

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

Kenansville, NC 28349

Phone: (910) 296-2140

Fax: (910) 296-2142

<https://www.facebook.com/DuplinAging>

<https://www.duplincountync.com/senior-resource-center/>



May – June, 2022

Improving the lives of Duplin County seniors through opportunities that encourage social interaction, enhance quality of life, and support independence.

Duplin Senior Newsletter

Services for the Aged Staff

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Kathryn Cavanaugh, Social Worker I

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Frankie Hobbs, In-Home Aide Supervisor

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Congregate Nutrition Sites

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Linda Warren, Faison Site Manager

Cynthia Damon, Wallace Site Manager

Doris Moore, Warsaw Site Manager

Reminders – Save the Dates

- **Senior Fun Day – Elder Abuse Walk –**
May 4, 2022
- **Powerful Tools for Caregivers**
May 24 – June 28, 2022
- **Community Dementia Workshop**
June 15, 2022

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

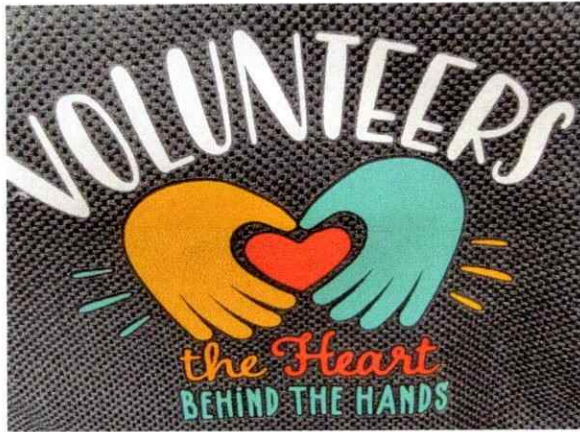
Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s

why the theme for Older Americans Month (OAM) 2022 is Age My Way. Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. While Age My Way will look different for each person, here are common things everyone can consider:

- ❖ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ❖ **Engagement:** Remain involved and contribute to your community through work, volunteer, and or civic participation opportunities.
- ❖ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ❖ **Connection:** maintain social activities and relationships to combat social isolation and stay connected to your community

Volunteer Recognition Week,

“Sweet Treats for our Volunteers”, April 18 - 22, 2022



We are so thankful for all of our Volunteers!
Below is a couple of pictures we captured on the April 6th, 2022 event.
July 2021 - March 2022, the agency recorded a total of 4,097 hours of
volunteer service provided to the agency.
In 2021 & 2022, the average volunteer hourly rate fluctuated from
\$28.54 - \$29.95. Based on those hourly rates, the VOLUNTEERS
saved the Aging budget \$118,983.14!





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Telephone 910-296-2140 – Fax 910-296-2142

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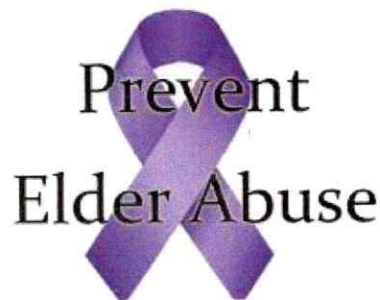
AGE MY WAY: MAY 2022

Save the Date – Wednesday, May 4th, 2022

In Celebration of Older Americans Month

&

Elder Abuse Awareness



Seniors, make plans to join us and participate at “Senior Fun Day”

Activities begin at 9:30 a.m.

Location: Duplin County Events Center, 195 Fairgrounds Dr., Kenansville, N.C.

Special entertainment to include the Lenoir County Line Dancers & Wild Heart D. J.

Physical activities inside and outside the facility, resource opportunities, door prizes,
and a picnic style lunch served at noon.

Registration is preferred, for more information call 910-296-2140.

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NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

SHIIP Monthly Wellness Reminders for May & June, 2022

May, 2022

Osteoporosis Awareness Month.

