



JACKSONIAN

A MONTHLY PUBLICATION OF THE JACKSON COUNTY DEPARTMENT ON AGING



Hi All,

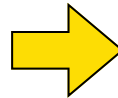
The human eardrum is smaller than the size of a nickel, remarkable, takes vibrations, turns them into signals that our brain recognizes as sounds. The inner ear, fully responsible for our balance and spatial orientation are we up, down, upside down etc. But what happens when its bad, when we have difficulty hearing, walking straight? Well these are things I just found out, my daughter had to have her eardrum fully reconstructed, she was born with a defective ear. You would never know it, but it was just the hand that she was dealt. An ENT, a simple man, a mere human, was able to go into a small incision, carve out a space and fully rebuild my daughters eardrum with prosthetics, man-made bone. Again we are talking working in a space the size of a nickel! It amazed me at how blessed we are to live in this time! I want to encourage you all to seek out the health care that you need. We have so many options right now that we didn't have 5-10 years ago, After going through this, it just was placed on my heart to inspire all of you to take good care of yourselves, as you all are very important to us here at the DOA.

-Jamie



Firewood event schedule 2024 - 2025 Season
Help elderly in Jackson County stay warm this winter

Final Delivery Date/Need for volunteers



**March 15th - CUMC
(Cullowhee United
Methodist Church)
at 416 Central Drive**



- Start times for all events is 8:30am
- Drinks, breakfast sandwiches, and lunch provided
- Dress in clothes you don't mind getting dirty
- Bring a pair of gloves if you have them
- Trucks are greatly needed for delivery

In-Home List

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



VOLUNTEERING - If you are interested in volunteering for the Jackson County Department on Aging, please call (828) 586-5494. Additional volunteer opportunities are available in Jackson and/or Haywood Counties. Please contact John Chicoine, Volunteer Center Coordinator for Jackson and Haywood at (828) 356-2833.





United Way of North Carolina



If you need help finding resources in your community and don't know where to turn, NC 211 is the place to start. United Way's NC 211 is an information and referral service that connects North Carolinians to verified resources for basic needs, such as housing and utility assistance, food, healthcare, transportation, and more.

Anyone in North Carolina can make a free and confidential call to 2-1-1 (or 888-892-1162). A trained Community Resource Specialist will listen, identify needs, and connect callers to local resources that fit their situation. Available in most languages, NC 211 is open 24 hours a day, 7 days a week, 365 days a year. For those unable to make a phone call, the search tool on nc211.org provides detailed and verified information on resources across the state.

NC 211 is an information and referral service provided by United Way of North Carolina. Accessible via an easy-to-remember, three-digit number, families and individuals can call to obtain free and confidential information on health and human services and resources within their community.

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 at 631-8039



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!

The best way to fight Medicare Fraud is by checking your Explanations of Benefits!

Please double check your Medicare statements! Scammers will target you through various methods to obtain your Medicare number, then use that number to bill fraudulent items to Medicare.



for more information contact:
Meagan Mintz @ 828-586-5494



King Cake

We will be serving King Cake in the Senior Café in Sylva during lunch on March 4th. Please contact Heather Phillips for Lunch Reservations



JOIN US FOR A ST. PATRICK'S DAY CELEBRATION MARCH 17TH AT 11:30 IN THE SENIOR CAFÉ IN SYLVA.

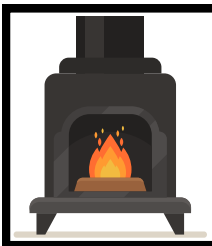
JOIN US FOR A GREEN CELEBRATION DURING LUNCH, FEATURING A MAKE YOUR OWN LEPRECHAUN FLOAT STATION!

CONTACT HEATHER PHILLIPS FOR LUNCH RESERVATIONS

You're Invited Asking Directions



Join Jamie Davis, Executive Director for the Jackson County Department on Aging, for coffee and an open forum. 9:00 am on the First Tuesday of each month in the Herigate room. **PAGE 2**



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



Project F.I.R.E. – Volunteers are needed for firewood cutting/splitting every Wednesday from 12:45pm–2:45pm at Cullowhee United Methodist Church at 416 Central Drive on the WCU campus. Volunteers are also needed for firewood deliveries on February 8th. See page 1 for more details.

