

Rufty-Holmes Senior Center

SEPTEMBER NEWS

"Adding Life to Years" for Rowan County Older Adults

704.216.7714

1120 S. MLK Jr. Ave, Salisbury, NC 28144

www.ruftyholmes.org

Senior Center Month: Delivering Vital Connections! *A celebration of Mind, Body, Spirit, Community*

Virtual Peace Day Storytelling 2-3 pm

Mon, Sept 21 Wed, Sept 23 Fri, Sept 25

View and listen to native sounds and folktales
prominent in various countries

Countries represented: Hungary, Indonesia, Japan, and more.



Dedicated to global efforts for humanity to commit to a “Culture of Peace”.

Email programs@ruftyholmes.org to register and receive connection details



Mind Over Matter Date/Time: TBD

Learn to recognize undesirable emotions & behaviors due to social isolation, and how to deal with them. Briefly connect with various Rowan County professionals on meaningful topics to aid in building healthy minds and behaviors. Details to follow.

Call 704-216-7714 to place your name on the interest list.

Noticed something different in the back picnic area of RHSC?

Picnic tables were donated to Koontz Elementary by our Board.



This will allow open space for Senior Center outdoor programs and fitness classes.

*Thank you so much for your donation.
Our teachers and students are so appreciative of your
donation for outdoor learning. Thank you again!*

~ Nicole Buckner-Principal, Koontz Elementary



VIRTUAL/ON-SITE PROGRAMS SEPTEMBER 2020

Members of Senior Learning Network

If the Center is open, limited spaces available to view programs on-site. You must register for a seat.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Group phone calls! Contact the Center to set up a free call and socialize with friends.	1 1:45 pm Virtual Class For You the War is Over	2 12:30 pm Book Club	3 	4
7	8	9	10 1:45 pm Virtual Class Outrageous Times of Molly Brown	11
 14	15 1:45 pm: Virtual Class* Dolphins Live from the Lagoon	 16	17	18
21 2 pm Virtual Peace Day Storytelling	22 1:45 pm Virtual Class Writing a Memory	23 2 pm Virtual Peace Day Storytelling	24 1:45 pm Virtual Class Poetry 101	25 2 pm Virtual Peace Day Storytelling
28	29 1:45 pm Virtual Class The Salamander State	30	Donations appreciated! Virtual Classes are possible due to new software and subscriptions. Donate by mail or thru our website. RHSC, 1120 S MLK Jr Ave, Salisbury, 28144	

9/1: For You the War is Over-

Learn more about the 8th Air Force POW experience live from the National Museum of the Mighty Eighth Air Force.

9/10: Outrageous Times of Molly Brown-

Trace Margaret "Molly" Brown's life from early childhood in Hannibal, MO to her days of glory in Denver and New York.

9/15: Dolphins-Live from the Lagoon-

Enjoy an exciting and interactive session about dolphins from the Dolphin Research Center.

9/22: Writing a Memory-

Get inspired by National Museum of Toys and Miniatures, Kansas City, MO. It has the world's largest collection of fine-scale miniatures and one of nation's largest antique toy collections. Come with a memory (picture or actual toy!)

9/24: Poetry 101-

Angel Potter will explore one of Henry Longfellow's sonnets and demonstrate the process of closely reading a piece of literature deeply. Longfellow's house served as headquarters for General George Washington during the Siege of Boston in 1775-1776.

9/29: The Salamander State- Explore the fascinating life cycles, adaptations, and the various species of salamanders and find out why North Carolina has more salamanders than any other state.



Join our virtual team!

RHSC is participating in the Rowan/Cabarrus Virtual Walk to End Alzheimer's® on October 24th.

RHSC Donation Goal:

\$1,000

Visit our Team Page, become a Team Member, and make a donation by: [Click Here](#)

Or Copy & paste <http://act.alz.org/goto/RHSeniorCenter> in your browser

**Donations benefit the Alzheimer's Assoc., Donate on our fundraising page.*

Temporary Fitness Program Support Fee-\$16 per month; regardless of insurance coverage

During COVID, our fitness payments from SilverSneakers, Silver and Fit and Renew Active have been reduced by 95%. Starting September 1, anyone using the fitness equipment, pool or enrolled in the virtual exercise class program will be asked to pay the temporary monthly fee. **Contact Sylvia 704-216-7714 for scholarship assistance.**



Fitness Annex Equipment Appointments Available; medically necessary doctor's note required

The fitness annex equipment is available for use to serve participants as prescribed or directed by a medical professional. Appointments Monday – Thursday at the following times: 8am, 9am, 10am and 11am. 2 appointments per person weekly.



Aquatic Facility Open Swim Appointments

Appointments Monday – Thursday at the following times: 12:00-12:30pm, 1:15-1:45pm and 2:30-3:00pm. 2 appointments per person weekly are available.



