THE SENIOR CONNECTION
MATTAMUSKEET SENIOR CENTER
Life is great when you participate!

APRIL, 2012

THREE TREES

Once there were three trees on a hill in the woods. They were discussing their hopes and dreams when the first tree said, "Someday I hope to be a treasure chest. I could be filled with gold, silver and precious gems. I could be decorated with intricate carving and everyone would see the beauty."

Then the second tree said: "Someday I will be a mighty ship. I will take Kings and Queens across the waters and sail to the corners of the world. Everyone will feel safe in me because of the strength of my hull."

Finally the third tree said: "I want to grow to be the tallest and straightest tree in the forest. People will see me on top of the hill and look up to my branches, and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time and people will always remember me."

After a few years of praying that their dreams would come true, a group of woodsmen came upon the trees. When one came to the first tree he said, "this looks like a strong tree, I think I should be able to sell the wood to a carpenter," and he began cutting it down. The tree was happy, because he knew that the carpenter would make him into a treasure chest.

At the second tree the woodsman said, "This looks like a strong tree. I should be able to sell it to shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship.

When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down his dreams would not come true. One of the woodsmen said, "I don't need anything special from my tree, I'll take this one," and he cut it down.

When the first tree arrived at the carpenters, he was made into a feed box for animals. He was then placed in a barn and filled with hay. This was not at all what he had prayed for.

The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end.

The third three was cut into large pieces, and left alone in the dark.

The years went by, and the trees forgot about their dreams.

Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the hay in the feed box that was made from the first tree. The man wished that he could have made a crib for the bay, but this manger would have to do. The tree could feel the importance of this event and knew that it had held the greatest treasure of all time. *(continued on next page)*

Years later, a group of men got in the fishing boat made from the second tree. One of them was tired and went to sleep. While they were out on the water, a great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man, and He stood and said "Peace" and the storm stopped. At this time, the tree knew that it had carried the King of Kings in it's boat.

Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. When they came to a stop, the man was nailed to the tree and raised in the air to die at the top of a hill. When Sunday came, the tree came to realize that it was strong enough to stand at the top of the hill and be as close to God as was possible, because Jesus had been crucified on it.

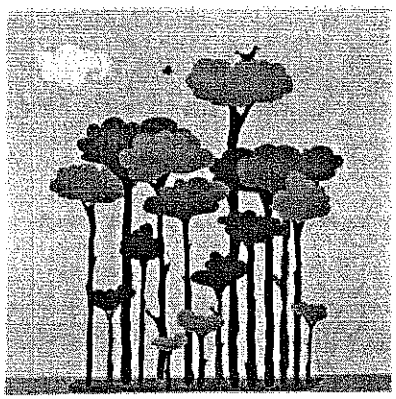
The moral of his story is that when things don't seem to be going your way, always know that God has a plan for you. If you place your trust in Him, God will give you great gifts.

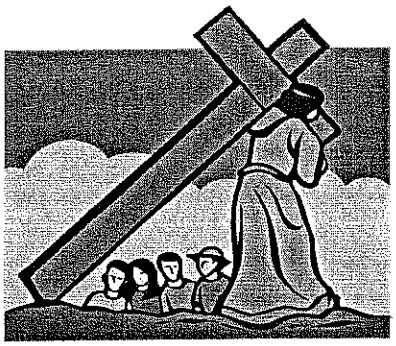
Each of the trees got what they wanted, just not the way they had imagined.

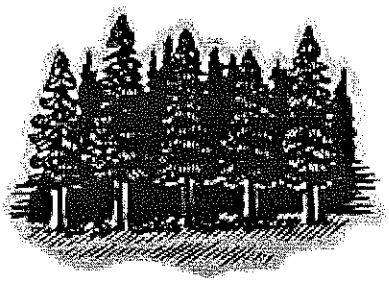
We don't always know what God's plans are for us. We just know that His Ways are not our ways, but His ways are always best.

The Mattamsukeet Senior Center staff and members, wishes everyone a

Happy Easter!







EXTRA HELP WITH MEDICARE PRESCRIPTION DRUG COST

Anyone who had Medicare can get Medicare prescription drug coverage. Some people with limited resources and income also may be able to get Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about $4000 per year. Many people qualify for these big savings and don't even know it.

To qualify for Extra Help:

- You must reside in one of the 50 States or the District of Columbia
- Your resources must be limited to $13,070 for an individual or $26,120 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We **do not** count your home, care, and any life insurance policy as resources; **and**
- Your annual income must be limited to $16,755 for an individual or $22,695 for a married couple living together.

