Class with Pat |
| 1:00 PM | Sign Language |
| 2:00 PM | Wii Bowling |
| 2:00 PM | Movie Matinee |
| 3:00 PM | Unifour Chorus |

Wednesday

- | | |
|----------|------------------------------------|
| 9:00 AM | Low-Impact Exercise Class with Pat |
| 12:00 PM | Hand & Foot |
| 1:00 PM | Cross Stitch |
| 2:00 PM | Drama Club |

Thursday

- | | |
|----------|------------------------------------|
| 9:00 AM | Low-Impact Exercise Class with Pat |
| 11:00 AM | Recipe Swap Meet |
| 12:30 PM | Computer Coaching by Appointment |

Friday

9:00 AM Low-Impact Exercise Class with

- | | |
|----------|--------------------|
| Pat | |
| 10:00 AM | Tai Chi with Mary |
| 10:45 AM | Yoga with Mary |
| 11:00 AM | Social Butterflies |
| 2:00 PM | Crochet / Knitting |
| 3:00 PM | Wii Bowling |



Other Available Activities

- Ping Pong
- Billiards / Shuffleboard
- Cards
- Puzzles
- Little Library with Books & DVDs
- Pottery
- Horseshoes
- Cornhole Boards
- Board Games
- Coloring & Workbooks
- Drop-In Programming

March Programming

VIRTUAL PROGRAMS HELD VIA ZOOM OR FACEBOOK LIVE. PRE-REGISTRATION IS REQUIRED

March “How Do I...” Programs:



1st at 2PM - How Do I ... **Learn About and Celebrate Mardi Gras?**

Happy Mardi Gras! When you think of Mardi Gras, what comes to mind? Masks, parades, King Cake? Yes, yes and YES! Join Becca with a Facebook Live presentation of the history of Mardi Gras and a surprise celebration in person.

10th at 10AM - How Do I ... **Use Correct Cellphone Etiquette?**

As technology becomes more and more a part of our daily lives, cell phones have become a tool to help with our daily living but how do you use that to its full potential without offending others around you? Join Judy for a class to keep you in-the-know for cellphone etiquette.

Presented via Facebook Live.

14th at 10:30AM - How Do I... **Create My Own Jewels?**

In honor of National Jewel Day, Brynna will offer ways to create your own personalized jewels. Presented in person and via Facebook Live.

24th at 11AM - How Do I... **Craft a Color Wheel?**

Color wheels are important as a visual representation of colors, with hues arranged according to wavelength. Knowing how to create and use a color wheel can help with arranging art, repainting your house, creating harmony in color schemes. Presented in person and via Facebook Live.

28th at 4PM - How Do I... **Donate Blood?**

Have you seen the advertisements requesting blood donation? Have you ever wondered how to donate blood? Heidi will give the basics of Blood Donation, benefits, and perks. Presented via Facebook Live.



*****Please call (828) 764-9300 to Register*****

More Programs

MOVIE MATINEE EVERY TUESDAY AT 2PM ALL AGES WELCOME (AS APPROPRIATE FOR THE RATING).

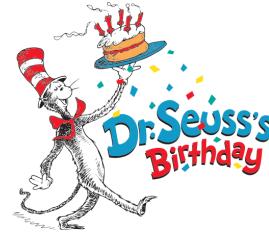
1st - "The Princess & the Frog" Rated G

8th - "Leap Year" Rated PG

15th at 2PM - "The Luck of the Irish" NR

22nd - "Emma" Rated PG

29th at 2PM - "A Streetcar Named Desire" Rated PG



VIRTUAL AND IN-PERSON PROGRAMMING

2nd All Day - Celebrate Dr. Seuss's Birthday!

Drop in all day to celebrate Dr. Seuss's birthday. We'll have special signs around the building - be sure to find all of them (wink, wink). Well have Suess inspired snacks and games and a reading from *You're Only Old Once*. RSVP not required.

2nd at 2PM - Seussical BINGO

Enjoy Dr. Seuss themed BINGO to celebrate what would have been his 118th birthday. Presented in person, RSVP required.

14th at 3:14PM - Pi(e) Day Celebration?

You can't have Pi Day without Pie so we will have a celebration that has math and pastry. Presented in person. RSVP Required.

17th at 11AM - Sublimation Shamrock Mug

Judy will work the luck of the Irish and bestow a personalized Irish blessing. Presented in person. RSVP required.

21st at 5:30PM - Self Defense

Mike Logan continues his self defense course. All ages are welcome! Presented in person and via Facebook Live. RSVP required.

25th at 9:00AM - Java for Joes

All veterans and current service members welcome! To celebrate National Waffle Day, waffles and bacon will be served along with a hot cup of joe, hot chocolate or cider. Free program. RSVP Required.

28th at 5:30PM - NovelTea Book Club

Sip on tea (or chocolate or cider) and spill the tea on this month's book - *Where the Crawdads Sing*.

More Programs

OTHER ARTS & CRAFTS PROGRAMMING

3rd at 2:30PM - **Attention Art! A New Dimension: Beginning 3D**

Exploring how to make objects look more 3-dimensional. Presented in person.

