

Rufty-Holmes Senior Center

# FEBRUARY 2021

*"Adding Life to Years" for Rowan County Older Adults*

704.216.7714

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

www.ruftyholmes.org

## HONORING BLACK HISTORY

### BLACK HISTORY MONTH VIRTUAL PROGRAMMING

#### ACCESSIBLE BY ANY PHONE FOR FREE

#### **\*Friday, February 19th at 11am:**

Join Dr. Catrelia Hunter for an hour of poetry read by locals featuring prominent African-American poets.

Dial-in Number: 1-571-748-4021  
Attendee Pin: 062-975-759#

#### **\*Wednesday, February 24th at 11am:**

Join RHSC staff for a tribute hour featuring famous African-American music from the past.

Dial-in Number: 1-571-748-4021  
Attendee Pin: 008-612-124#

### BLACK HISTORY MONTH CELEBRATES PIONEERS

COMPLIMENTS THRIVENT PIONEER SERIES

**Wednesday, February 3rd at 2pm:**

**Dr. Mae Jemison, Former NASA Astronaut**

**Wednesday, February 10th at 2pm:**

**Misty Copeland, Ballet Dancer**

**Wednesday, February 17th at 2pm:**

**Chris Gardner, CEO of Happyness**

**Select Virtual Program Viewing (by appointment only)**  
**Call RHSC Front Desk at 704-216-7714 to register**

⇒ Programs are offered virtually online via Zoom. They may be accessed in your own home; limited seats are available in-person at RHSC by appt. only.

**thrivent**

*THRIVENT PIONEER SERIES sponsored by Chris Fowler,  
Salisbury, NC 28144. Chris.Fowler@Thrivent.com or  
704-433-9097.*

### **In a continued effort of safety for all:**

- ◆ In-person group & club programming is paused for February.
- ◆ Limited virtual program viewing is available in-person by appointment only.
- ◆ AARP Tax Aide appointments will be taken by phone only starting Monday, February 1st.
- ◆ Fitness programming is allowed with a doctor's note no more than 2 months old.
- ◆ Nutrition and Information Services are available by appointment only.

# Rufty-Holmes Senior Center

Serving Rowan County, NC Older Adults

## 2021 Annual Fund Campaign

Dear Friend of Rufty-Holmes Senior Center,

February 2021

**THANK YOU FOR YOUR SUPPORT IN SO MANY WAYS THIS PAST YEAR !**

RHSC is a **Designated Community Focal Point for Aging Services** in Rowan County, serving our Older Adults and the community.

A Year ago, COVID-19 took Senior Center life as we knew and loved, and stopped it . . . for a brief moment. Staff quickly geared up and learned to “Dance in the Rain”.



Rufty-Holmes Senior Center continues to offer needed meals and food assistance, outreach services, transportation, fitness and wellness, with many services offered virtually. The Center is offering programs and services to Older Adults of multiple generations and all parts of the Rowan County!

**We need your help to reach many Older Adults who are isolated and dealing with loneliness and lack social opportunities for good mental health.** We are blessed with great financial support by local and state government, grants, foundations and businesses. It still does not meet the need. Limiting in-person programs this year has resulted in reduced revenue. These funds pay for outreach programs for those in need. We rely on donors like you to contribute toward meeting this need.

**Please make a contribution today.** Our 2021 Annual Fund goal is \$35,000.

Your donation will help Rowan County Older Adults receive services so needed during this storm.

Thank you for giving so generously of your time and talents over the years. Rufty-Holmes Senior Center is a distinguished and wonderful anchor point for older adults in Rowan County due to you.

### Thank-You!

Robert Bruce, Board Chair

Nan Buehrer, Executive Director

\* Friends of Rowan is willing to match larger donations (\$200+). Please contact Nan Buehrer, Director, for requirements before writing your check. ~ Thanks!  
[director@ruftyholmes.org](mailto:director@ruftyholmes.org) or 704-216-7715

**Please mail Annual Fund Contributions to:** 1120 S. Martin Luther King Jr. Ave., Salisbury, NC 28144

**Donate on-line:** [www.ruftyholmes.org/donate](http://www.ruftyholmes.org/donate)

Office Administrator: 704-216-7716

***Rufty-Holmes Senior Center is a 501(c)(3) non-profit organization***

*providing a focal point for aging resources and enriching the quality of life for Rowan County Older Adults*

# PROGRAM HIGHLIGHTS

Due to the Governor's Secretarial Directive, all February in-person group & club programming has been paused. **Select virtual program viewing** is available in-person by appointment only.

