



## 39th Annual Volunteer Awards

The Ashe County Board of Commissioners presents the thirty-ninth annual awards program to honor outstanding volunteers and organizations in the county. The Ashe County Annual Volunteer Awards ceremony will be announced at a later date.

The success of the awards program depends on the willingness of our community leaders and representatives to nominate deserving organizations and individuals. If you would like to nominate someone, you can do so by contacting Jennifer Richardson, Ashe County Volunteer Coordinator, at 336-246-4347. If you would like an electronic copy of the entry form, send your request to [jennifer-richardson@ashecountygov.com](mailto:jennifer-richardson@ashecountygov.com) or go to the Generations Ashe website. Entry forms must be returned to Generations Ashe c/o Jennifer Richardson no later than 5:00 pm, Friday, February 16, 2024 or may be emailed to [jenniferrichardson@ashecountygov.com](mailto:jenniferrichardson@ashecountygov.com). The winners of the Volunteer of the Year Awards are determined by the essay written describing the volunteer services performed. Please attach no more than a one page, typed or legibly written essay. Please be as thorough as possible as this information is used to determine the volunteers of the year in the Individual, Family, Group/Team, Youth, Senior, Faith-Based, Corporate/Business, National Service, and Director of Volunteers with several other service categories.

Nominations will not be accepted after this date.

Ashe County owes a great deal to the hundreds of individuals who volunteer their time in so many ways to make our county a better place to live and work. We welcome this opportunity to honor those volunteers and show our appreciation for the services they provide.



### Ashe County Volunteer Program is in need of Volunteers!

Are you retired and tired of sitting at home and looking at the same four walls? Generations Senior Center along with the Ashe County Volunteer Initiative Program is in need of volunteers.

We have a need in our senior center gym for an exercise trainer a couple hours each day. This would be assisting clients with how the machines work, staying hydrated and the proper safety techniques.

We have a *need* for home delivered meal drivers, better known as meals on wheels. Volunteers transport meals from Generations Senior Center, where they are prepared, and then to the homes of qualified individuals within the county. Volunteers are taken on a route with a staff member or another volunteer until they learn the clients, routes, and rules. Volunteers donate about two or three hours per day. Individuals can volunteer one day a week and up to five days a week. You may deliver independently or team up with another volunteer. We are also seeking volunteers for our congregate meals program.

If you would like to volunteer with any of these programs or would like more information about this or any other programs please contact, Jennifer Richardson, Ashe County Volunteer Coordinator, at (336) 246-4347.

If you would like to receive this publication by email, please let us know by sending your email to [seniorcenter@generationsashe.org](mailto:seniorcenter@generationsashe.org). Or call 336-246-4347. Thank you!



We are on the Web!!



Glenda Luther, Senior Center Director

Senior News

# April Senior Center News 2024

### Inside this issue:

High Country Senior Games, Thank You Volunteers, Medicare 101, Shuttle Services

We Love Our Volunteers

A Matter of Balance Evidence Based Classes

Upcoming Events: Zumba Class Coming Soon, Tai Chi for Arthritis & Falls Prevention, Upcoming Trips w/ Ina

Available Programs at Your Senior Center

Lunch Menu's, VITA Tax Aid

Ways You Can Help Out At Your Senior Center

Birthday List

Services, Parent to Parent Support Group, Support Groups, NC Deaf & Hard of Hearing

Exercise, Quilting & Sewing, Cards, Board Games, Faith Based Activities

39th Annual Volunteer Awards, Volunteers Needed

### NORTH CAROLINA Senior Games



The Senior Center is participating in the High Country Senior Games this year. If you are interested in participating, please stop by the front desk to pick up your registration form and return it to us. We can turn in for you. **On April 12, 2024 we will have a Tai Chi demo and presentation and will hold a sign-up after lunch.** Early registration deadline is May 4th with the cost of \$15.00. If you plan to register that day, please bring payment with you. After May 15th, the cost will be \$20.00. You can also register online at: [torch.ncseniorgames.org](http://torch.ncseniorgames.org). The Senior Games Breakfast for Champions will be held on May 4th at Appalachian Brian Estates. There will be Corn hole and Horseshoe games that day as well.



**April is National Volunteer Month.** Generations Ashe would like to "Thank" all of our volunteers. You have put in a lot of hours this past year. From our home-delivered meals drivers to our VITA Tax Aide volunteers and many others. Your caring, passion, and thoughtfulness has not gone unrecognized. Thank you for all that you do! National Volunteer week is April 15-19, 2024.



