

Resource Corner

Lakeview Center strives to be a "One Stop Shop" for all things AGING. Our Information & Assistance/Referral Program is designed to help anyone who has questions related to aging issues find the assistance they need. Whether someone calls on the phone, walks through the door, or sends a message on social media or via email.

WE ARE HERE TO HELP!!

- ~Adult Day Care
- ~Affordable Housing
- ~Congregate Meal Site
- ~Disaster Preparedness
- ~Durable Medical Equipment
- ~Elder Abuse & Neglect
- ~Energy Assistance
- ~Food Distribution
- ~Home Health
- ~Hospice
- ~Insurance Counseling
- ~Job Placement & Training
- ~Legal Services
- ~Long Term Care
- ~Medicaid & Medicare
- ~Mental Health
- ~Rehabilitation
- ~Respite Care
- ~Reverse Mortgage Counseling
- ~Social Security Benefits
- ~Tax Preparation
- ~Telephone Reassurance
- ~Transportation

Lakeview Center for Active Aging

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Be sure to like us on Facebook!

<https://www.facebook.com/LakeviewCenterforActiveAging/>

OR

Visit us online @www.blackmountainrec.com
Look for us under the Activities tab!



Mission Statement: The purpose of the Lakeview Center is to serve older adults, ages 50 and above, from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the Center supports active living for older adults. The Lakeview Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.



It's been a busy summer at Lakeview Center with the pool in full swing and six weeks of summer camp ending in July. Our 'Help Around the House' program was a big success and our new 'Walk with Ease' class that began the last week in July has a full roster. If you were unable to sign up for this 6 week session but are interested in a future date, get your name on the waiting list so that we can begin to plan another session in the future. For those not familiar with the program, 'Walk with Ease' is an Arthritis Foundation evidence based program to help those with arthritis or joint pain start moving again, reduce pain, and possibly prevent many different types of chronic pain.

Time is running out to sign up for our Christmas in Williamsburg trip in Dec. For more info please call 828 669 8610. We need about 10 more people to make this happen!

Also, check out our upcoming monthly series 'Caregiver Dementia Education Seminars' beginning Monday, Aug. 5th, 11 - 11:45 am. (See inside for complete details) This seminar is for Caregivers and anyone affected by dementia and Alzheimer's and presented by the Western Carolina Chapter of the Alzheimer's Association. This series will be on the 1st Monday of the month from August through November. Please pass the word on to anyone who may benefit from information and assistance with this debilitating disease.

Park Rhythms Concert Series August Schedule

August 1 - Shay Lovette Trio (Folk) DOWNTOWN CHERRY ST.
August 8 - Rhiannon & The Relics (Bluegrass) LAKE TOMAHAWK
August 15 - Jacktown Ramblers (Folk) LAKE TOMAHAWK
7 - 9 pm. Food and dessert vendors on site.

Outdoor Movies at Lake Tomahawk - Friday, August 9.
"The Lego Movie 2". Vendors on site. Movie starts at dusk.

NEW! CAREGIVER DEMENTIA EDUCATION SERIES

Alzheimer's disease has a devastating impact not just on those with the disease but also an extreme burden on their caregivers - a job that usually falls on family and friends.

- In 2018, 16.3 million family members and friends provided 18.5 billion hours of unpaid care to people with Alzheimer's and dementia.
- Nearly 25% caregivers are 'sandwich generation' caregivers - caring for both children/grandchildren and someone with the disease.
- As many as 40% of family caregivers suffer from depression.
- Nearly 60% rate the emotional stress as high or very high.
- The typical family caregiver is a 50+ year-old woman caring for her widowed mother who does not live with her. She is married and employed.
- Spousal caregivers of people *with* dementia who are hospitalized are more likely to die within a year than the spousal caregivers of those hospitalized who *didn't* have dementia - even after accounting for age of the caregiver.

Beginning Aug. 5th, the Western Carolina Chapter of the Alzheimer's Association will present a monthly educational series for caregivers, and anyone interested in more information about this debilitating disease. Join us on the FIRST Monday of each month through November to get the latest information on the disease, as well as the assistance and resources available.

- MONDAY, AUGUST 5th - UNDERSTANDING ALZHEIMER'S & DEMENTIA
- MONDAY, SEPT. 9th - HEALTHY LIVING FOR YOUR BRAIN & BODY
- MONDAY, OCT. 7th - LEGAL & FINANCIAL PLANNING FOR DEMENTIA
- MONDAY, NOV. 4th - CAREGIVING THROUGH THE HOLIDAYS

The seminars are all FREE to the community and NOT JUST FOR SENIORS but all those affected by this debilitating disease. PLEASE CALL 828 669 8610 FOR MORE INFO.

SPECIAL CAREGIVER'S WORKSHOP MONDAY, SEPT. 16TH 2-5:30 PM

'The Confident Caregiver'

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. This interactive workshop will provide you with the tools you need to take the next step. Sign up requested.

van clan

[(friends) + (road)]
www.fun.com



Van Clan August & Sept Schedule

Thurs., Aug. 1 - Lunch - Apollo Flame, Hendersonville Rd.
Thurs., Aug. 8 - Daytrip - Harrah's & Cherokee with a breakfast stop at the Buttered Biscuit in Waynesville.
Thurs., Sept. 5 - Lunch - The Square Root and Kiwi Gelato. Brevard
Thurs., Sept. 12 - Daytrip - Greenville, SC.

A complete list of monthly Lunch Outings & Daytrips is available.

CAN YOU HEAR ME NOW???

Listen up! Don't take your ears for granted. Hearing loss is the third most common health problem in the U.S, and it can affect the quality of your life.

Free HEARING SCREENING Monday, August 26th, 10 - Noon.

Basic screening presented by Beltone.

Special Motor coach Holiday Travel Opportunity

Williamsburg Christmas Celebration

Dec 2 - 4, 2019 3 Days/2 Nights Double \$545 per person Single \$639

2 Continental Breakfast/2 Dinners Included

We need about 12 more people to make this trip possible! If you are interested, please email or call Melinda at 828 669 8610 to be added to the list. We're almost there!

Deadline for sign up is August 16th. melinda.polites@townofblackmountain.org

Lakeview Center's Lunch Site

Lakeview Center partners with the Council on Aging to provide a hot, catered meal from the Moose Café five days a week. The only requirement is that you are 60 years old or older. If you want to participate but don't know how to get here, we can possibly take care of that too. In addition to a hot lunch, we have coffee and snacks, card games, singing, Sit and Be Fit exercises, chair yoga, expert presentations about healthy aging, health screenings, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

Suggested donation per meal is \$1.50/day. Please call Trevia by 10:30 a.m. the day before you would like to come. Monthly menus, calendars, and newsletters are available or can be emailed to you so that you don't miss a thing.