## Black History Breakfast

Has been postponed until Spring due to COVID-19 restrictions and limitations regarding in-person group events. More information will be revealed at a later date.

Thank you for your patience!

## FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  AARP Tax Aide Registrations Begin Until Filled Over Phone	2  Virtual Class– 1:45pm Truman Presidential Library  <i>Groundhog Day</i>	3  <b>Thrivent Pioneer Series: Dr. Mae Jemison, Former NASA Astronaut– 2:00pm</b>	4  Centralina Area Agency on Aging 2021 Webinar: Living Independently Longer In Your Home & Your Community- 10:00am via Zoom	5
8	9  Virtual Class– 1:45pm Elephant Sanctuary, TN  AARP Tax Aide Service Begins by Appt. Only	10  <b>Thrivent Pioneer Series: Misty Copeland, Ballet Dancer– 2:00pm</b>	11	12  Happy Valentine's Day Weekend  
15	16  Virtual Class– 1:45pm Hildene, Lincoln Family Home  AARP Tax Aide Service by Appt. Only	17  <b>Thrivent Pioneer Series: Chris Gardner, CEO of Happyness– 2:00pm</b>	18	19  Poetry Out Loud with Dr. Hunter– 11:00am
22	23  Virtual Class– 1:45pm National Museum of Toys & Miniatures AARP Tax Aide Service by Appt. Only Advance Directive & Healthcare Power of Attorney– 3:30pm	24  Music Tribute Hour feat. African American artists from the past– 11:00am	25  Virtual Class– 1:45pm General Grant National Memorial	26  Michele Creates! Cooking Salmon Croquettes via Facebook Live– 11:00am

## VIRTUAL PROGRAMS FEBRUARY 2021

*Members of Senior Learning Network – All Virtual Programs Begin At 1:45pm, unless otherwise noted*

*Call to get a Link to view Virtual Programs at the Senior Center at 704-216-7714*

**2/2: Live from the Truman Presidential Library**– Enjoy a sneak peek into the new exhibits as the museum opens in the Spring of 2021, in recognition of the 75th anniversary of his presidency.

**2/9: Elephant Sanctuary, Tennessee**– Explore the largest natural habitat refuge for retired African and Asian Elephants in North America. Get a virtual glimpse into the daily life of elephants using photos, live-streaming video, and a Q&A session with a staff member.

**2/11: Durham Museum: Historic Train Travel**– Explore the museum’s authentic train cars including an 1890’s steam engine and 1950’s caboose, followed by a walk through of passenger trains.

**2/16: Hildene, Lincoln Family Home. Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens, & Civil Rights Activists**– Discover what it was like to travel and work on a Pullman Car, and engage in discussion about the porters’ enduring fight for social change and justice in America.

**2/23: National Museum of Toys & Miniatures**– Explore the incredible artistry of fine-scale miniatures, followed by a Q&A with staff of the National Museum of Toys and Miniatures in Kansas City, Missouri.

**2/25: General Grant National Memorial**– Explore the largest mausoleum in North America, which is the final resting place of President Ulysses S. Grant and his wife, Julia.

## Additional Virtual Programming Available Through Partner Agencies



**CENTRALINA**  
Area Agency on Aging

### 2021 Webinar Series

Living Independently  
Longer in Your Home  
& Your Community

This session will discuss:

- Get tips to keep you living independently longer.
- Make your home safer for under \$10!
- Advice on how to get around the town with less fear of being in a severe crash.
- Learn beneficial exercises that don't require you leaving the couch!

Presentation will share real world examples of changes we can make that reduce your risk of falling and crashing. The two leading causes of severe and life ending injuries for people age 50 and over.

Janice Williams, MSED,  
Director, Injury Prevention  
Atrium Health

Lisa Hunt, OT,  
Driving Rehabilitation Specialist  
Atrium Health

February 4, 2021  
10:00 — 11:00 AM  
Via Zoom

Who should attend?  
• Older Adults, Caregivers,  
Service Providers, facility  
staff and more!

Sponsored by:



**Register Here!**

800-508-5777  
www.centralinaaging.org

# Advance Directive & Healthcare Power of Attorney



February 23 3:30 pm  
Live on Zoom

Ashley McAlarney, staff attorney with the  
Legal Aid of North Carolina Senior Law Project, presents the basics of  
the Advance Directive & Healthcare Power of Attorney

To register or for more information, email [Paulette.Stiles@Rowancountync.gov](mailto:Paulette.Stiles@Rowancountync.gov).