NC DEPARTMENT OF **INSURANCE**  
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

Medicare 101 Presentation with Billie Lister, Western Regional Manager SHIP Division on Monday, April 22nd, 2024 at 11:45am.

This event is to educate those who are new to Medicare and anyone who might have questions regarding their Medicare Plans.

Medicare assistance is available on Monday - Friday at the Senior Center. Please call to make an appointment. 336-246-4347.

### Transportation Shuttle Services Available at Senior Center!

If you are 60 or older and live within the Jefferson/West Jefferson City Limits. The Senior Center can provide tickets for you to ride the shuttle free of charge. If you would like more information on how to apply for this service please contact the senior center at 336-246-4347.

**Note: Must apply in person at the Senior Center. You cannot apply over the phone and no one can apply for some one**



# We Our Volunteers

National Volunteer Week is April 15th - 19th, 2024. Help us celebrate our Volunteers here at Generations Ashe.

- |                 |                  |                     |                 |
|-----------------|------------------|---------------------|-----------------|
| Charles Caudill | Reid Craig       | Kathy Baldwin       | Michele Lemly   |
| Louise Caudill  | Ruby Sexton      | Lanny Ballou        | Jeff Long       |
| Sue Elledge     | Thelma Roland    | Larry Ballou        | Becky Marsten   |
| Archie Corbett  | Thomas Korevec   | Lois Brantley       | Kent Marsten    |
| Brenda Osborne  | Vicki Steele     | Cathy Butler        | Bobby Moon      |
| Deborah Long    | Eric Bare        | Linda Coldiron      | Ellen Pesko     |
| Docia Denny     | Dale Evans       | Alice Collins-Sharp | Walt Petersen   |
| Dolly Osborne   | Brian Vandermark | Harry Corpening     | Richard Roten   |
| Ed Jones        | Butch Siders     | Cynthia Easley      | Rick Scibek     |
| Gale Bennett    | Sandi Park       | Neil Elam           | Nancy Shoemaker |
| Greg Topezewski | Joanne Reid      | Phillip Holland     | Judy Shemshock  |
| Ina Barnes      | Carol Bennett    | David Hoyle         | Ralph Sorrell   |
| Janet Manchette | Linda Bennett    | Barb Hyson          | Larry Stanley   |
| JC Trivette     | Carolyn Trinkle  | Paul Hyson          | Elisa Thompson  |
| Joy McClure     | Judy Davis       | Gary Isaacs         | Luis Torres     |
| Kathy Bower     | Judy Bowman      | Barbara Johnson     | Shirley Vestal  |
| Linda Wilson    | Midge Presnell   | Clint Johnson       | Lisa West       |
| Pamela Stamper  |                  | Robyn Krider        |                 |

## Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00
10 Exercise w/Janet		10 Exercise w/Janet	Yoga 9:00 & 10:30	10 Exercise w/Janet
1:00 Line Dancing	10 Chair Yoga w/ Debbie		5:30 Cardio Drumming	
5:30-6:30 Zumba				

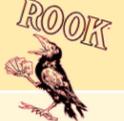
## Art, Quilting, Sewing & Basket Weaving

		8-1 Quilt Guild Class	9-12 Quilting w/ Doris	10 Coffee, Art, & Conversation
		1-4 New Quilting Girls	9-12 Cut-Ups Quilting Class	1-4 Basket Weaving w/B. Miller
1-4 Modern Quilting Group 3rd Mondays of the Month			2-4 Quilt Guild Meeting 2nd Thursday's of the Month	

## Faith Based Activities

	10 Bible Study w/ JC Trivette	10:30 DVD Based Bible Study w/Greg T.		12:30 Happy Heart Choir
7:00 pm Ashe County Bible Study (1st & 3rd Monday's of the Month)	11:45 Gospel Singing Musicians	6:30 Appalachian Church Bible Study		

## Cards, Board games & Other Games

10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook
8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards
10-12 Game Club	1:00 Scrabble (CR1)	12:30 Cards-Samba (Women's Only)		12:30-1:30 Bingo
	9:30-3:00 Ladies Bridge Group			12:30-3 Mahjong Card Game

## Drop In's 8:00-5:00 M-F

- |           |               |                  |
|-----------|---------------|------------------|
| Billiards | Horseshoes    | Exercise Room    |
| Bingo     | Shuffleboard  | Walking Trail    |
| Rook      | Book Exchange | Chair Volleyball |
| Piano     | Computer Lab  |                  |

Dates and times are subject to change at this time due to COVID-19 and social distancing regulations for all card games and exercise programs.

