



JACKSONIAN

A MONTHLY PUBLICATION OF THE JACKSON COUNTY
DEPARTMENT ON AGING



Each March, **Meals on Wheels** celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. Programs from across the country have celebrated the month of March to increase awareness for Meals on Wheels and recruit volunteers to meet the rising demand. The Department on Aging will be highlighting the Meals on Wheels program throughout the month of March as a call for action for new volunteers. Please call us at 586-5494 for more information on volunteering for Meals on Wheels.



Samaritan's Feet - free shoes for the first 100 registrants. Details on page 2





Knock Knock... The power of a knock.transforms lives

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from **Meals on Wheels** can even save lives.

Sign up for a free pair of shoes through **Samaritan's Feet**

Registration is through March 15, 2024

Sign up with Laura Rodi by calling 586-5494

Event date (shoe pick up) Friday April 5th 2024 from 10-2pm

Limited to the first 100 registrants

Ladies shoes



Mens shoes



In-Home List

JACKSON COUNTY DEPT ON AGING

Self Employment

helping seniors in their homes

Set your own:

schedule, pay rate and duties performed

The Department on Aging continues to accept candidates for the **In-Home List**. Those wishing to work in the community providing home management, personal care, or Respite services are encouraged to sign-up for the list.

For more information
call Phyllis Phillips at 586-5494.

"I am staying busy on the In-Home List, the families are so wonderful, and the training provided was so on point."

Lindi, provider since 2022

Jackson County Project Lifesaver



*Supporting families and
protecting seniors that wander
due to cognitive impairment*

Electronic tracking for seniors at risk of wandering. Sponsored by JCDOA and the Jackson County Sheriff's Office. Call Phyllis Phillips @ 631-8039

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Free **Income Tax Preparation and E-Filing** will be offered here at the JCDOA. Appointments will take place every Monday and Friday until 4/12/24.

Appointments can be scheduled online at wnctaxaide.as.me or by calling 586-5494.

Both the Sylva and Cashiers locations will be closed on March 29th for Good Friday Holiday



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the fourth-most common cancer in the U.S. and the second leading cause of cancer-related deaths.

It affects all racial and ethnic groups and is most often found in people ages 50 and older.

Screening and early detection are vital.

Medicare covers certain colorectal cancer screening services—ask a SHIIP counselor for more information.

Colorectal cancer is preventable, treatable and beatable!

Ask a SHIIP counselor for more information.
for more information contact:

Meagan Mintz @ 828.586.5494



Norma Lilly making her bowl project at the Bascom in Highlands.



Kaki Holt during an acrylic art painting project during the Multimedia Art Class with the Bascom.



Brenda Clickenger participating in the Basket Class with Junetta Pell.



Card Class with Toni Murphy. Participants included: Sondra Gentry, Barbara Reich, Jenai Jones, Norma Lilly and Lorena Beasley.



Instructor Mary Collins showing Barbara Reich how to put together a project for Gifts for the Home and Family.



Meals on Wheels volunteer George Henry.



Thomas McMillian and friend Becky Sanders enjoying a Congregate meal at the senior center.



Art Class with the Bascom. Participants include Faith Bell and Jenai Jones.



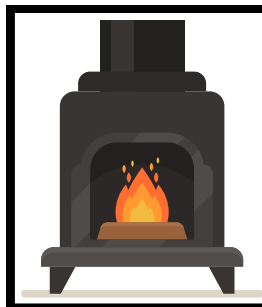
Blankets are available for seniors in need at the Jackson County Department on Aging in Sylva. While supplies last...



Project C.A.R.E (Community Action to Reach Elderly) provides safety modifications for low income elderly, homebound seniors and other qualifying persons in Jackson County.



Thanks to Faith Baptist Church, Sylva First United Methodist Church, and Jackson County Public Works for assisting with these ramps.



Project F.I.R.E. Fuel Intervention for the Rural Elderly



Volunteer groups are needed to help split wood for community members. Call today! 828-586-5494

Project F.I.R.E. – Volunteers are needed for firewood cutting/splitting every Thursday from 1:30pm–3:30pm at Cullowhee United Methodist Church at 416 Central Drive on the WCU campus.