ROWAN  
PUBLIC  
LIBRARY  
NORTH CAROLINA  
Be an original.

# FITNESS & WELLNESS HIGHLIGHTS

Now more than ever, Older Adults need to Exercise and Be Active to Stay Healthy!

RHSC offers Safe and Clean Fitness Areas to Exercise OR Stay-at-Home Interactive Video Fitness

## In-Person Classes & Equipment

- Approval of your Medical Professional
- Register: Call 704-216-7701
- Mask must be worn during exercise

## Video Fitness & Health Education Classes

- Computer with Camera or Tablet
- Register: Call 704-216-7701
- Exercise from the comfort of your Home

**COST:** \* Silver Sneakers, Renew Active, or Silver & Fit active Membership  
OR \$16 per month each class; Includes equipment use.

\* Tell us if you changed health insurance in February. The Center gets paid for your attendance!

Scholarship assistance available - Contact RHSC Office Admin. at 704-216-7716

### **FITNESS EQUIPMENT USE— Appts Required:**

**Monday – Thursday:** 9 am, 10 am, 11 am, 12 noon  
3 appts. per person weekly. Training Provided on Equip. Use.

**Equipment Available:** NuStep Seated Stepper, Treadmills,  
Arm Cycle, Recumbent Bikes, Ellipticals, Free Weights,  
Free Motion Cable Machines, Chest Press, Leg Extension, Leg Curl.

**Personal Training** Appointments Available. Call for Details.



## **VIRTUAL FITNESS CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Jazzercise				8:30-9:15 Jazzercise
10:00 – 10:45 Sit N Fit	10:00-10:45 Forever Young	10:00-10:45 Gentle Morning Stretch	10:00-10:45 Dance Fit	

## **IN-PERSON FITNESS CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00-9:45 Silver Sneakers w/Donnie	9:00-9:45 Silver Gym w/Susan	9:00-9:45 Silver Sneakers w/Donnie	9:00-9:45 Silver Gym w/Angela
10:00-10:45 Chair Yoga w/Sandra	Not Ready for In-Person Class?  Try Virtual Fitness Classes Taught by RHSC Staff	10:00-10:45 Chair Yoga w/Sandra	Use the Automatic BP Machine and Digital Scales in Fitness Annex  Sponsor: Novant Health
11:00-11:45 Chair Yoga w/Sandra		11:00-11:45 Chair Yoga w/Sandra	
	12:00-12:45pm Sit N Fit w/Traci		

## SERVICES & RESOURCES

Call 704-216-7704 for Services



**Income Tax Preparation**, courtesy of AARP Volunteers. Simple returns prepared for Older Adults at no cost, donations welcome. Appointments available Tuesdays, February 9th. thru April 6th. **Calls accepted beginning February 1st by calling 704-216-7714.**



## Aging Transitions Services

Call 704-216-7704 for appointments

**Medicare Advantage Open Enrollment Now Until March 31.** Those with Medicare Advantage plans can make a one-time election. Call to schedule appt. in-person or by video.

**Low Income Energy Assistance Program (LIEAP)** Households with a person age 60 or older or a disabled person receiving services through NC DAAS can apply. **Contact DSS at 704-216-8330** if you are in a heating/cooling crisis. Applications taken thru March 2021.

**Legal Aid** - Get assistance with wills, power of attorney, and advance directives at no cost to you. **Call 877-579-7562 to schedule your appointment.**

## USDA Senior Boxes

Monthly Program of Shelf Stable Food Box



### Income eligibility requirements:

Household of 1– income at or below \$1307/month

Household of 2–income at or below \$1760/month

**Senior Box applications available at Lunch Club sites or Call 704-216-7702**

## VOLUNTEER Weekly or Once a Month

### Drive Seniors to Appts for CARS Program

Mileage reimbursement available. No commitment yet, call and let Melody know you would like to learn more details about driving our Seniors.

### Lunch Club Helper: Monday-Friday 10 am-12:30 pm

Assist at a Lunch site near you. Help set up and serve the meal to our Guests take-out style.

**Various Tasks:** May be office filing, organizing, assisting staff with check-in for events, etc.

**Call Melody to get involved, no need to be bored!**

**We would love your help! 704-216-7703**

## Lunch Clubs (ages 60+)

Call 704-216-7702 for details

Lunch available close to home

Rowan County Residents, 60+. Donations accepted.