## SERVICES



For an appointment:

1-828-322-9323

Or 336-838-8886

Wednesday & Thursday 9-4

By appointment only

Now helping veterans with their hearing needs through Community Cares

### Support Groups



Caregiver Support Group @ Assisted Living

1st & 3rd Tuesdays of the Month @ 4:00

Helping Hands Grief Support at the Senior Center

2nd & Last Thursdays of the Month from 3-5:00

R.A.P.P. (Relatives as Parents Program) 3rd of Thursday's of the Month



### A.S.H.E.

A Safe Home for Everyone

2nd Friday of the Month from 10-11:30

Supportive Journal Group for Survivors, Family Members, and Caregivers of Sexual Violence

### PARENT TO PARENT



Family Support Network High Country

Ashe County Coffee Connection Caregiver Group



Child care provided  
Pizza and drinks for the kids.

Led by caregivers, Parent to Parent is a place to share experiences about raising children with a range of abilities and challenges.

Meetings are held at 180 Chattyrob Lane West Jefferson, 28694 from 6:00 pm - 8:00 pm

Scheduled last Tuesday of the month

Hosted by Parent to Parent Family Support Network-High Country

Marilyn Miller, Facilitator  
828-457-5813 or millerma17@appstate.edu

Norma Bouchard, Facilitator  
828-457-5183 or bouchardnj@appstate.edu

February 27  
March 26  
April 30

Please Contact us!



Services for the Deaf and the Hard of Hearing  
HEALTH AND HUMAN SERVICES

*Jessica Sanders with the North Carolina Deaf and Hard of Hearing is here at the Senior Center every 2nd Tuesday of the month.*

# DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

#### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Generations  
ASHE

Where Age is Just a Number

180 Chattyrob Lane  
West Jefferson, NC 28694

KICKS OFF March 19<sup>th</sup> through  
April 11<sup>th</sup>, 2024  
Tuesdays and Thursdays  
1:30 pm TILL 3:30 pm

Classes are held twice a week for 4 weeks for 2 hours each.

**FREE**

For more information or to register for the class stop by the Senior Center Desk or call  
Generations Ashe Senior Center  
At  
336-246-4347

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

## UPCOMING EVENTS



**Zumba**

**COMING SOON TO GENERATIONS ASHE SENIOR CENTER**

For more information on classes, times and cost, please contact the Senior Center at 336-246-4347.



**Ina's Travel Club 2024 trips.**

**June 10-14 Lancaster, Pennsylvania, Amish Country, \$769 pp dbl, Deadline is April 10th**

**July 31-August 6, Boston, \$925 pp dbl, Deadline June 7th**

**October 7-11, Savannah, \$735 pp dbl, Deadline is August 7th**

If you are interested in going on any of these trips, please call the senior center to sign up. \$75 Deposit is required at the time of sign-up. 30 individuals are needed for these trips to go. If you need more information please contact Ina Barnes: 336-977-2256.

You can sign-up at the senior center front desk, packets for the trips will be available soon for pick up. 336-246-4347



**Cardio Drumming**

Cardio Drumming will start back on **Thursday, April 18th @ 5:30 pm**

Cost: **\$10.00 per month or \$50.00 for 7 months**

Bring your own drum sticks or purchase them from us for \$5.00.

If you have any questions, please call the senior center, 336-246-4347.



**GENERATIONS ASHE**

**TAI CHI**

FOR ARTHRITIS AND FALLS PREVENTION

Tai Chi helps to improve balance, increase muscular strength and improve mobility. Evidence has shown that Tai Chi is an effective exercise to prevent falls.

