

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

Kenansville, NC 28349

Phone: (910) 296-2140

Fax: (910) 296-2142

[www.facebook.com/DuplinAging](http://www.facebook.com/DuplinAging)



April/May

2021

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

Melisa S. Brown, Director

Liz Batts, Receptionist;  
SHIP Coordinator

Kathryn Cavanaugh,  
Social Worker I

Altheria Cornelius, Homebound  
Meal Coordinator

Frankie Hobbs, In-Home Aide  
Supervisor

Jamie Raynor, Accounting Clerk;  
Editor

# OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Duplin County Services for the Aged  
is celebrating

Older Americans month in May.

The theme this year is

**“Communities of Strength”.**

*Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties.*

*There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important – it plays a vital role in our health and well-being, and in that of our communities.*

*(copied acl. gov)*

### Holiday Closings:

Nutrition Sites & Office will be closed on the following dates:

Friday, April 2, 2021 in observance of Good Friday

Monday, May 31, 2021 in observance of Memorial Day.

# VOLUNTEER



*Welcome, Volunteer!*

*If you are considering a volunteer role at the senior center, let us first begin by saying, "Thank You". You have joined thousands of others across the nation who have taken on the "Volunteer" challenge. Obviously, you are a very special person to volunteer your time and talent to help others. It is our goal to encourage you and provide you with as much information concerning the volunteer role you have chosen. Again, thank you for volunteering and for helping to make a difference for our senior population.*

## *Duplin County Services for the Aged Staff*

### Volunteer Training/Responsibilities:

- An orientation packet will be provided to volunteers with a clear definition of both the volunteer and the staff role.
- A registration form will be completed for each volunteer.
- Volunteers will follow and maintain the agency confidentiality policy.
- We value diversity in our volunteer base. The contributions of all of volunteers provide an opportunity to share ideas and unique abilities to our programs.

### Annual Event – Volunteer Recognition Event

- Volunteers are a vital part to the overall success of the agency. We appreciate every hour of volunteer service provided to enrich and enhance the programs. Specifically, each year we coordinate an event to recognize all of the volunteers and their service to the agency. We look forward to celebrating your accomplishments as we collaborate together in making a difference for the senior population in Duplin County.

# OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

## Older Americans Month: Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Duplin County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too. This year, Duplin County Services for the Aged will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! For more information, you may connect with us either by phone (910-296-2140) or on social media <https://www.facebook.com/DuplinAging> or <https://www.duplincountync.com/senior-resource-center/>

## Duplin County Services for the Aged

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

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

**History:** Duplin County Services for the Aged began operating as a county department in July 1974, and the nutrition program began in September 1975. These two departments were consolidated into one department in January 1979. In May 2007, Duplin County Services for the Aged and Duplin County Public Transportation were consolidated into one department. In October 2015, the combined departments were separated to operate as independent departments.

**Funding:** Services for the Aged receives federal and state funds from the Older Americans Act via Eastern Carolina Council Area Agency on Aging and local funds from Duplin County.

**Eligibility Requirements:** The primary objective of the agency is to serve as an advocate for persons sixty years of age and older by helping them to achieve a better quality of life. Individuals must be sixty years of age and older and a resident of Duplin County.

**Mission Statement:** Improving the lives of Duplin County seniors through opportunities that encourage social interactions, enhance quality of life, and support independence.



### **Services Available**

- Alzheimer/Caregivers Support Group
- Centennial Program
- Congregate Nutrition Sites (Beulaville, Faison, Kenansville, Wallace, Warsaw)
- Duplin Senior News
- Ensure Supplement Program
- Family Caregiver Support Program
- Health Promotion Evidence Base Programs
- Home Delivered Meals (established routes in Beulaville, Calypso/Faison, Greenevers, Kenansville, Rose Hill, Wallace, and Warsaw)
- Housing & Home Improvement
- Income Tax Assistance/Duplin Tax-Aide
- Information & Referral
- In Home Aide Level 1
- Legal Services – Legal Aid of N.C.
- Neuse River Senior Games
- Operation Fan-Heat Relief
- Seniors Health Insurance Information Program – SHIIP
- Seasonal Events
- Senior Trips
- Telephone Reassurance
- Transportation
- Veterans Support Group
- Volunteer Opportunities

**Post Office Box 928 - 213 Seminary Street - Kenansville, NC 28349 | (910) 296-2140**



Duplin County Services for the Aged

## Agency Update – 3-25-2021

### Frozen Meals Continue

Currently, the congregate nutrition site meals are distributed as frozen meals. The agency began providing the frozen meals for congregate nutrition site participants in March, 2020. The congregate nutrition sites continue to operate in this capacity with the frozen meals, with drive-thru (pick-up) distribution on Monday or Tuesday, depending on the location.

**Monday's** – Homebound meals are delivered to eligible participants as well as to congregate nutrition site participants without transportation. **Beulaville** and **Wallace** congregate nutrition site participants, drive to the designated location for meal pick-ups at the time slot provided.

**Tuesday's** – **Faison**, **Kenansville**, and **Warsaw** congregate nutrition site participants drive to designated location for meal pick-ups at time slot provided. Eligible seniors drive to the specified location and are greeted by the site manager with five frozen meals. Congregate site participants will receive activity packets, and essential groceries as available.

As we continue to navigate with covid and restrictions allow us to return safely to our current facilities, we will return to our “normal” daily operations.

### Senior Center

- Appointments for service is preferred as space is limited inside facility. To schedule an appointment or speak with a staff person call 910-296-2140.
- Arthritis exercise classes are offered in outside locations.
- Income Tax assistance is in process as information is available at the senior center.
- The Alzheimer/Caregiver support group continues to meet inside senior center.
- The ensure orders are placed each month and participants can come inside for pick up or staff will take outside to vehicle.
- SHIIP questions can be handled over the phone and or appointments made inside the senior center.
- All services are provided with staff using the appropriate personal protective equipment in client's homes and outside locations.

