

REIDSVILLE
SENIOR CENTER



Special points of interest:

- 3/1/18 Podiatrist Presentation
- 3/2/18 Pickleball Tournament
- 3/9/18 9:45 Movie Presentation— sponsored by Wilkerson Funeral Home
- 3/30/18 RCARE closed Good Friday

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I.N.K. (Information, News & Knowledge)

Volume 3, Issue 18

March, 2018

Living Healthy With A Chronic Disease

RCARE will provide a Living Healthy with a Chronic Disease class beginning March 8th. The class will be held each Thursday from 1:00 p.m.—3:00 p.m. and continue until April 12th.

This chronic disease self manage program helps you gain control over your health and improve your quality of life.

The program is a six session, peer-led education program for people and/or their caregivers with any type of on-going health condition and complements the care of the healthcare that person may already be receiving.

Topics covered include:

- Decision making and
- problem solving skills
- Developing and maintaining a safe, long-term physical activity program
- Fatigue management
- Dealing with anger, depression and difficult emotions
- Cognitive management of pain and stress
 - Communicating effectively with family, friends and health professionals
- Using prescribed medication appropriately
- Healthy eating
- Making informed treatment decisions
- Planning for future

health care

- Participants are invited to bring a family member, friend and/or caretaker.

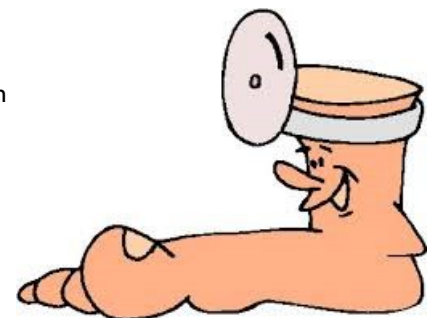


Podiatrist Presentation

Dr. N'Tumba Jah a podiatrist from Archdale, NC will provide a brief presentation at RCARE on Thursday, March 1st at 10:00 a.m. to the Downtown Senior Citizen's Club and later to the "Meals with Friends" group focusing on diabetic foot risks and other common foot condi-

tions that podiatrist treat.

Following the presentation Dr. Jah will set up an area to conduct foot screenings and evaluations.



Shuffleboard League Standings (Through 2/28/18)

| Player | Wins | Losses |
|-----------------------|------|--------|
| Charlotte Neal | 13 | 3 |
| Shirley Rickman | 12 | 4 |
| Alice Anderson | 12 | 4 |
| Joyce Tranbarger | 10 | 6 |
| Doretha Leftwood | 10 | 6 |
| Rose Palmer | 10 | 6 |
| Angie Stabb | 10 | 6 |
| Ida Tucker | 10 | 6 |
| Freedia Jones | 10 | 6 |
| Hallie McCain | 10 | 6 |
| Jerry Tranbarger | 9 | 7 |
| Faye Crawford | 9 | 7 |
| Gladys Pickard | 8 | 8 |
| Ruby Withers | 8 | 8 |
| Gloria Gorham | 8 | 8 |
| June Willis | 8 | 8 |
| Mabel Powell | 7 | 9 |
| Gretta Maxey | 7 | 9 |
| Geraldine Kimber | 7 | 9 |
| Diane Motley | 6 | 10 |
| John Harris | 6 | 10 |
| Jeanie Branch | 6 | 10 |
| Sue Elledge | 6 | 10 |
| Jettie Galloway | 5 | 11 |
| Ann Galloway | 4 | 12 |
| Joyce Thomas | 4 | 12 |
| Barbara Slade | 4 | 12 |
| Jeanie Mae Winchester | 2 | 14 |

Special thanks to Cathy Taylor for the beautiful decorations she did for Valentines and also for the ones she did for Easter!

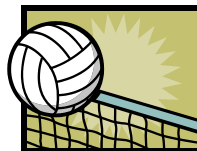
WE heard many compliments on the decorations last month.... Thanks Cathy.



Upcoming Events

Senior Games— Last day for registration is March 29th.—Sign up today!

**Senior Bingo
3/15/18
1:00 p.m.**



Don't forget that volleyball free play is each Thursday at 3:00 p.m.

Vita Tax Assistance—Month of March—Monday & Thursdays only. Appointments required.



Friday, March 9th.—Movie presentation—*"The Secret of Jonathan Sperry"*.—Sponsored by Wilkerson Funeral Home.

Rock Craft Class—9:00 a.m. March 22nd.



New Easter Event This Year: Instead of an Easter egg hunt where some folks get 50 eggs and some get only one or two we are having an Easter Egg Drawing. Stop by the front desk and draw an egg to win chocolate and prizes. Limited to one drawing per person. Event begins on Easter Monday, April 2nd at 8:30 a.m. and ends at 4:30 p.m.



RCARE will sponsor our first Pickleball tournament on Friday, March 2nd . Registration fees are \$10.00 per team. Deadline to register is 2/28/18.

Stroke Prevention Presentation—Thursday, March 15th 10:30 a.m. (Downtown Senior Citizen's Club Meeting) Open to the public. Sponsored by Cone Health/Annie Penn Hospital

**REIDSVILLE SENIOR
CENTER**

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We Are Off Our Rockers

The mission for RCARE is to promote the importance of an active, healthy lifestyle by providing an assortment of social, educational and recreational activities.

**Congratulations to Joyce Thomas who won our contest for turning the survey on our last newsletter!!
See staff to claim your prize.**

Just For Fun

Chocolate Chip Cookies



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An elderly man lay dying in his bed. In death's agony, he suddenly smelled the aroma of his favorite chocolate chip cookies wafting up the stairs. He gathered his remaining strength, and lifted himself from the bed. Leaning against the wall, he slowly made his way out of the bedroom, and with even greater effort forced himself down the stairs, gripping the railing with both hands. With labored breath, he leaned against the door-frame, gazing into the kitchen.

Were it not for death's agony, he would have thought himself already in heaven: there, spread out upon racks on the kitchen table and counters were literally hundreds of his favorite chocolate chip cookies.

Was it heaven? Or was it one final act of heroic love from his devoted wife, seeing to it that he left this world a happy man? Mustering one great final effort, he threw himself toward the table, landing on his knees in a rumpled posture. His parched lips parted— the wondrous taste of the cookies was already in his mouth, seemingly bringing him back to life.

“Stay out of those,” she said. “They’re for the funeral.”

Retirement, A Wife's Definition

A frustrated wife told me the other day her definition of retirement: “Twice as much husband on half as much pay.”