**BEGINING APRIL 24TH, 2024 WEDNESDAY & FRIDAY**

**1:30-2:30 PM**

**SIGN UP TODAY**

336-246-4347

180 Chattyrob Lane, WJ, NC 28694

www.generationsashe.org

# April Birthdays

- |                   |                   |                  |                      |
|-------------------|-------------------|------------------|----------------------|
| Marcella Benson   | Owen McGuire      | Trudy McCurry    | Johnnie Brown        |
| Margie Roark      | Linda Greene      | Lucy Miller      | Carolyn Stacy        |
| Beth Williamson   | Ronald Huber      | Ruth James       | Wendy Stanley        |
| James Herndon     | Sarah Johnson     | Beverley Lawry   | Lorraine Hunt        |
| Barbara Foster    | Wayne King        | Darrell Brooks   | Laura Reece          |
| Nancy Osborne     | Carol Peters      | Ruth Short       | John Yates           |
| Patsy Hardin      | Marie Fama        | Janet Ward       | Lori Sloop           |
| Arlene Blasberg   | Angela Taylor     | David Wilson     | Janet Manchette      |
| Laura Green       | Jim Ogburn        | Dorothy Jenson   | Jane Banks           |
| Phillip Park      | Sara Moore        | Dalene Hardison  | Anita Dimon          |
| Laurie Wood       | Brenda Osborne    | Judy Mullican    | Beverly Cannon       |
| Susan Adams       | William Henderson | Edie Newell      | Marilyanna Carmona   |
| Richard Duncan    | Gayle Benton      | Susan Bradshaw   | Pauline Bower        |
| David Coffey      | Elizabeth Hart    | Vickie Sims      | Bill Wright          |
| Walt Petersen     | Debra Post        | Julia Wilson     | Shirley Thacker      |
| Janet Rogers      | Diana Cruickshank | Devon Brown      | Jill Lewis           |
| Lois Brantley     | Bill Gentry       | Mattie Grisham   | Stephanie Topczewski |
| Raymond Cook      | Doris Wishon      | Carolyn Schurter | Nicholas Nocerino    |
| Donald Denig      | Patti Pleasants   | Kim Hester       | Barbara Scibek       |
| Dale McNeill      | Betty Houck       | Ralph Sorell     | Jennifer Blevins     |
| Cheryl Monsees    | Karin Kalmus      | Patti Dillard    | Warner Eller         |
| Carroll Ludwig    | Brenda Ellison    | Pam Pellegrino   | Lisa West            |
| Trisha Angerer    | Jacob Hartzog     | Bettye Barwick   | David Miller         |
| Janice Grant      | Eloise Garner     | Lee Bartley      | Elmer Allen          |
| Catherine Mikkola | Thomas Gore       | Neil Elam        | Carol Mitchell       |
| Kim Caudill       | Pamela Norris     | Ella Baldwin     | Lois Sprinthall      |
| Rebecca Michael   | James Eaker       | Leona Myers      | Grover Trivette      |
| Ralph Padin       | Mary Royal        | Joseph Ashley    | Louise Thompson      |
| Charles Teague    | Barbara Perzel    | David Skalsky    | Amanda Rousey        |
| Cara Seagraves    | Marie Burke       | Julie McGunegle  | Peggy Exum           |
| Charles Wilson    | Betty Czarnecki   | James Keener     | Jeffery Blevins      |
| Newton Goodman    | Jeannie Daubar    | Denise Hutchens  | Judith Bowman        |
| Virgil Bonham     | Cynthia Killian   | Nancy McInerney  | James Bumgarner      |
| Marvin Miller     | Anna Ray          | Bonnie Carter    | Carole Landy         |
| Helen Houck       | Peggy Greer       | Anne Taylor      | Patricia Osborne     |
| Fred Houck        | Mary Sexton       | Robbin McNeill   | Donna Allen-Phillips |
| Edith Wiest       | Ricky Caroll      | Jerry Catt       |                      |

Generations Ashe Senior Center has lockers for rent on a monthly and 6 month bases. If you are interested in renting a locker, please see someone at the senior center front desk.

## Ways You Can Help Out At Your Senior Center

### FINANCIAL SUPPORT

#### LEGACY GIFT PROGRAM

Generations Senior Center is committed to bring quality programs and services to older adults in Ashe County. It is also our mission to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home. Most if not all of our services are provided to our older adults at no charge. We are also committed to planning ahead to meet future needs of our senior centers needs. To do this, donations are needed and appreciated. Legacy gifts are our term for these charitable contributions that help in both the long and short term. Individuals and organization can contribute in the following areas:

**Outright Gifts:** - donations of cash, property or certain securities

**Bequests** - name Generations Senior Center in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate

**Insurance Policy Beneficiary** - Name Generations Senior Center as beneficiary of death benefit

**Retirement Plan/IRA** - Name Generations Senior Center as beneficiary of death benefit

Endowment Fund - Make any of the above gifts through the Generations Senior Center or through our Foundation to provide permanent financial support from programs and services

Please contact us for more information about donating to Generations Senior Center. Legacy Gifts received will be recognized on our wall in the Senior Center on the Family Tree wall.