# Arthritis Exercise Class



Classes are offered at the following locations:

## Arthritis Exercise – Kenansville

Location: Duplin County Events Center

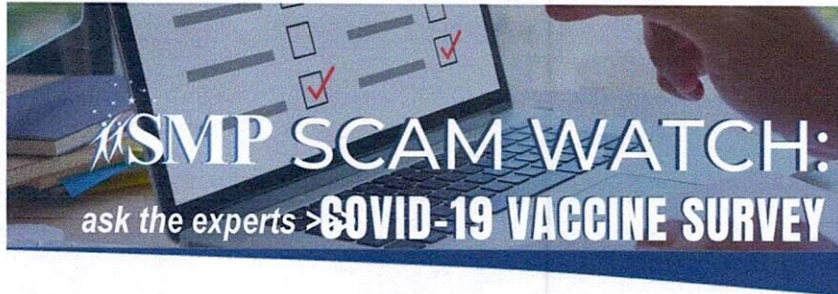
Time: Wednesday's @ 10:30 a.m.

## Arthritis Exercise – Mount Olive

Location: Snow Hill FWB Church

Time: Thursday's @ 11:00 a.m.

To register for the class, call the senior center at  
910-296-2140



## Be on the Lookout for COVID-19 Survey Scams

- ☑ Legitimate surveys won't offer money, gifts, or any incentive to take them.
- ☑ Legitimate surveys won't include urgency such as "You must take this survey in the next hour or it will expire."
- ☑ Check links by hovering over them. If they seem long and suspicious, don't click them.
- ☑ Check logos, language, and phone numbers. If anything seems "doctored" or doesn't match what you see on a legitimate vaccine provider site, don't click any provided links.

Contact the North Carolina SMP to report Medicare fraud, errors, or abuse at 855-408-1212 or email [NCSMP@ncdoi.gov](mailto:NCSMP@ncdoi.gov).

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

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



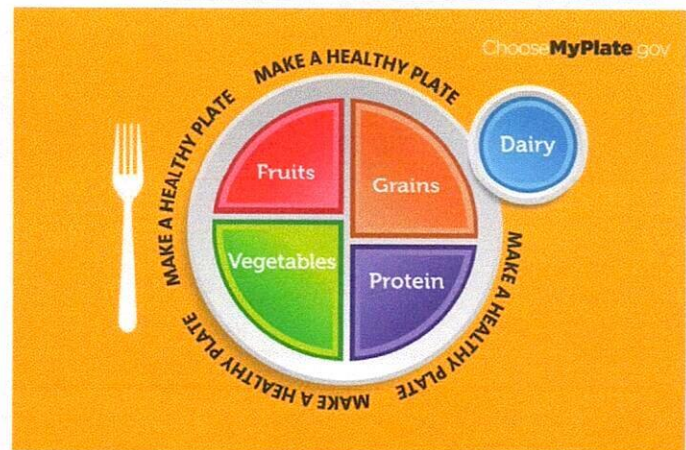
# DEMENTIA ALLIANCE

of North Carolina

ENGAGE. EDUCATE. EMPOWER.

- **When:** Held on the first Tuesday night of every month.
- **Time:** 6:00 – 7:30 p.m.
- **Where:** 213 Seminary Street, Kenansville (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.*





## 100 – Centennial Program

We are looking for seniors who may be part of the “centennial program”. If you know of someone that is currently 90 years of age or better and a resident of Duplin County, please share the information with the agency.

Once a senior reaches the 100 years young milestone, participants are part of an elite group. If you know of someone that fits this description, please call Ms. Frankie Hobbs at 910-296-2140. She will in return gather information to complete a brief registration form. In addition, Ms. Hobbs will verify the birth date documentation with the local Register of Deeds office.

There is a **necessary timeline** to gather and submit information to the Governor’s Office for an additional certificate. Once all of the information is verified and submitted to the appropriate channels, a recognition date is established. The Duplin County Board of Commissioners will adopt and present a proclamation to the recipient. A certificate of appreciation from the Governor will be presented to the recipient.

### Timeline

- Contact Duplin County Services for the Aged to register senior (age 90 or above) for the centennial program.
- The proclamation registration form is completed and verified by the agency staff person. A family member can complete the online form and submit to the agency. However, a staff person will reach out to the family member that completed form to verify information. <https://www.duplincountync.com/senior-resource-center/>
- The Governor’s Office requires a sixty-day notice for agency staff to submit request for the proclamation.

Very Appreciative to the following for the generous donations given to the agency:

*Ms. Sandra Hall*

*Mrs. Debbie Jones*

*Mr. James Kenan*

Special thanks to NC A&T State University-Cooperative Extension.

Mr. James Hartsfield, Area Agent, and Mr. Walter Adams, Agricultural and Natural Resources Technician II with Duplin County Extension Center collected and donated canned goods and other non-perishable items.

These items were given to the Senior Center in support of "Small Farms Week".



## Consumer Contributions

Everyone can make a difference! The agency is thankful for consumer contributions given. During the months of February and March the following contributions were collected at the nutrition sites.

**Warsaw Site - \$315.65**

**Wallace Site - \$169.00**

**Faison Site - \$150.00**

**Kenansville Site - \$109.00**

**Beulaville Site - \$23.00**



WE LOVE OUR  
**VOLUNTEERS**



NATIONAL VOLUNTEER MONTH

April is National Volunteer Month. Volunteers serve a vital role in our overall success of each program. If you would like more information on any of the volunteer roles available at our nutrition sites or senior center, please call 910-296-2140.