Call at least one day in advance for meal reservations.

## HOT GRAB & GO MEALS

**Monday - Friday 10:30am - 11:30am**

### ◇ West Rowan - Lions Club

106 Cemetery St, Cleveland // 704-798-3100

### ◇ East Rowan - Shiloh UMC

234 S. Main St., Granite Quarry // 704-798-3058

### ◇ John Calvin– Presbyterian Church

1620 Brenner Ave., Salisbury // 704-798-3093

### ◇ Lafayette Community Center

617 Lafayette Center, Salisbury // 704-636-7758

### ◇ North Rowan - Pick up at Lafayette Community Ctr

617 Lafayette Circle, Salisbury // 704-636-7758

## FROZEN MEALS

**Wednesday Only 10:00am – 10:45am**

### ◇ South Rowan - Mt Zion UCC

1415 S. Main St., China Grove // 704-798-3038

Get latest updates by visiting [www.ruffyholmes.org](http://www.ruffyholmes.org) or follow us on Facebook

**NEWSLETTER AVAILABLE UNDER CARPORT AT THE CENTER**



**RUFTY-HOLMES SENIOR CENTER HOURS**  
 Open Monday thru Friday from 8:00 am –5:00 pm  
 by appointment only

**CENTER CLOSED  
 ON  
 MAJOR HOLIDAYS**

# February Menu



At Lunch Club Sites - Hot Grab & Go Meals - Reservations Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Spaghetti, Carrots Apple Crisp, Roll, Juice, and Milk	2 BBQ Chicken, Buttered Squash, Lima Beans, Rice, Juice, and Milk	3 Chili Beans, Broccoli, Corn, Corn Bread, Juice, and Milk	4 Pork Loin/w Mustard Greens, Cabbage, Harvard Beets, Roll, Juice, and Milk	5 Chicken Parmesan Buttered Pasta, Carrots, Green Peas Roll, Milk, and Juice
8 Beef Stroganoff over Egg Noodles, Green Beans, Glazed Carrots, Roll, Juice, and Milk	9 Chicken Breast w/ Herb Sauce, Roasted Potatoes, Ratatouille, Rice, Juice, and Milk	10 Baked Macaroni & Cheese Navy Beans, Collard Greens, Cornbread Muffin, Juice, and Milk	11 Meatloaf, Mashed Potatoes w/Gravy, Steamed Squash, Roll, Juice, and Milk	12 Turkey Tetrizzini, Corn, Green Beans, Roll, Juice, and Milk
15 Shepherd's Pie, Stewed Tomatoes, Steamed Broccoli, Roll, Juice, and milk	16 Chicken & Dump- plings, Black Eye Peas, Turnip Greens, Juice, and Milk	17 Sweet and Sour Chicken w/Rice, Carrots, Green Beans, Juice, and Milk	18 Salisbury Steak, Mashed Potatoes, Spinach, Roll, Juice, and Milk	19 Sliced Ham w/Glaze, Broccoli Casserole, Sweet Potatoes, Cornbread Muffins, Juice, and Milk
22 Beef Tips over Rice, Broccoli, Stewed Tomatoes, Roll, Milk, and Juice	23 BBQ Chicken, Lima Beans, Cauliflower, Roll, Juice, and Milk	24 Pinto Beans, Collard Greens, Succotash, Cornbread Muffin, Juice, and Milk	25 Hamburger Patty, Oven Roasted Sweet Potatoes, Baked Beans, Hamburger Buns, Milk, and Juice	26 Chicken & Noodles, Roasted Sweet Potatoes, Harvard Beets, Roll, Juice, and Milk

**RUFTY-HOLMES STAFF**

Call Front Desk staff for general questions; 704-216-7714

Contact Staff directly, use 704-216 and ext. #

Director	Nan Buehrer	7715
Programs	Kirk Williams	7705
Aging Transitions	Ana Herrera-Turpin	7704
Fitness & Wellness	Angela Hendrix	7701
Nutrition	Michele Sweatt	7702
Administration	Sylvia Swisher	7716
Facilities	Randy Crowell	7720

***THANKS TO OUR FUNDERS FOR THEIR SUPPORT***

Home & Community Care Block Grant, (Federal, State, County)

Rowan County, City of Salisbury, Donors, Participants,

Community Partners



**RHSC Mission Statement**

Rufty-Holmes Senior Center is a non-profit organization that provides a focal point for aging resources as well as opportunities to extend independent living and enrich the quality of life for Rowan County older adults.