



## RSAA & RCATS Weather Policy

The safety of our participants, our volunteers and staff are the main priority in making the decision to close and stop transportation when severe weather occurs. Randolph Senior Adults Association (RSAA) makes the decision to close all centers and stop transportation based on Randolph County Schools' status. When Randolph County Schools are CLOSED or DELAYED, all locations of RSAA and RCATS will be CLOSED. When severe weather occurs, look for Randolph Senior Adults Association on television stations, [www.senioradults.org](http://www.senioradults.org) and Randolph Senior Adults Association's Facebook page.



**TV Stations:** WGHP Fox 8  
WXII News 12  
WFMY News 2  
Spectrum Channel 14



**Website:** [www.senioradults.org](http://www.senioradults.org)



**Facebook:** Randolph Senior Adults Association

### Honey Vanilla and Raspberry Frozen Yogurt Bark



#### Ingredients

3 cups vanilla greek yogurt  
2 Tbsp honey  
1½ Tbsp vanilla extract  
1-2 cups or your favorite fresh fruit (raspberries pictured)

#### Instructions

Cover the bottom and sides of a 9" x 13" baking dish with aluminum foil and set aside.

In a large bowl, combine the yogurt, honey and vanilla and mix well. Carefully fold in the fresh fruit, trying not to mash the fruit.

Cover and freeze for four hours.

Lift the piece of aluminum foil from the dish and cut or use your hands to break the bark into pieces.

Store in an airtight container in the freezer.

<https://www.downhomeinspiration.com/honeyvanilla-and-raspberry-frozen-yogurt-bark/>

## February 2020

To empower adults age 50 and over in Randolph County toward a life of personal independence, healthy aging, social connection and life-long learning.



An insight into the current happenings at RSAA

# Branching Out

Supporting active aging across Randolph County

## Inside this issue

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## Luther Thomas 'Tommy' Smith Dispatch Center

Article courtesy of *The Courier-Tribune* by Larry Penkava



A surprised Tommy Smith was honored Tuesday evening, January 21, 2020 when the RCATS dispatch center was named after him.

The 87-year-old retired RCATS employee was the first driver for the Regional Coordinated Area

Transportation System when it was established in 1992, according to Jill Jackson, marketing director for the Randolph Senior Adults Association (RSAA), which oversees the RCATS program.

"He tells stories of how he would take reservations and then jump into a van and go get the clients," Jackson said in an email. "He did this for years and watched the program grow to what it is today." She added that Smith would still be working were it not for health reasons.

Smith was lured to the Senior Adults Center in Asheboro Tuesday, where many of his fellow RCATS employees as well as family members surprised him with a reception and formal revealing of a sign featuring his name outside the dispatch office.

Candie Rudzinski, retired director of the Senior Adults Association, said, "When I started, Tommy was already here. I worked 23 years and he was still here. He told me he was going to work longer than me." She told him, "We love you and wouldn't have RCATS without you. We just want to thank you."



## Join Us!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_ Premier Member \$100 year

\_\_\_\_ Premier Couple Members \$175 year

\_\_\_\_ Bonus Member \$50 year

\_\_\_\_ Bonus Couple Members \$75

\_\_\_\_ Basic Member \$5 year

### Mail this application with

### your check to:

RSAA

347 W. Salisbury St.

Asheboro, NC 27203

### Premier members

enjoy use of  
fitness room!

All members  
must be  
50 years of age  
or older





**RANDOLPH SENIOR ADULT ASSOCIATION**

*The Harry and Jeanette Weinberg  
Adult Resource & Education Center*  
347 West Salisbury Street  
Asheboro, NC 27203  
336-625-3389 or 1-800-252-2899  
Fax: 336-626-3590  
Monday-Friday 7:00am-8:00pm  
Saturday 9:00am-3:00pm

**RCATS**

*The Harry and Jeanette Weinberg  
Adult Resource & Education Center*  
347 West Salisbury Street  
Asheboro, NC 27203  
336-629-7433 or 1-866-580-8726  
Monday-Friday 6:00am-6:00pm