Call Anna at 704-216-7701 to schedule your appointments.

Living Healthy with Diabetes @ Home~ TBD

Learn techniques to actively manage your diabetes or care for someone with diabetes. Self-management skills for healthier eating, physical activity and fighting fatigue and pain will be taught. **Registration required. Call-704-216-7701 to be placed on the interest list.**



Living Healthy with Chronic Pain @ Home~ TBD

Living with chronic pain can be tough. Take control instead of letting it control you. Learn how to manage pain and depression symptoms and deal with difficult emotions with breathing and muscle relaxation techniques. **Registration required. Call-704-216-7701 to be on the list.**



Virtual Fitness Classes September 2020

Email fitness@ruftyholmes.org to register & get Video Connection details or contact Anna at 704-216-7701 for additional class details.



Cranium Crunch with Traci – Mondays – 11:15-11:45am

Challenge your brain with fun games and puzzles. Class will be interactive and enjoyable for all levels.

Silver Gym with Susan – Tuesdays – 11:15-11:45am

Build strong muscles and bones with a class designed around exercises that involve hand weights. If you would like to **rent a set of weights** from us, contact Anna at 704-216-7701 to arrange pickup.

Core and More with Angela – Thursdays – 11:15-11:45am

Work abdominals and arms and legs with a great class to build muscle strength and endurance. If you would like to **rent a set of weights** from us, Contact Anna at 704-216-7701 to arrange pickup.

Building Better Balance with Anna – Fridays – 11:15-11:45am

Learn simple exercises and tips to improve balance. Class will be done standing and sitting. Please have a chair available to use during class.

VIRTUAL FITNESS SEPTEMBER 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Jazzercise with Sylvia				8:30-9:15 Jazzercise with Sylvia
10:00 – 10:45 Sit N Fit with Traci	10:00-10:45 Forever Young with Susan		10:00-10:45 Dance Fit with Angela	10:00-10:45 Yoga Stretch with Anna
11:15-11:45 Cranium Crunch with Traci	11:15-11:45 Silver Gym with Susan		11:15-11:45 Core and More with Angela	11:15-11:45 Building Better Balance w/ Anna

It's September!!

RHSC has begun allowing scheduled groups into the center to meet.

Open Swim is available by reservation. 1-2 persons in the pool at a time and you must bring a Buddy who sits on the Pool Deck for safety.

Fitness Equipment is available to use by reservation. A medical professional's note is needed to make a reservation. Call 704-216-7701

The Outdoor Pavilion will be used for open air fitness classes and programs. Watch for details.

I want to announce Amber Phillips, Program Manager, has decided to spend full-time with her kindergartener. We understand this important parenting decision, but will miss her lively spirit and great programs! She leaves 10-2.

I am pleased to announce our new Aging Transitions Manager, Ana Herrera Turpin, joins our Team in September. We also hired Melody Reid, as part-time Program Services Assistant.

Meet our new Staff

Friday, Sept 18 or 25 - 11:30 am -outdoor Pavilion

Bring your lunch and enjoy getting to know
Randy, Ana and Melody.
They want to meet you too!

Call the Front Desk to reserve your day and spot.



Region F Aging Advisory Council

One alternate needed for a 1-year term.
Represents Rowan County older persons.
Generally meets quarterly.

Home & Community Care Block Grant Committee (HCCBG)

At-Large position needed for a three-year term. Committee advises on HCCBG funding for senior services. Meets 2-3 times a year

Easy to apply, go to

<https://onboard.rowancountync.gov/apply/>

to fill out an application



Thank you for dropping off your donated 2020-2021 school supplies under the RHSC carport.

We collected 347 donations.

SENIOR RESOURCES/INFORMATION

LUNCH CLUB OPERATIONS:

Please contact the Senior Nutrition Department

Email: nutrition@ruftyholmes.org or call 704-216-7702

- ◇ **Pick up 5 frozen meals once a week** - Call to be on a short wait list.
Must be able to pick up at a county site. Donations encouraged for meals
- ◇ **Food Assistance** - For those age 60+ with limited food options,
RHSC is working with local and state agencies to help. Call 704-216-7702 for details.

SERVICES/RESOURCES:

Call 704-216-7704 or email: information@ruftyholmes.org

We Can Help With:

Daily Phone Call Service Family Caregiver Support Medicare Counseling Minor Home Repair

NCBAM Hope Line— A warm line answered by staff and volunteers trained in active listening and evidence based health coach techniques. **Available 9 am-9 pm, no cost. Call 1-866-578-4673**

Get latest updates by visiting www.ruftyholmes.org or follow us on Facebook

NEWSLETTER PAPER COPY AVAILABLE UNDER CARPORT AT THE CENTER

Rufty-Holmes Senior Center is Open by Appt only

JOB OPENING! Senior Center Program Manager Position~ For more details visit ww.ruftyholmes.org/staff