***Donations are tax deductible.***



### VOLUNTEERING

**SHIIP Program** - Seniors' Health Insurance Information Program

SHIIP Coordinator: Glenda Luther

The Senior Health Insurance Program (SHIIP) is a division of the NC Department of Insurance. They train coordinators and volunteers at partnering agencies across the state to provide free, unbiased counseling about Medicare in the community. Come join our team in helping others navigate through Medicare. Volunteers will need to complete an initial online training & attend quarterly trainings. Volunteers must perform at least 40 hours of service each year and stay current in Ship Talk.

**Tax Aide Volunteers** - VITA Tax Program Coordinator - Glenda Luther

Volunteers help fill out taxes with IRS software from Feb. 1st—Apr. 15 each year. They are trained in the new tax laws each year. The training that VITA volunteers undergo helps prevent the IRS from performing additional verification and reduces the time taxpayers spend to get tax filing mistakes corrected. If you would like to volunteer, please come by the senior center and speak to Glenda Luther.

**Home Delivered Meals Volunteers** - Nutrition Supervisor - Amanda Shamblin

**Our Home Delivered Meals Program is in need of drivers to volunteer to deliver meals to those that are homebound. You will ride with someone until you learn the route. You can volunteer 1 or 2 days a week or more, a couple of hours a day.**

**Senior Center Volunteer Needs:**

Home Delivered Meal Drivers, Exercise Trainer, SHIIP Program, Arts & Crafts, Line Dancing, Jewelry Making, Couponing, Flower Arranging, Stained Glass, Journaling (Leaving your legacy).

## Available Programs at Your Senior Center

#### Mission Statement

The mission of the Generations Senior Center is to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home.

#### Vision Statement

To foster community power by mobilizing the strengths and resources of seniors and community leaders in a community empowered to welcome life's opportunities for seniors. It is believed that the needs of older adults can best be met by the efforts of interested public and private citizens working together toward this goal. Therefore, it shall be the philosophy of this organization that the needs of older adults, are to be found, recognized and reviewed and that every effort shall be made to promote health and well being within the means and abilities available through the senior center.

### SERVICES AVAILABLE

**ACTA - Transportation Shuttle Services Available at Senior Center!**

If you are 60 or older and live within the Jefferson/West Jefferson City Limits. The Senior Center can provide tickets for you to ride the shuttle free of charge. If you would like more information on how to apply for this service please contact the senior center at 336-246-4347.

Note: Must apply in person at the Senior Center, cannot apply over the phone and no one can apply for some one else.

**Meals on Wheels/Home Delivered Meals** - Have trouble making your own meals? Call Generations Ashe and see if you qualify for our Home Delivered meals program and see if we can provide to your area. Call 336-246-4347.

#### Other Services

**Medi-Home Health Promotions w/ Rachael Johnston—Blood Pressure Checks—2nd Monday's of the month**

**Center Well Home Health—Blood Pressure Checks—2nd Thursday's of the month**

### SHIIP INFORMATION

#### The Road to Medicare

It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later.

The Senior's Health Insurance Information Program (SHIIP) provides FREE, unbiased information about Medicare and other insurance related issues, and the Senior Center has SHIIP volunteers to help you navigate the world of Medicare.

SHIIP has created a handout "The Road to Medicare: Planning Your Drive Toward 65." It outlines the decisions you'll need to make and what options are available through the Medicare System.

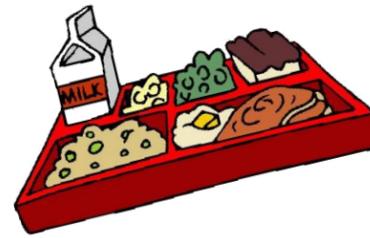
The Road to Medicare handout includes the following:

- \* **Caution: Slippery Road Ahead** - Ways to Prepare for Medicare
- \* **Green Light: Enrollment** - When and how you need to enroll in Medicare
- \* **Detour: Working Past 65** - Information for beneficiaries who plan to work beyond age 65
- \* **Which Way to Supplemental Coverage?** - Choices in health insurance to supplemental Medicare
- \* **Stop: Get Help** - Resources for further information and assistance on the road to Medicare

Please don't wait to make your Medicare decisions. Please contact Generations Senior Center and speak with a certified SHIIP Volunteer Counselor to discuss your Medicare options. For those who are new to Medicare or if you have questions about Medicare, please call the senior center to arrange an appointment with a SHIIP Volunteer Counselor, contact the Senior Center at 336-246-4347.