Osteoporosis is a loss of bone density that can occur as we age and is responsible for at least 2 million fractures each year. A healthy diet, one rich in fruits and vegetables and calcium and vitamin D, as well as weight-bearing and muscle strengthening exercise, are critical elements in building peak bone mass and maintaining bone strength throughout our lives. Medicare covers a number of preventive services, including bone mass measurements.

American Stroke Awareness Month

Stroke is the fifth leading cause of death in the U. S. and a leading cause of adult disability. Someone in the U.S. has a stroke about once every 40 seconds. Major risk factors for stroke include high blood pressure, smoking, diabetes, high cholesterol, heart disease and atrial fibrillation. You may be able to prevent stroke or reduce risk through healthy lifestyle changes. Medicare covers several preventive services at no cost that may improve your health.

Mental Health Awareness Month

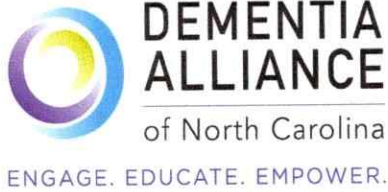
Each year millions of Americans face the reality of living with a mental illness. Nearly one in five Americans lives with a mental health condition. Those living with mental health conditions are our family, friends, class mates, neighbors, and coworkers. Your mental health is just as important as your physical health. Mental health care includes services and programs to help diagnose and treat mental health conditions. These services and programs may be provided in outpatient and inpatient settings. Medicare helps cover outpatient and inpatient mental health care, as well as prescription drugs you may need to treat a mental health condition.

June, 2022

Men's Health Month

June is the month we celebrate Dads. Even healthy men need to get health screenings for preventive care. If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease. Medicare covers prostate screenings once every 12 months for men over 50 and the colorectal screening tests every 120 months, unless at high risk. Cardiovascular screening can detect conditions that could lead to heart attack or stroke and are covered by Medicare once every five years.

***Duplin County
Alzheimer's/Caregiver
Support Group Meeting***



- When: 1st Tuesday night of every month.
- Time: 6:00 – 7:30 p.m.
- Where: 213 Seminary Street, Kenansville, N.C. (Senior Center)

Participants in this group receive emotional support and practical assistance in coping with the numerous issues they face as caregivers, in addition to receiving information on resources available.

For more information, contact the senior center at 910-296-2140.



Special thanks, to the families that donated incontinence supplies to the agency.

It is the generosity and support the agency receives from Churches, organizations, and individuals that help make it possible for older adults to achieve a better quality of life and remain in their own homes.

Consumer Contributions

Everyone, can make a difference!

During the month of March, 2022, the agency collected the following consumer contributions:

Congregate Nutrition Sites

**Faison Site - \$460.00
Wallace Site - \$294.00
Warsaw Site - \$217.50
Kenansville Site - \$174.11
Beulaville Site - \$138.76**



Family Caregiver Support Program

The main objective of the Family Caregiver Support program is to provide encouragement, support, and respite to caregivers in Duplin County. The agency can provide free classes, “Powerful Tools for Caregivers” an evidence-based program to equip caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. For more information call the senior center at 910-296-2140.



As of the printing of this newsletter, the agency has not received the summer fans. We will post on social media, once the fans have been received.

Powerful Tools FOR Caregivers



Are you a caregiver?

Join us for a **FREE CLASS** designed to help you take care of yourself while you take care of your relative or friends.

TAKE CARE TO GIVE CARE!!!

Powerful Tools For Caregivers (PTC) is an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Class for Adult Family Members or other informal caregivers at **least age 18** and older providing care to individuals at least age 60 or caregivers of individuals of any age with Alzheimer's and related disorders.