**ARCHDALE SENIOR CENTER**

108 Park Drive  
Archdale, NC 27263  
336-431-1938  
Monday-Friday 8:00am-5:00pm

**ASHEBORO SENIOR CENTER**

347 W. Salisbury St.  
Asheboro, NC 27203  
336-625-3389  
Monday-Friday 8:00am-5:00pm

**LIBERTY SENIOR CENTER**

128 S. Fayetteville Street  
Liberty, NC 27298  
336-622-5844  
Monday-Friday 8:00am-5:00pm

**OUR PLACE  
ADULT DAY CARE SERVICES**

714 Farr Street  
Asheboro, NC 27203  
336-629-3787  
Monday-Friday 7:00am-5:00pm

**RANDLEMAN SENIOR CENTER**

144 W. Academy Street  
Randleman, NC 27317  
336-498-4332  
Monday-Friday 8:00am-5:00pm

# Staff Spotlight

**Chris Smith**



Christina "Chris" Smith is the director of Our Place Adult Day Care. Chris has been working for Randolph Senior Adults Association (RSAA) for over four years. At the beginning of her career with RSAA, she was the Activities Coordinator and moved into the Our Place Adult Day Care Director role in 2017. Chris enjoys interacting with the participants and creating new opportunities to engage their interest. The ADC Staff says Chris never stops and is truly a good director for the Center. She enjoys cooking and arts and crafts at ADC and as well as at home. Chris is family oriented, married with three children and has welcomed two new grandchildren this past year into their family. You can also find her at a local yard sale most weekends.



Check our website [www.senioradults.org](http://www.senioradults.org)  
or [Facebook page](#) for updates.



## LIVE@THE RUDY

**American Music Jubilee Easter Show  
with lunch at Holt Lake BBQ  
Saturday, April 11  
\$99 per person**



*Price includes transportation, lunch and admission to the Jubilee.*

**Depart: 8:00am from *The Courier-Tribune* parking lot, 500 Sunset Ave.**

**Return: Approximately 6:00pm**

**Registration required by 3/6/20**

**Payment due at time of registration.**

Seats available on a first come, first served basis and cannot be reserved.

*Minimum 25 passengers.*



**Call 336-625-3389 to register.  
Have fun with Us!**

### Trip Refund Policy

No refund will be given for cancelling a trip registration for any reason, including medical or hardship cases. RSAA is not responsible for any money lost due to cancellation. *Exception:* you may receive a refund if there is a wait list for the trip AND a person from the wait list registers in your spot.



## Driver Training

What's involved with driving for RCATS?

All RCATS drivers receive thorough training in defensive driving, passenger assistance, First Aid, adult and infant CPR, customer service and other pertinent areas. Each driver is properly licensed and must have sufficient driving experience for the type of vehicle he or she is operating. Drivers must possess and maintain a good driving record, and be familiar with Randolph and Montgomery County's major roads and highways. All drivers must undergo pre-employment criminal background checks and must pass both pre-employment and ongoing random drug and alcohol screening in order to work for RCATS.



Fire Extinguisher Training

## Luther Thomas 'Tommy' Smith Dispatch Center

*Continued from front page*

Tawanna Williams, current RCATS director, said Smith had worked there for more than 26 years and had trained other drivers including her! He also kept up with the paperwork involved in the program.

Mark Hensley, executive director of the RSAA, said, "It's wonderful to get to celebrate RCATS employee first employee. We were so blessed to have the opportunity to work with Tommy."

With that said, Hensley and Williams removed a sheet to reveal the new sign as Smith watched in disbelief. The sign says, "Luther Thomas 'Tommy' Smith Dispatch Center." "We'll now book reservations in Tommy's center," Hensley said.

The surprised Smith said, "I wouldn't have dreamed of that. This surprised me. This (sign) will be here forever. "I didn't dream anything like that would happen," Smith added. "I love it. Ever so often I'll come see it. I know everybody here."

Hensley stated "You don't have to be a senior to ride, but most are," he said. "Smith has been helping seniors maintain their personal independence (so you can imagine) all the people he's touched."

