



CATAWBA COUNTY

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Department of Social Services

PRESS RELEASE

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Health and Information Fair Scheduled for Older Adults in Catawba County

If you are 60 years or older, mark your calendar now to attend the Health and Information Fair for Older Adults in Catawba County. The Health Fair is scheduled for Monday, March 12, at the Highland Recreation Center Stanford Park, located at 1451 8th Street Drive NE. Held from 8:00 to 11:30 a.m., the Health Fair is co-sponsored by Seniors' Morning Out, City of Hickory Parks and Recreation Department, Unifour Senior Games, and Catawba Valley Medical Center. To attend, call 828-695-5610 between 8 a.m. and 5 p.m. Monday –Friday before March 2. Free health screenings and a free take-home bag lunch will be provided.

Health and wellness information will also be available. Lab staff from Catawba Valley Medical Center will be there to offer no-charge screenings including blood sugar, PSA (for men), blood pressure and heart profile (cholesterol) to those who pre-register. Catawba Valley Medical Center is a not-for-profit, public healthcare system providing and promoting the physical, mental, emotional, and spiritual well-being of the public in addition to serving as a center for health education, wellness services, preventative medicine and acute care.

Participants will also have the opportunity to gain information on senior fitness, nutrition, wellness and advanced directives like Living Will. Those who will receive the cholesterol (heart profile) and blood sugar screenings must fast for 8 hours prior to the event. Golden Corral will provide light breakfast refreshments.

More than 40 booths are scheduled for the Health Fair. "This will be a terrific opportunity for Catawba County seniors to learn about a wide range of topics of particular interest to them. Experts on adaptive equipment, Social Security benefits, community resources, future housing options, AARP, and local programming for seniors will be on hand," said Jan Shaffer, Seniors' Morning Out Program supervisor. "The Health Fair will also provide seniors an opportunity to learn more about recreational programs including Unifour Senior Games," said Steve Jones, City of Hickory Senior

Recreation Programmer. Just for fun, the Health Fair will feature bingo games with prizes, and the JN and Company Line Dancers will provide entertainment.

Seniors' Morning Out, Catawba County's nutrition program, began in the 1970's. "Seniors' Morning Out is more than a nutrition program," said Ms. Shaffer. "It is wonderful way to provide fellowship, companionship, fun activities, programs on health and wellness, and weekly shopping opportunities as well as a nutritious meal. We believe our participants feel less isolated, especially following the loss of a spouse or if living alone." More than 150 senior adults attend the program. Transportation is provided to any of the five locations throughout Catawba County for those in need. Lunch is served daily around 11:00 a.m. and donations are accepted for the meal. Senior adults can join Seniors' Morning Out for one day, a few days or every day of the week. To learn more or to register for Seniors' Morning Out, call 828-695-5610.

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