

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

Kenansville, NC 28349

Phone: (910) 296-2140

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

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



July – August, 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

Melisa S. Brown, Director, Editor

Liz Batts, Receptionist; SHIIP Coordinator

Kathryn Cavanaugh, Social Worker I

Altheria Cornelius, Homebound Meal Coordinator

Frankie Hobbs, In-Home Aide Supervisor

Jamie Raynor, Accounting Specialist; Co-Editor

Congregate Nutrition Sites

Elizabeth Taylor, Kenansville Site Manager

Edward Tyndall, Beulaville Site Manager

Linda Warren, Faison Site Manager

Vacant, Wallace Site Manager

Doris Moore, Warsaw Site Manager

Reminders – Save the Dates

- July 4th, 2022 – Office Closed – July 4th Holiday
- Arthritis Exercise Classes – July 20th, 2022
- August 18, 2022 – Ice Cream Social – 12:30 – 1:00 p.m.

Congratulations, to the 2022 Duplin County Governor Volunteer Service Award Recipients!

- Mr. Kenneth Howard Brinson
- Ms. Hermenia Brown
- Mrs. Lisa Torrans Fussell

The North Carolina Commission on Volunteerism and Community Service honors people who have shown concern and compassion for their neighbors by making a significant contribution to their communities through volunteer service.

Congratulations on being chosen for this prestigious award.



Duplin County
Alzheimer's/Caregivers
Support Group Meeting



**DEMENTIA
ALLIANCE**

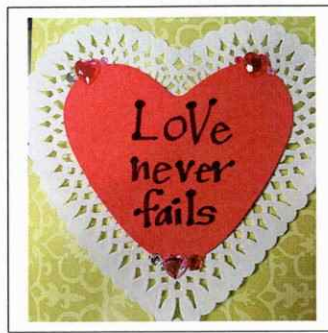
of North Carolina

ENGAGE. EDUCATE. EMPOWER.

- 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.



Thank You!

Special thanks, to
Four County Electric
Membership Corporation,
and Ms. Sandra Krantz for
the donations given to the
senior center.

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 May, 2022,
the agency collected the
following consumer
contributions:

Congregate Nutrition Sites

Faison Site - \$400.00

Wallace Site - \$300.00

Warsaw Site - \$207.00

Beulaville Site - \$148.79

Kenansville Site - \$148.56



Senior Legal Helpline

1-877-579-7562

9:00 – 11:00 a.m.

1:00 – 3:00 p.m.

Monday – Friday



The Helpline is available for
North Carolinians who are 60
years of age or older and who
meet income and other
eligibility requirements.
Priority is given to those most
in need.

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.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



Protect - Detect - Report

- Protect yourself against Medicare fraud
- Detect potential fraud, errors, and abuse
- Report suspected fraud, errors, and abuse

Ms. Stephanie Bias, with the North Carolina Senior Medicare Patrol Program will be coming to the congregate nutrition sites on the following days and times. This is a great opportunity to learn more on how to review your Medicare summary notices and learn how to review the statements and report any suspicious health care scams.

July 6, 2022 – Beulaville Congregate Nutrition Site – 11:30 a.m.
Beulaville Presbyterian Church, 205 E. Main St., Beulaville, N.C.

July 12, 2022 – Warsaw Congregate Nutrition Site – 11:30 a.m.
Warsaw Community Building, 309 Memorial Dr., Warsaw, N.C.

July 19, 2022 – Kenansville – Senior Center – 11:30 a.m.
213 Seminary St., Kenansville, N.C.

August 11, 2022 – Faison Congregate Nutrition Site – 11:30 a.m.
Faison Wellness & Recreation Center, 184 Park Circle, Faison, N.C.

August 30, 2022 – Wallace Congregate Nutrition Site – 11:30 a.m.
Campbell Center, 209 Clement St., Wallace, N.C.

Education/Training Opportunities Available Inside Senior Center or Virtual Option

If you are interested in participating in a classroom setting or a virtual presentation topic entitled “Medicare 101 The Basics” to learn more about Medicare, please call the senior center at 910-296-2140. If interested in the virtual class, please provide your email address when you place the call.

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

We are sharing some of our highlights since the last newsletter . . .



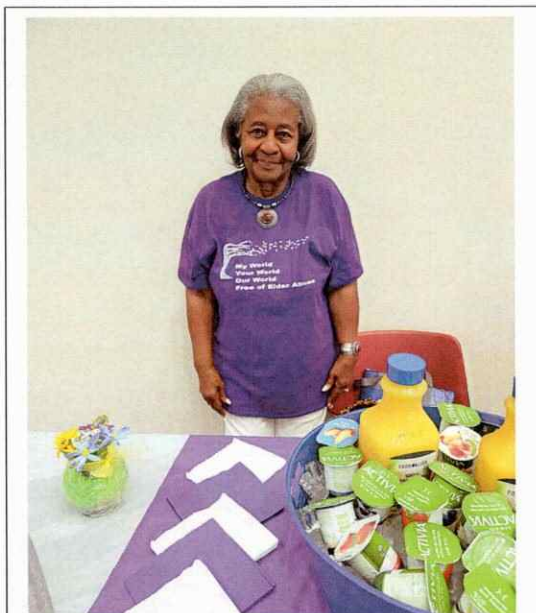
Mr. Kenneth Howard Brinson – Family & Friends



Mrs. Lisa Torrans Fussell – Family & Friends



Ms. Hermenia Brown – Family & Friends



Ms. Hazel Davis – Community Dementia Event; Elder Abuse Awareness



Senior Fun Day 2022

“The quality of your life will be determined by the quality of your contribution. When you work to improve the lives of others, your life improves automatically.”
-Kurek Ashley

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Nutrition Tips: Who eats watermelon seeds?

- **Watermelon seeds** are a powerhouse of nutrients like folate, iron, zinc, copper, magnesium, and potassium. The seeds are considered to be highly nutritious, as they are also rich in amino acids, proteins, and vitamin B complex. Mixing all of these nutrients together help in boosting your body's metabolism. (Copied – Food News)



Trip News
Katie Vann Adventures is putting together a day trip for the agency. Once the information is complete, we will release a flyer. If you would like to be on the mailing list, call the senior center.

As the summer heat approaches, the agency receives requests for fans. For the past 30 years, Four County Electric Membership Corporation continues to donate fans to the senior center for seniors in Duplin County. For more information call the senior center at 910-296-2140.



Duplin County Senior Center Nutrition Program

If you are at least 60 and live in Duplin County, you could benefit from our services. Hot meals are served daily at congregate nutrition site locations.

Opportunities to participate in group activities include: health/wellness, recreational opportunities, and socialization. Transportation is provided for eligible participants to and from site locations (Beulaville, Faison, Kenansville, Wallace, & Warsaw).

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



Arthritis Exercise Classes

- First block of 18 classes begin in Kenansville on July 20th, 2022 – 10:30 a.m.
- Nutrition education topic is covered at the beginning of class followed by exercise
- All classes are held on Wednesday's at 10:30 a.m.
- Dates are subject to change if necessary.