Firewood Event Schedule 2023-2024 Season

Firewood Delivery to Elderly in Jackson County



VOLUNTEERS (to split/deliver) WITH PICKUP TRUCKS ARE ESPECIALLY NEEDED!!!!

Please call 828-586-5494 for more information.

Cullowhee United Methodist Church

416 Central Drive (WCU campus)

March 16th at 8:30am

Please dress in clothes you don't mind getting dirty and bring a pair of gloves if you have them.

Breakfast, lunch and hot drinks provided!



March Birthday Celebration

Friday, March 15th at 11:30

Reserve your spot with Sarah for lunch and cupcakes! 828-586-5494



SYLVA SENIOR CAFE

Monday - Friday 11:30 - 12:30

MAKE NEW FRIENDS

KEEP THE OLD

Price for Private Pay \$5.50

Contact the Congregate Meals Manager

For Reservations: 828-586-5494



Volunteering for Meals on Wheels

Much more than just a meal!

Do you have 1 hour one time each week to volunteer?

Contact the Jackson County Department on Aging

MOW & Nutrition Department @ 586-5494

or ellaensley@jacksonnc.org.



Registration for Fee Based classes (currently **Greeting Card** and **Basket**) utilizes a **Lottery**. You can enter the lottery **any time between 9-5pm** on the first workday of the month prior to the class.

Please see **Amanda Brooks** with any questions and for more information.

CREATIVE MINDS VIRTUAL SESSIONS

10:00 – 10:45 am

WCU's Recreational Therapy Students under the direction of Debbie Logan will offer virtual sessions in creating mind-stimulating sessions.

Mondays

- March 18th
- April 1st
- April 15th

Wednesdays

- March 12th
- April 10th
- April 24th



Pre-Registration is required. Log on to MyActiveCenter.com to register!



Ladies Tea

Join us every other month for our featured "Tea of the Month", sweet treats, and conversation

MARCH 5TH
10-11 AM
ROOM 135



Join us for Fun and prizes!

Wednesday, March 6th 1:30-3pm
Thursday, March 21st 1-2:30pm
in Room 135

Wellness Seminar: Arthritis



This seminar will focus on different types of arthritis, common myths and misconceptions, and effective and safe management.

Thursday March 7th at 11am in the Heritage Room

Enriching Mental Health with Complementary Treatments Part 11 (Color, Music Therapy, & Nutrition)

Monday, March 18 in the Heritage Room

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Color, Music Therapy, & Nutrition.



WALK WITH EASE ★ **SPACE IS LIMITED**
MARCH 11, 2024-APRIL 17, 2024
MONDAYS AND WEDNESDAYS AT 9:30AM IN RM. 134
CLASS WILL BE TAUGHT BY LAURA AND WCU PT DOCTORATE STUDENTS
AN ARTHRITIS FOUNDATION PROGRAM

JOIN US FOR A ST. PATRICK'S DAY CELEBRATION MARCH 18TH FROM 11:30-1PM IN THE SENIOR CAFÉ

WEAR YOUR BEST GREEN AND
JOIN US FOR LUNCH, GAMES AND PRIZES!

CONTACT SARAH FORBIS TO SIGN UP FOR LUNCH

Healing YOGA

Mondays
& Thursdays
at 2:30pm
in Room 134

Class is 75 minutes
Wear Comfortable clothes
Mats and chairs provided



PILATES



TAUGHT BY
SUSAN BLAIR
MONDAYS AT 1PM IN
ROOM 134



Smoky Mountain Senior Games
Registration through March 10th
Games from April 2nd-May 16th

Jackson County
Department on Aging
100 County Services Park
Sylva, NC 28779
AGING@JACKSONNC.ORG



Non Profit Org
US Postage Paid
Waynesville, NC 28786
Permit # 18
@JACKSONCOUNTYDOA

ELECTRONIC SERVICE REQUESTED



In like a lion...



...Out like a lamb



January Birthdays! (L to R) Walter Johnson, Barbara Smyrl, Bill McClure, Vallyn Johnson, Barb Rohner, Roger Hurst, and Bev Lane



February Birthdays! (L to R) Betty White, Ed Startt Gladys Cauley

Adult Day Participants enjoy creating a wintery wonderland craft with volunteers Lisa and GiGi!