Six-Week Curriculum will help caregivers improve:

- Communication skills
- Self-efficacy
- Self-care behaviors and improve self-confidence
- Management of emotions and communicating feelings
- Reducing stress and knowing your resources
- Set goals and problem-solving, making the tough decisions

Class meets once a week for six weeks, for 1 ½ hour

When: Tuesdays - 2:00 - 3:30 pm

May: 24th, 31th, 2022

June: 7th, 14th, 21st, 28th, 2022

Where: Services for the Aged

**213 Seminary St.
Kenansville, N.C. 28349**

Cost: FREE class - Light Refreshments

Registration
Form due:

May 13, 2022

Space is limited &
registration is
required

For more information
& to register call:

**Frankie Hobbs at
910-296-2140.**

Return registration
forms to:

**Services for the Aged
(Senior Center)
P. O. Box 928;
213 Seminary Street,
Kenansville, NC
28349**



Duplin County Services for the Aged is providing several opportunities to learn more about the important resources available for seniors. Mrs. Liz Batts, SHIIP Coordinator for Duplin County will be present at the following locations listed below.

- Thursday, May 19th, 2022 – Beulaville Congregate Nutrition Site – 11:15 a.m. (Beulaville Presbyterian Church – 205 East Main St., Beulaville, N.C.)
- Thursday, May 26th, 2022 – Warsaw Congregate Nutrition Site – 11:15 a.m. (Warsaw Community Center – 309 Memorial Drive, Warsaw, N.C.)

Medicare 101 The Basics– Virtual Classes

- What is Medicare and who is eligible?
- Four Parts of Medicare: A, B, C & D
- Programs for People with Limited Income Resources

If you are interested in participating in a virtual presentation to learn more about Medicare, please call the senior center at 910-296-2140. Listed below are the dates and opportunities specific to Medicare 101 classes. If you would like to register for the virtual class, please provide your email address when you place the call.

Virtual Classes

- Thursday, May 26, 2022 – 9:00 a.m. – 10:00 a.m.
- Thursday, June 16, 2022 – 3:00 – 4:00 p.m.



Nutrition Tips

Ten Ways to Lower Your Risk of Osteoporosis

- Know your risk.
- Exercise to build bones.
- Eat a healthy, calcium-rich diet
- Consider supplements
- Be aware of medications that may cause bone loss
- Limit caffeine
- Avoid alcohol
- Quit smoking
- Find out about preventative medications
- Talk to your Doctor



Registration Form Due By: Friday, May 13, 2022

Duplin County Services for the Aged

213 Seminary Street

Kenansville, NC 28349

Caregiver Registration Form

Caregivers Name: _____ DOB: _____

Care Recipient Name: _____ DOB: _____

Relationship (i.e.: spouse, parent, friend): _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

How long have you cared for your loved one? _____ My loved one lives with me

I have other family who assist or friends

I have no one who assists me with Family Caregiving

I have professional assistance to help with caregiving needs (i.e.: Home Health, Sitter, Hospice)

I would like more information on the Respite Voucher Program for Family Caregivers

I work: Full time Part-time

My loved one requires 24 hour supervision

*** Those attending at least 4 of the 6 sessions will receive a certificate of completion.**



Community Dementia Workshop

Wednesday, June 15, 2022

Morning session: 9:30 am - 12:00 pm

Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

DEMENTIA Live

"Because it's frightening to care for someone you don't understand"

Information/Registration:

Please contact **Melisa S. Brown** at 910.296.2140 or email at melisab@duplincountync.com

Please dress in layers as temperature varies.

Lunch is not provided.


Everything is free but registration is requested by June 10.

Presented in partnership with:



Afternoon session: 1:00 pm - 3:30 pm

Hear wonderful speakers talk about dementia and get lots of helpful resources, including:

- Dementia Alliance Care Navigators
- Duplin County Dept. of Social Services
- Duplin County Senior Services;  World Elder Abuse Awareness
- Eastern Carolina Council on Aging
- Legal Aid of North Carolina
- NC Registry for Brain Health

Registration is requested for both the AM and PM sessions - you may attend either session or both

Location:

Lois G. Britt Building, Duplin Commons
165 Agriculture Drive
Kenansville, NC 28349