Free program, all supplies provided. RSVP required.

4th at 2PM - **Bamboo Art**

Wayne Collins is beginning a class using bamboo and this second class will begin the process of creating a craft from bamboo. Presented in person. RSVP required.

9th at 10AM - **St. Patrick's Day Craft**

Grace Heights will bring all the goodies to make a special St. Patrick's Day craft. All supplies provided, presented in person. RSVP required.

11th at 11AM - **Acrylic Pour with Judy**

Creativity will abound while you make your own acrylic pour. Presented in person. Spaces are limited, RSVP required.

15th at 2PM - **A Kaleidoscope of Butterflies**

In honor of National Butterflies Day (which is on the 14th this year) Brynna and Heidi will combine a virtual field trip and an art experience. We will use a wide range of art supplies, and create all the butterflies we can imagine.

17th at 2:30PM - **Attention Art! Taking Shape Part 2: Cubes & Spheres**

Refining our 3D drawing skills with familiar shapes and everyday items. Presented in person. Free program, all supplies provided. RSVP required.

18th at 11AM - **Lucky BINGO**

Try your luck at BINGO and the chance to win fabulous prizes. Fun and hilarity ensue with Lucky BINGO. Spaces are limited, RSVP required.

23rd at 11:00 - **Pottery with Judy**

From poured ceramics to hand crafted free-form designs, Judy encourages participants to find their creative outlet in clay. Presented in person. RSVP required.

23rd at 2:30PM - **Discussing Art: Historic & Contemporary Women Artists**

Looking at fabulous famous and not-so-famous women artists through history. Presented in person.

31st at 2:30PM - **Attention Art! Color Basics Part 1: The Color Wheel**

It's National Crayon Day and we're going to learn how the Color Wheel works. Presented in person.



American Red Cross
Greater Carolinas Region



JOIN THE LOCAL DISASTER ACTION TEAM

Help your neighbors in their greatest time of need

- Respond to local emergencies including home fires
- Provide comfort, care, and resources to those impacted by disasters
 - Learn more and apply at redcross.org/DAT
- **Upcoming Training Dates: 1/29, 2/26, 3/16 (Must apply before registering)**

Disaster Action Team (DAT) volunteers respond year-round, 24/7 to assist those impacted by local emergencies including home fires, floods, storm damage, and other localized events.

During a response, teams of at least two responders are on the scene to meet with the impacted clients, assess the situation, and provide appropriate assistance. This is a critical way to serve the community.

- Requirements: Must be 18+, compassionate, an active listener, comfortable with technology, and have a valid driver's license. COVID-19 vaccination is required for in-person volunteer roles.
- Time Commitment: On-call at least 6-8 shifts each month. The length of a shift varies by county (typically 6, 8, or 12 hours per on-call shift).
- Training: 8 to 10 hours of required training within 60 days of joining the team.



Scan with cell phone
camera to Apply

Questions? Contact kasey_marshall@redcross.org or 336-646-4047

AARP Events

[CLICK THE LINK TO REGISTER OR CALL THE CENTER FOR HELP](#)

Tuesday, March 1st at 7:00 PM

Whole Body Reset: A Conversation with Stephen Perrine and Heidi Skolnik

Get your nutrition and fitness questions answered LIVE with the authors of AARP's The Whole Body Reset. The Whole Body Reset is a science-based, proven and tested program designed specifically to stop age-related weight gain and muscle loss.

AARP membership not required. This event is FREE to participate but pre-registration is REQUIRED to gain access to the event. Please do NOT opt out of CVENT emails, as you will be emailed a link to join the class on the day of the event. Click [HERE](#) to register online.

Wednesday, March 2nd at 12:00 PM

Rainbow Inspirations: Meet Kim Allen and Jillian Kelly

During this series of chats from the LGBTQ community, we've heard from some local leaders and influencers who have left us feeling inspired. Join us for a conversation with Kim Allen and Jillian Kelly, owners of Asheville Bee Charmer as they share their stories, talk about the business of bees (honey plus a lot more) and share some sweet wisdom. Did you know that one out of every three bites of food is made possible by bees and other pollinators? Click [HERE](#) to register online.

Thursday, March 3rd at 7:00 PM

Get Organized and Declutter Like a Pro

If you're looking to get rid of some unwanted stuff around the house, join us for our free decluttering webinar featuring the National Association of Productivity and Organizing Professionals (NAPO). You'll learn a few organizing tips while exploring how streamlining your things can help you feel happier and more productive. Plus there'll be short videos to help get you started. Click [HERE](#) to register online.

Wednesday, March 9th at 6:30PM

Lecture: British Royal Scandals

Explore the relationship between the media and the British Royal Family through the years in this One Day University lecture and live Q&A. Click [HERE](#) to register online.