Contact Matt Broomell at 828-631-8040 to volunteer

VOLUNTEERS NEEDED

The January firewood delivery event was canceled due to the inclement weather, but with the help of many volunteers, 44 loads were delivered throughout the month.

The final event of this winter season is March 15th at the Cullowhee United Methodist Church.



VOLUNTEERS NEEDED

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.



Daniel had his first experience building a 10' ramp for a client in Dillsboro.



Steve Kuehl, John Gosche, and Bob Cochran helped the Project CARE team with a 30' ramp for a client in Webster.

The Project CARE team built a set of steps for a client in Cullowhee.

Cooperative Extension Class With Minda Soils/Compost/Soil Testing

Learn about the connection between healthy soils, healthy plants, healthy people.

Free class on March 13 from 10-12:30pm
 Room 135 in the Sylva Senior Center

Class is limited to the first 12 registrants!



Register at MyActiveCenter.com, at the front desk or at 586-5494



2025

SMOKY MOUNTAIN SENIOR

REGISTER
 FEBRUARY 1
 THROUGH
 MARCH 7

GAMES

GAMES RUN
 APRIL 2
 THROUGH
 MAY 15

Athletic and Art competitions for anyone 50 years of age or better!

SPORTING EVENTS:

- ARCHERY
- BASKETBALL
- SHOOTING
- BILLIARDS
- BOCCE
- BOWLING
- CORNHOLE
- DISC GOLF
- FOOTBALL THROW
- GOLF
- HORSESHOES
- MINI GOLF
- PICKLEBALL
- TRACK & FIELD
- EVENTS
- SHUFFLEBOARD
- SOFTBALL THROW
- TABLE TENNIS
- TENNIS
- SWIMMING

VISUAL ARTS:

- PAINTING
- DRAWING
- SCULPTURE
- PHOTOGRAPHY
- MIXED MEDIA

LITERARY ARTS:

- POETRY
- SHORT STORIES
- LIFE EXPERIENCES
- ESSAY

PERFORMING ARTS:

- COMEDY/DRAMA
- DANCE
- INSTRUMENTAL
- VOCAL

HERITAGE ARTS:

- BASKET WEAVING
- JEWELRY
- NEEDLEWORK
- QUILTING (HAND OR MACHINE STITCHED)
- STAINED GLASS
- WEAVING
- WOODTURNING
- CROCHET
- KNITTING
- POTTERY
- TOLE/DECORATIVE PAINTING
- WOODCARVING
- WOODWORKING

Cherie Todd showing off her Gel Print during the Multimedia Art Class with instructor Billy Love.



Alison Clickenger making a stretch bracelet with instructor Mary Collins during the Jewelry Class.



Faith Bell posing with her pottery piece at the Bascom in Highlands

Rosa Hall working on her basket during Junetta Pell's monthly Basket Class.



Lisa Guttormsson and Trish Bucher participating in the Multimedia Art Class with instructor Billy Love of the Bascom in Highlands. They were doing Gel Prints.

Brenda Clickenger, Beverly Taylor, Linda Freeman and Norma Lilly showing their wall hanging projects that were made during the Gifts for the Home and Family class.



A group of our seniors at the Bascom in Highlands for a Pottery Class.

Instructor Mary Ferrick with a group of seniors during the Drumming Class.



Linda Freeman and Norma Lilly participating in the class Love Language of Flowers. They worked on pressed flower projects with instructor Minda Daughtry.



Linda Freeman, Barbara Reich, instructor Toni Murphy and Norma Lilly showing off their finished cards in the monthly Card Making class.



SYLVA SENIOR CAFE
Monday - Friday 11:30 - 12:30
 MAKE NEW FRIENDS
 KEEP THE OLD
Price for Private Pay \$6.00
 Contact the Congregate Meals Manager
 For Reservations: 828-586-5494

Monthly Birthday Celebration at the Senior Cafe in Sylva
 Check the monthly calendar for the date! Reserve your spot for lunch and cupcakes with the Congregate Meals Manager at 828-586-5494



★ **Starred activities require pre-registration at MyActiveCenter.com or 586-5494**

Registration for events whose seats are drawn by **LOTTERIES** (currently Greeting Card, Basket & Pantry Power). You may register at myactivecenter.com or call 586-5494 to add your name to the lottery for these classes once the Jacksonian has been published (usually by the 28th day of each month). Lottery winners will be drawn on the second working business day of each month for the following month's classes. Lottery winners will be notified or you can check your cart on myactivecenter.com.

