



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 20, at the Highland Recreation Center, Stanford Park, located at 1451 8th Street Drive NE. Held from 8:30 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 by March 13. Free health screenings and a free take-home bag lunch will be provided.

“More than 50 booths are scheduled for the Health Fair,” said Jan Shaffer, Seniors' Morning Out Program supervisor. “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, Medicare Part D, community resources, future housing options, estate planning and local programming for seniors will be on hand.” “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.

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. Participants will also have the opportunity to gain information on senior fitness, nutrition, wellness and advanced directives like Living Will.

Those who receive the cholesterol (heart profile) and blood sugar screenings must fast for 8 hours prior to the event. Kingston Residence of Hickory, Carillon, the Lutheran Home, and Abernathy Laurels will provide light breakfast refreshments.

Just for fun, the Better Times Combo, JN Line Dancers, and a comedian act by Wayne Wallace will provide entertainment. There will also be bingo games with prizes.

Seniors' Morning Out, Catawba County's nutrition program, began in the 1970s. “Seniors' Morning Out is more than a nutrition program,” said Ms. Shaffer. “It is a wonderful way to provide fellowship,

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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 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.

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, preventive medicine and acute care. CVMC, recognized by the American Nurses Credentialing Center as a Magnet facility, was recently named a Hospital of Choice by the American Alliance of Healthcare Providers.

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