

## 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

401 Laurel Circle Drive  
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(828) 669-8610

#### Melinda Polites

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Be sure to like us on Facebook!

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

OR

Visit us online @[www.blackmountainrec.com](http://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.



**O**ctober is Safety and Preparedness Month and we have a variety of subjects to cover for our Monday Snack & Learns as we look toward the winter season. Oct. 14th the BM Fire Department in conjunction with Mission Hospital will discuss the latest in Fall Prevention. Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. *Falls can be prevented!* Learn how. Oct. 21st Health Ridge Pharmacy will address safety and preparedness with prescription meds and Oct. 28th the BM Fire Dept will return to talk about safety and preparedness in your home. 11 - 11:45 am.

Our Alzheimer's series continues on Mon., Oct. 7th with Brian Lawler from Van Winkle law firm in Asheville to discuss smart legal and financial planning surrounding dementia. As an elder lawyer he may also be able to answer other legal questions you may have. Please invite anyone who may benefit from this valuable information. 11 - 11:45 am.

All of our educational programs (Snack & Learns etc...) are open to anyone who may need or benefit from the information. We are here to help!  
*Melinda Polites*

## OPEN ENROLLMENT October 15th - Dec. 15th

SHIIP (Senior Health Insurance Info Program) Counselors will be available by appointment Upstairs at Lakeview on Thursday afternoons beginning Oct. 17th through Dec. 5th from 1 - 4:30. Appointments can be made by calling COA at 828 277 8288. This one on one assistance is invaluable in helping you determine what is best for you. Appointments fill up fast, don't delay. **828 277 8288**

Williamsburg Holiday Trip has been canceled.  
We didn't reach our goal of 30 participants.

### Caregiver DEMENTIA Education Series 11 - 11:45 am

- ☐ 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 for all those affected by this debilitating disease. PLEASE CALL 828 669 8610 FOR MORE INFO.  
Presented by the Western Carolina Chapter of the Alzheimer's Association.

### Van Clan Oct and Nov Schedule

Thurs., Oct. 3 - Lunch - Pisgah Inn (WAITING LIST)

Friday, Oct. 18 - Daytrip - Carolina Balloonfest,  
Statesville. (WAITING LIST)

Thurs., Nov. 7 - Sweet Onion, Waynesville

Thurs., Nov. 14 - St. Paul Vineyards, Flat Rock

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



### **Council on Aging Benefits & Enrollment**

Monday, Oct. 14th, 10 am - 2 pm. By appointment only.

Please call Grace at COA at 828 277 8288 to set up an appointment to see if you qualify for this valuable assistance with Medical Care, Prescription Drugs, Food, and Heating.

### **WILDFLOWER WALKS WILL RESUME APRIL 2020**



# HAPPY HALLOWEEN

### **October Upcoming Events**

- Mon. Oct 7 - Legal & Financial Planning for Dementia with Brian Lawler of Van Winkle Law Firm in Asheville.
- Thurs. Oct 10 - Jewelry Wire Wrapping Class 1- 4
- Mon. Oct 14 - Mission Hospital presentation on Fall Prevention
- Mon. Oct 14 - Benefits and Enrollment (by appt.)
- Mon. Oct. 21 - Health Ridge - Prescription Safety & Preparedness
- Fri. Oct 25 - Birthday Celebration
- Sat. Oct 26 - BMRP Monster Mini Mash 2- 5 pm, 304 Black Mt. Ave.
- Mon. Oct. 28 - BM Fire Department - Safety & Preparedness

### **SPECIAL CLASS - Wire Wrapping - Jewelry - \$45**

Learn the art of wire wrapping in this one-day, 3 hour class. All tools and materials included. Limited to 8 participants. Take home your own original pendant necklace and earrings.

Thursday, Oct. 10th, 1 - 4 pm Lakeview Upstairs  
Instructor Nancy Sutton.

For more information or to sign up, please call 828 669 8610.

*Not sure what wire wrapping is? Come by the office and see the real thing.*



### **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. Join Us !*