Tuesday, March 15th at 7:00PM

Cooking for St. Patty's: Irish Ale Bread with Caraway

During the class, you'll learn to make a quick and easy bread perfumed with caraway, dill, chives, black pepper and...a full bottle of Irish ale. It's the perfect dish to celebrate St. Patrick's Day, though you'll definitely find yourself whipping up batches of this flavorful bread all year long. As we cook, you'll learn essential facts about gluten that will make all your baking better, plus insights into the science behind using beer in baking. You'll also get ideas for variations on this bread so that you can adapt it each time you make it. While the bread is in the oven, we'll make a batch of spice-infused butter, which takes 30 seconds to make but is guaranteed to impress. Click [HERE](#) to register online.

These are just a sampling of activities that AARP is offering in March. You can visit the AARP website or click [HERE](#) to go to the AAPR calendar of events.

If you would like to register for an event and need assistance, please call the staff at (828)764-9300.

Are you New to Medicare or Turning 65?

MEDICARE 101

Wednesday, March 9th at 1pm at the Burke Senior Center in Morganton.

If you will be turning 65 in the next few months or will be eligible for Medicare due to disability then this can be a valuable program. We will review what Medicare is, what it covers and the parts you may need. After you complete the program, you will be scheduled for a one-on-one appointment to discuss your personal needs with Medicare. RSVP to reserve your space.



Staff and volunteers are trained by the S.H.I.I.P. division of the NC Dept. of Insurance to answer questions about Medicare, Medicare Advantage Plans, Medicare Prescription Drug coverage and Medicare Supplement policies. They are not licensed insurance agents and do not sell or endorse any product, plan or company.

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 828-764-9300.	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) 764-9300 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

Recipes

Pecan Pralines

Ingredients:

5 tbsp unsalted butter, plus more for parchment
1 c light brown sugar
1 c granulated sugar
1c melted vanilla-bean ice cream
9 1/2 oz pecans, chopped (about 2 1/2 c)
1/2 tsp salt



Instructions:

1. Line 2 baking pans with parchment, butter parchment, and set aside. In a medium pot over medium-low heat, combine sugars and ice cream, stirring with a clean, metal spoon until sugars are dissolved. Using a pastry brush dipped in water, brush down sides of pot to prevent sugars from crystallizing.
2. Add 5 tablespoons butter and stir to combine. Fit pot with a candy thermometer, increase heat to medium, and let cook until mixture reaches 240°F. Remove pot from heat and stir in pecans and salt. until slightly opaque, 30 to 60 seconds.
3. Drop praline mixture, by 2 heaping tablespoons, onto prepared baking pans. Let pralines cool until set, about 30 minutes. Serve immediately or store in an airtight container for up to 1 week.

Colcannon

Ingredients:

4 russet potatoes, peeled and cut into large chunks
Salt
5 to 6 tbsp unsalted butter, plus more for serving
3 lightly packed cups chopped kale, cabbage, chard, or other leafy green
3 green onions, minced
1 c milk

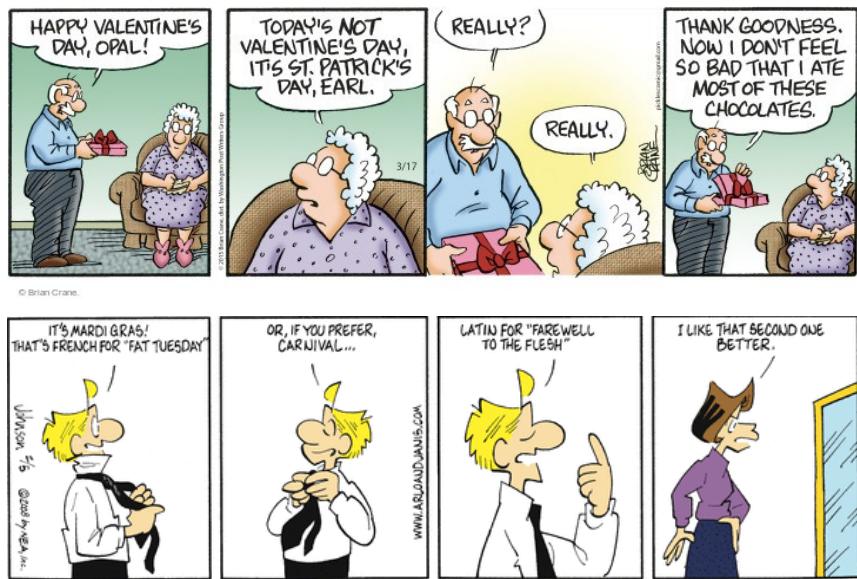
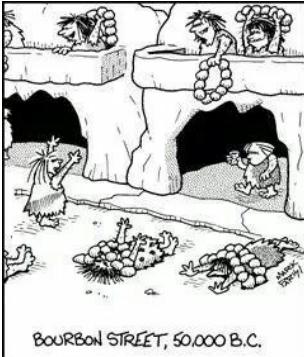


Directions:

1. Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil. Boil until the potatoes are fork tender, 15 to 20 minutes. Drain in a colander.
2. Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water. Add the green onions and cook 1 minute more.
3. Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.



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 workbook 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

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.