## Hats off to Archdale Senior Center!

Recently Archdale Senior Center participants crafted their very own snowman hats made from recycled materials and floral accents. These hats will be on display at the Archdale Public Library in the month of February. Archdale Senior Center participants are very creative and enjoy arts and crafts on a daily basis.



### Keeping Your Meds Safe Program

Friday, February 28  
9:30 a.m.

Provided by  
Insight Human Services  
Tammy Bennett



## Benefits of Adult Coloring

Adult coloring has become popular over the past couple of years especially at the Archdale Senior Center. Almost every morning you can find the seniors coloring. It offers a wide range of intricate detailed options to color and customize. Adult Coloring has been known to relieve stress, create a calm environment, and enhance peace of mind. What a great way to start off the day! Among adult coloring the seniors at Archdale Senior Center enjoy a wide range of arts and crafts such as the snowman hats pictured above.





# Asheboro Senior Center

Tracey Walden, Director / Penny Tostoe, Assistant Director phone: 336-625-3389



## Meet Gloria

Gloria began coming to the center in the fall, during a very difficult time in her life. She was depressed and in need of kindness, compassion and laughter. Gloria said she is very thankful for the center because it adds enjoyment to each person's life and everyone is so nice to her. She believes it has made her feel uplifted and so much better than she was feeling before attending regularly. She recently played Corn Hole and had a ball.....laughing and cheering.

She often will come to the center staff to have someone to talk to about things going on in her life because she trusts them for confidentiality and compassion. For that, she is very appreciative.



Join us at our  
**Valentine's Day Party!**  
Thursday, February 13th  
10:30 a.m.



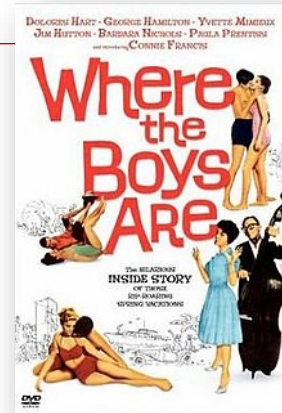
Love Songs and Show Tunes  
Serenade  
Pianist Teresa McNeill  
Thursday, February 20th  
10:30a.m.

Join us at the Asheboro Senior Center!  
Contact Tracey or Penny for more information.



# The Harry and Jeanette Weinberg Adult Resource & Education Center

phone: 336-625-3389



Thursday, March 5th  
1960, starring Delores Hart and George Hamilton  
A group of college girls decide to spend their Easter break in Fort Lauderdale, Florida, celebrating the rites of spring where 80% of the celebrants are boys. A movie full of falling in love and fun.



Movie starts at 1:00 p.m. Doors open at noon  
Includes popcorn and small soda.  
Door prizes are given away before each movie.

## Randolph Rhinstones Cheerleading Team

**Mondays at 6:00pm Event Hall**  
RSAA has started a cheerleading team!  
If you enjoy fun, fellowship, fitness and friends with a few dance steps added, this is for you!  
Bring your friends and join the team.  
Ages 50+ are welcome!



HOME CRAFTED GOODS & FAVORITE FINDS

Now accepting new vendors!  
Hours: Monday - Friday 10:00am - 6:00pm

Volunteers are needed to work in the shop. If you enjoy working with people and selling handcrafted items, call Ginger Flynt, SaltBox Manager, for more information.



**Free Aide**  
**Mondays and Saturdays**  
Call to make your appointment today.  
336-625-3389 ext. 221



# Information & Options Counseling

Margie DiDona, Director / Lisa Alley, Assistant

phone: 336-625-3389



## Did you miss Medicare Open Enrollment? It may not be too late to compare plans

Medicare Open Enrollment (October 15-December 7) is when those on Medicare are allowed to enroll in, or change, their Medicare Part D plan or Medicare Advantage plan for the upcoming year.