Cancellations: Please remember when signing up for classes that are either lottery based entry or classes that have a maximum limit of participants, to please call us in advance if you are unable to make it to a class you have a seat reserved in. The majority of these classes fill up quickly and then have a waitlist of other participants who would love a spot in the class as well. If you cannot make a class, by giving us advance notice it allows us to enter your peers into these classes. Thank-You -Senior Center Staff

BRAIN FITNESS: DRUMMING

with Mary Ferrick



Benefits of drumming

Create a sense of connectedness,
Challenges and sharpens your brain,
Strengthens memory, Reduces stress,
Boosts your immune system, FUN!

No experience necessary so every drummer is expected to participate.

March 5th at 1pm in Room 134



ZUMBA TABATA FUSION

FRIDAYS 12:30-1:30PM ROOM 134

mixed media Workshop with Gayle Weiss

★ March 10th 1-3pm
in Room 125

Gayle provides all materials needed.

\$10 fee covers provided supplies.

Limited to first 10 registrants!

DIGITAL LITERACY PROJECT FOR OLDER ADULTS

DIGITAL NAVIGATION AAA CLASS WITH TORI

March 11th from 1pm-3pm Limited to 10 participants! ★



★ Enriching Mental Health with Complementary Treatments Part 1: Color, Music, Nutrition



March 17 at 10:30am in the Heritage Room



Ladies Tea

MARCH 12TH
AT 10AM
ROOM 135

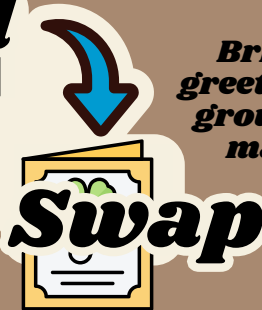
★
Join us for Tea,
sweet treats,
and conversation



Join us for Fun and prizes! ★

Thursday, March 20th
1:00-2:30pm in Rm135

4th Thursday of every month beginning March 27th 10am - 12pm Room 125



★
Bring 10 pre-made greeting cards to our group of fellow card makers, where we will be sharing and learning from one another!



Limited to first 10 registrants

Pantry Power

★
EVERY MONDAY
THROUGH SEPT 29TH
NO COST!
10:30AM-11:30AM
ROOM 135

In these classes, participants will get hands-on in the kitchen as we prep, cook, and enjoy seasonally-inspired dishes that make use of nutritious and delicious pantry staples. Bring an apron and be ready for some culinary adventures with Uncomplicated Kitchen!

LIMITED TO 12 PARTICIPANTS BY LOTTERY SYSTEM

WALK WITH EASE

A 6-WEEK SERIES

AN ARTHRITIS FOUNDATION PROGRAM

MARCH 17TH - APRIL 30TH

(WITH A BREAK FROM APRIL 14TH-18TH)

MONDAYS AND WEDNESDAYS

AT 9:30AM IN THE HERITAGE ROOM

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



2025 Smoky Mountain Senior Games

Kick off breakfast: Monday, March 31st at the Department on Aging
Games: April 2 through Mid May

February Birthdays!



Left to right: Mike Hawkins, Lynn Cope, Betty White, Judy Tobias and Gladys Cauley



Adult Day Program at Jackson County Department on Aging

BLOOD DRIVE

SAVE LIVES. **EARN REWARDS.** DONATE TODAY
TBC REWARDS = TBC REWARD POINTS AWARDED IN DONOR PORTAL. REDEEMABLE FOR EGIFT CARDS(S).

Jackson County - Dept on Aging
100 County Services Park, Sylva, NC 28779
3/12/2025 | 9:00am - 4:00 pm
Sponsor Code: 12816


**\$40
IN REWARDS**



Scan to make an appointment!



 **THE BLOOD[®]
CONNECTION**
Your Community Blood Center


thebloodconnection.org
The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 18 years or older and over 110 lbs. to donate. Written parental consent required for 16 year olds in SC, VA and GA. 16 AND 17 year olds in NC. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Rewards are non-transferable and expire after 30 days.
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