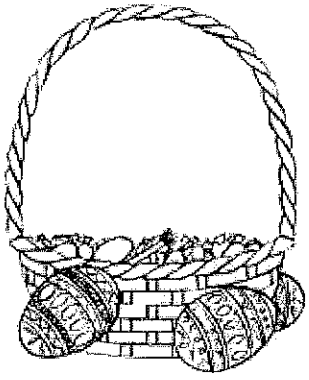
It is easy to apply for Extra Help. Just complete *Social Security's Application for Extra Help with Medicare Prescription Drug Plan Costs(SSA-1020).*

How to Apply:

- You can apply online at *www.socialsecurity.gov/extrahelp*
- Call N.C. Department of Insurance Senior's Health Insurance Information Program at **1-800-443-9354**
- Call Social Security at **1-800-772-1213 (TTY 1-800-325-0778)** to apply over the phone or to request an application
- Apply at your local Cooperative Extension office. To schedule an appointment contact Connie Burleson at 252-926-4486. You must have an appointment.

EASTER BASKET DECORATING CONTEST

The seniors are busy getting ready for our annual contest. This year we are decorating Easter Baskets out of ice cream containers. Judging will be April 5th.



The Baskets will be on display April 2nd—April 5th. Stop by and see the great talent our Senior Citizens have.

HOLIDAY SCHEDULE

Mattamuskeet Senior Center will be **closed** for the **Good Friday holiday on April 6, 2012.**

There will be no congregate or home delivered meals served on this day. Our center will reopen on Monday, April 9, 2012.

HAPPY EASTER!

SENIOR GAMES

The Albemarle Commission Area Agency on Aging presents the 28th Annual Albemarle Senior Games.

This year Mattamuskeet Senior Center has 22 seniors who are going to participate in the games. The games will consist of a fun walk; football throw, softball throw; spin-casting, standing long jump.

Opening Day for the games will be April 10th and the games will be held at the Perquimans County Recreation Center in Hertford.

Best of luck to all seniors who are participating.

NATIONAL VOLUNTEER WEEK

National Volunteer Week will be celebrated April 15-21, 2012. Thanks to over 35 volunteers, county wide, Mattamuskeet Senior Center is able to offer services such as home delivered meals, programs such as crafts, morning dance club and many more.

Volunteers are the backbone of our department and without them we would not be able to have the programs we offer especially the home delivered meals.

Plans are being made to honor all our volunteers. Invitations will be mailed so all you volunteers be on the look out for some fun and of course food.

ZUMBA

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-party workout. Coined "fitness-parties," Zumba classes blend upbeat world rhythms with easy-to-follow choreography to provide effective, total-body workouts. Founded in 2001 the company is now the largest branded fitness program in the world, with more than 12 million weekly class participants in over 110,000 locations across more than 125 countries.

The Zumba workout provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes, and its simple dance moves from around the world increase the fun factor. Zumba classes feature routines set to fast and slow rhythms that successfully tone and sculpt the body while burning fat. A person can burn up to 1,000 calories in a one-hour class depending on the intensity of the workout.

Classes are offered by licensed Zumba instructors.

If you would like to participate in Zumba classes in Hyde County please call the Senior Center at 926-1956.

ZUMBA®
fitness

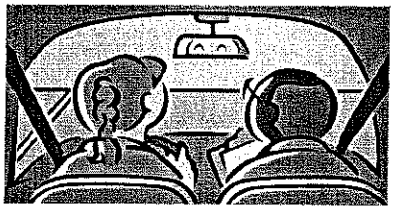
AARP DRIVER SAFETY CLASS SCHEDULED

The NNRP Driver Safety Program is the nation's first and largest driver safety course designed especially for driver's age 50 and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

The Driver Safety Program course covers defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road.

Participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: *Maintaining proper following distance; methods of changing lanes and turning at intersections; effects of medications on driving; minimizing the effect of dangerous blind spots; limiting driver distractions such as eating, smoking and cell phone use; properly using safety belts, air bags, and anti-lock brakes; maintaining physical flexibility and monitoring the driving skills and capabilities of yourself and others.*

The Mattamuskeet Senior Center will host the **AARP Driver Safety class** in May. This class will be held on **Thursday, May 17, 2012 from 12:30 p.m. until 3:30 p.m. You must preregister for this class.** The cost will be $12.00 for AARP members and $14.00 for non-members which includes all course materials.

Course participants may be eligible to receive a state-mandated, multi-year discount on their auto insurance premium. Participants should contact their insurance company or agent for more details

This class will be taught by a certified AARP Driver Safety Program instructor. Please call the Mattamuskeet Senior Center at 926-1956. *CALL SOON TO RESERVE YOUR SPOT.*