If you forgot, or didn't get a chance to review your plan, you may be eligible for a special enrollment period which will allow you to enroll in a plan to better fit your needs. Below are only some of the Special Enrollment Periods:

- **Medicare Advantage Open Enrollment Period-January 1 – March 31** If you are in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage). You can also drop your Medicare Advantage Plan and return to Original Medicare and join a Medicare drug plan. If you're new to Medicare and enrolled in a Medicare Advantage Plan, you can change plans within the first 3 months you have Medicare.
- **You are eligible for Part D Extra Help or Medicaid** - You can change your plan once per quarter until September 30.
- **You moved** - You may need to change plans if you are out of your plan's service area. You can also change plans if you have different options in your new location.
- **You received Medicare due to disability and will be turning 65 soon** - You may have new options open to you.
- **In a Skilled Nursing Facility** - While you are in, or up to two months after leaving a skilled nursing facility, you can change plans.
- **You recently lost your eligibility for Extra Help or Medicaid** - You have a three month opportunity to change your plan.

**You are no longer covered by your Employer Group Health Plan** - You have two months to enroll in a plan.

Margie DiDona and Lisa Alley, Seniors' Health Insurance Information Program (SHIIP) Coordinators for the NC Dept. of Insurance can assist you with issues and enrollment pertaining to Medicare. Contact them at 336-625-3389 or at Randolph Senior Adults, 347 W. Salisbury Street, Asheboro. Monday-Thursday, 8:30-4:00, no appointment necessary.



# Liberty Senior Center

Kaffy Reynolds, Director / Marie Warren, Assistant Director

phone: 336-622-5844

## Nutrition Lifestyles through the Recipe for Success Program

Recipe for Success is a program of the UNC-Greensboro Department of Anthropology and funded by a grant from the USDA through the North Carolina Department of Health and Human Services. Kimberly Titlebaum, a Nutrition Educator, comes twice a month to the Liberty Senior Center to educate seniors and staff in making the best nutritional and physical activities choices to improve health and reduce the risks of obesity. Kimberly teaches on topics like healthy foods, food budgeting, obesity prevention, and food safety. Additionally the program encourages daily exercise such as Tai Chi classes, Yoga classes, low impact and daily walking activities. All these exercises can be found at your local senior centers.



**Call the Liberty Senior Center today and learn how you can get started on the path to a healthier you!**





# Randleman Senior Center

Tana Skipper, Director phone: 336-495-4332

## Meet Michael Gaines



Michael Gaines has been attending the Randleman Senior Center for six years. He enjoys coming to the center to be able to get out of his home to have something to do and for the fellowship. Michael enjoys music, Bingo, and other games. When Michael started coming to the Randleman Senior Center he walked across town and now he is happy to ride on RCATS. Michael enjoys the meals being provided to him daily.



Seniors at Randleman Senior Center have been busy making snowmen inside where it's nice and warm.



# Our Place Adult Day Care

Chris Smith, Director / Linda Hutson, Activities Coordinator

phone: 336-629-3787

## Happy New Year from Our Place Adult Day Care!!

As we enter in to 2020, we are excited for what is ahead: the new people we will meet, the fun we will have, and all of the new opportunities that await us! Our program is designed to help relieve some of the stress that caregivers face every day. Some of our participants come to our program because they want to get out of the house and socialize with others. Some come because their caregivers work and they need a safe place to stay during the day. Some come so that their caregivers can run errands or get some much needed rest. But, whatever their reason is for coming, they are getting well taken care of, they are keeping active both mentally and physically, they are getting a nutritious breakfast, lunch, and an afternoon snack, and they are having fun!



**Our Place Adult Day Care** serves adults who want to live at home, yet desire companionship or require help with daily living activities. This program also suits adults who need oversight during the day, but are cared for by family in the evening. Adult Day Care contributes to a richer, more enjoyable life while providing activities that promote mental and physical wellbeing.

**Activities include:** \*Social Arts and Crafts \*Educational Programs \*Games \*Music & Song \*Discussion Group \*Friendship and Peer Support \*Community Involvement \*Exercise

The Center is open Monday thru Friday from 7:00am until 5:15pm and are located at 714 Farr St. in Asheboro.



*This institution is an equal opportunity provider.*