

VOLUNTEERS OF THE YEAR FOR 2019

At noon on any given weekday you will find both Mabel and Michael busy in the kitchen at Lakeview Center helping Trevia serve and deliver as many as 53 meals per day. On the rare occasion when Trevia is out, we are ALL grateful that these two make sure that lunch is served without a hitch and the kitchen is clean as a whistle. Thank you Mabel and Michael for being Outstanding Volunteers every year!



**Mabel
Shelton**



**Michael
Ewing**

Lakeview Center for Active Aging

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Be sure to like us on Facebook!

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



Mission Statement: The purpose of the Lakeview Center is to serve older adults 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.



LAKEVIEW CENTER

FOR ACTIVE AGING

JUNE 2019

June 15th has been designated World Elder Abuse Awareness Day (WEAAD) in America and around the World for the past 13 years. The goal of WEAAD is to raise awareness and lift all voices for the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 Older Americans are abused or neglected each year while only 1 in 24 cases ever reaches the attention of authorities. We're raising awareness because everyone deserves to age with respect and dignity. Learn the signs and SPEAK UP.



- Sudden changes in behavior or finances
- Physical injuries, dehydration, or malnourishment
- Extreme withdrawal, depression or anxiety
- Absence of basic health care or necessities
- Kept away from others
- Unsanitary living conditions
- Personal items or resources missing

Please help protect vulnerable members of our community. If you see these signs, or suspect abuse or neglect of an elder or adult with disabilities call Buncombe Co. Health & Human Services 828 250 5800. Join us Monday, June 10th to learn more!

**LIFT YOUR VOICE FOR ELDER ABUSE AWARENESS
WEAR PURPLE ON SATURDAY, JUNE 15th**



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

NCEA
National Center on Elder Abuse

ACL
Administration for Community Living

June 15th

UPDATES & ANNOUNCEMENTS

- Snack & Learn:
Monday, June 10, 11 - 11:45. COA's Emily Whitmire discusses Elder Abuse in time for the World Elder Abuse Awareness Day on June 15th. Wear purple to bring attention to this important subject.

Monday, June 17, 11 - 11:45. Health Ridge Pharmacy will do blood pressure checks and talk about a hot topic of the month.
- Help Around the House will be back this June & July on select dates. Volunteer groups of 20 - 26 students will be available for full or 1/2 days for minor repairs, house cleaning, yard work, moving furniture, and light painting. Call 669-8610 to get on a wait list if dates are still available.
- Benefits & Enrollment is moving to one day per month and will be held Monday, June 10. You may sign up for this valuable service by calling COA at 828 277 8288.

SPECIAL ANNOUNCEMENT - SUMMER CAMP

This summer LVC will be hosting the Recreation & Parks Kids Summer Camp Program downstairs from June 17th to July 26th (6 weeks). All regular activities will move upstairs during this time. We will make every effort to make this as painless as possible for all our regular activities and possibly even fun. If you have any questions, please call 669-8610.

Fall Travel - The Great Cities of Canada

9 Day Trip beginning September 4, 2019

\$3399 includes Airfare and Ground transportation from Black Mountain

This 9 day adventure begins in Montreal, with a **rail tour** to Quebec City then on to Ottawa, cruises the 1000 Islands, then off to Toronto and Niagara Falls. Departure is Sept. 4th from Asheville Airport and returns Sept. 12th. \$3399 **includes both land & air transportation.** Booking discounts available. Passport required.

If you would like to learn more about these trips, please call or email Melinda (contact info on the back). While there is no commitment, we would love to hear from you as to your interest in this (or any other travel destinations). Don't forget to tell all your friends!

van clan

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



Van Clan June & July Schedule

Thurs., June 6th Lunch - Nine Mile, West Asheville. Traditional Caribbean inspired menu.
Thurs., June 13th - Flat Rock 'South Pacific'. Lunch at Mezzaluna in Hendersonville. Tickets plus transportation \$45. Lunch separate. **FULL**

Thurs., July 11th Lunch - Irma's Farm, Bruce's Fabulous Foods and Jack Frost Dairy Bar. Old Fort and Marion.
Thurs., July 18th Daytrip - Lake Lure Boat Tour. Lunch at LaStrada. **FULL**
A complete list of monthly lunch outings & Daytrips is available.

Summer has arrived! Parking may be a challenge - please do not block entrance/exits. Pool officially opens daily on June 10th. Plan to arrive early.

Outdoor Movies at Lake Tomahawk: 2nd Fridays of the month, May - Sept.
"Bad News Bears" June 14th. Free. Movie starts at Dusk.

Park Rhythms: Every Thursday til August 8th, beginning June 20th, 7 - 9pm. Free. Food and Dessert Vendors will be on site.
June 20th - Trent Glisson (country music)

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. There is no limit as to how many days you can come. 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, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

To get started, call Trevia at 828 669 2035 to reserve your spot. You can register when you come and inquire about Mt. Mobility for transportation. 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.