**8-4 Mon—Fri**

**Medicare Part D, Supplements & LIS Assistance**



April 1<sup>st</sup> – 30<sup>th</sup>, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Pork Patty Green Peas Carrots Devil's Food Cake Roll	2 Meatloaf Steamed Rice Steamed Broccoli Florets Yogurt Roll	3 Baked Chicken Tenders Lima Beans Roasted Squash w/onion Brownie Roll	4 Pinto Beans Stewed Tomatoes Cole Slaw Peach Cobbler Cornbread	5 Hamburger Patty Chips Lettuce, Tomato, Onion Cookie Bun
8 Baked Chicken Leg Mashed Potatoes Steamed Green Beans Brownie Roll	9 Pork Tenderloin w/gravy Roasted Potato Pickled Beets Fruit Cocktail Roll	10 Meatloaf w/gravy Mashed Potatoes Steamed Mixed Vegetables Pineapple Roll	11 Breaded Pollack Whole Kernel Corn Coleslaw Yellow Cake Cornbread	12 Chicken Salad Potato Salad Carrot Salad Grape Tomato Peaches Unsalted Crackers
15 Hamburger Steak w/gravy Steamed Rice Steamed Mixed Vegetables Peaches Roll	16 Baked Chicken Tender w/gravy Mashed Potatoes Steamed Green Beans Yellow Cake Roll	17 Pinto Beans Seared Cabbage Stewed Tomato Peach Cobbler Cornbread	18 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crookneck Squash Applesauce Roll	19 BBQ Chicken Whole Kernel Corn Slaw Pears Baked Hushpuppy
22 Baked Chicken Breast Boiled Red Potato Steamed Green Beans Brownie Biscuit	23 BBQ Pork Whole Kernel Corn Mustard Greens Pineapple Roll	24 Spaghetti w/meat sauce Tossed Salad Salad Dressing Peaches Roll	25 Salisbury Steak w/gravy Mashed Potato Steamed Mixed Vegetables Berry Cobbler Roll	26 Ham Salad Macaroni Salad Tomato Slices Fruit Cocktail Roll
29 Baked Pork Patty Green Peas Carrots Devil's Food Cake Roll	30 Meatloaf Steamed Rice Steamed Broccoli Florets Yogurt Roll	<p><i>Nutrition April 12<sup>th</sup>, 2024</i></p>		<p><i>We ♥ our Volunteers</i></p>

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available. Menu is subject to change due to availability of product.

\*Generations Ashe is an equal opportunity employer and provider.\*

# VITA TAX AID

IRS CERTIFIED PREPARERS

## WHAT TO BRING:

- GOVERNMENT ISSUED PHOTO IDENTIFICATION FOR YOU AND YOUR SPOUSE (IF MARRIED)
- SOCIAL SECURITY CARDS FOR YOU, YOUR SPOUSE, AND/OR ALL DEPENDENTS
- BIRTH DATES FOR ALL INDIVIDUALS ON TAX RETURN
- ALL FORMS W-2 AND 1099
- INSURANCE FORM 1095-A, B OR C
- INFORMATION FOR OTHER INCOME AND EXPENSES
- INFORMATION FOR ALL DEDUCTIONS (INCLUDING CHARITABLE DEDUCTIONS)/CREDITS
- FOR DIRECT DEPOSIT OF REFUND, PROOF OF ACCOUNT AND BANK'S ROUTING NUMBER.
- LAST YEARS TAXES (2022)

Starting January 8th - April 8th, 2024

Monday's and Wednesday 9:00 am - 4:00 pm

By appointment only, no drop-ins. The site will be drop-off and pick up. If you need to see a preparer face-to-face, those appointments are made separately. **If you do not have all documentation needed to complete your return, we will have to reschedule your appointment.**



Call for appointment

336-246-4347



180 CHATTYROB LANE, WEST JEFFERSON, NC 28694



seniorcenter@generationsashe.org

**VITA**  
Volunteer Income Tax Assistance