

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

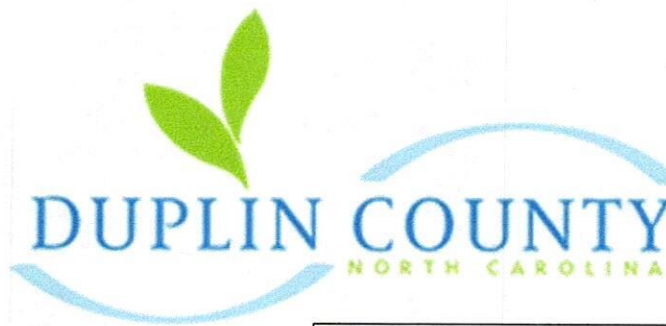
Kenansville, NC 28349

Phone: (910) 296-2140

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

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



February – March, 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

Cynthia Damon, Wallace Site Manager

Doris Moore, Warsaw Site Manager

Reminders – Save the Dates

*Volunteer Recognition Event –
April 6, 2022*

*Senior Fun Day – Elder Abuse Walk –
May 4, 2022*



During the month of February, we are working on valentines for our homebound seniors and celebrating “Black History Month” at the senior center.

February 3rd – 11th, 2022 – Preparing valentines for homebound seniors

February 10th, 2022 – Black History Trivia @ 11:00 a.m.

February 14th, 2022 – Celebrating our love for our sweet hearts

February 17th, 2022 – “Remember when”, presented by Ms. Hattie Parker @ 11:30 a.m.

February 24th, 2022, “Dress the part”, and sharing soul food memories @ 11:00 a.m.

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

Volunteers, Are Welcome!

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 choose. Again, thank you for volunteering and for helping to make a difference for our senior population. For more information to volunteer, call 910-296-2140.



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.

Duplin County Alzheimers/Caregiver Support Group Meeting



**DEMENTIA
ALLIANCE**

of North Carolina

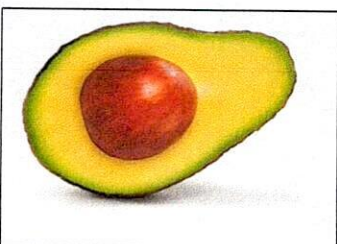
ENGAGE. EDUCATE. EMPOWER.

- 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.

Nutrition Tips



Spend Smart. Eat Smart. Avocado Produce Basics.

- Choose an avocado with firm skin and no soft spots. It should be firm but yield to gentle pressure when ripe.
- Store in a paper bag at room temperature to ripen. It will take 2-5 days to ripen. A ripe uncut avocado can be stored for 3-4 days in the refrigerator. Rinse avocado under cool running water before cutting. Cut ripe avocado in half lengthwise around the seed. Rotate the halves to separate.
- Slice, dice, or mask the avocado. Add as a topping for tacos, soups, and toast or make homemade guacamole.

For more information: spendsmart.extension.iastate.edu/cook/produce-basics



FREE INCOME TAX ASSISTANCE

We will again be offering free tax assistance through AARP Foundation Tax Aide. Like last year, we will be using an IRS-approved **drop-off** procedure.

We sent an information packet to each person or couple for whom we prepared returns last year. The packet will be mailed and come in a large white envelope with "AARP Foundation" in the upper left corner. The return address will be that of the Senior Center.

If your address has changed since we filed your return last year, you need to call the senior center at 910-296-2140 and ask for Liz Batts, so we can get your packet to you.

If we did not do your return last year, you need to call the senior center at 910-296-2140 and ask for Liz Batts to get on our mailing list.

IMPORTANT: IRS will send letters in January to everyone concerning the Round 3 stimulus payments you received earlier this year. When you receive the letter, open it and verify that the information is correct. Then **KEEP** the letter as we will need it to prepare your return.

ALSO NEW: If you received advance Child Tax Credit payments, you will get a letter from IRS. If you got those payments, you are **REQUIRED** to file a return. Keep that letter with your tax documents as we **CANNOT** prepare your return without it.

If you have received anything from IRS or NC Department of Revenue, keep those with your other tax documents.

If you have questions, call the senior center at 910-296-2140.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

SHIIP Monthly Wellness Reminders

February, 2022

American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Cardiovascular screening blood tests assist in early detection of heart disease. Medicare covers screening tests for cholesterol, lipid and triglyceride levels once every five years.

March, 2022

National Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the U.S., and the second leading cause of cancer-related deaths. It affects all racial and ethnic groups and is most often found in people ages 50 and over. Screening and early detection are vital. Medicare covers certain colorectal cancer screening services, ask a SHIIP counselor for more information. Colorectal cancer is preventable, treatable, and beatable!

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 scheduling Medicare 101 classes at the senior center and providing a virtual opportunity. For more information to register for classes, call the senior center at 910-296-2140.

Consumer Contributions

Everyone can make a difference!
During the month of January, 2022, the agency collected the following consumer contributions:

Congregate Nutrition Sites

Faison Site - \$380.00

Wallace Site - \$232.00

Kenansville Site - \$142.15

Warsaw Site - \$140.95

Beulaville Site - \$107.00



Thank You!

Special thanks, to
**Mount Zion Presbyterian Church,
Women of the Church.**

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.

SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE



Join us at one of our five locations for a nutritious meal served daily, Monday – Friday at 12:00 noon.

It's the 50th anniversary of the National Senior Nutrition Program and we're celebrating!

Kenansville Nutrition Site

Senior Center, 213 Seminary Street, Kenansville NC 28349

Faison Nutrition Site

Wellness & Recreation Center, 184 Park Circle, Faison NC 28341

Wallace Nutrition Site

Campbell Center, 513 SE Railroad St., Wallace NC 28466

Beulaville Nutrition Site

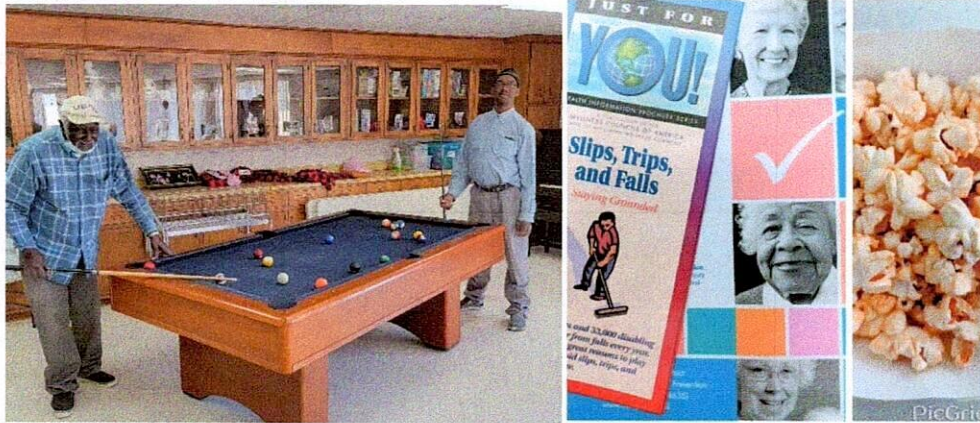
Beulaville Presbyterian Church, 205 E. Main St., Beulaville NC 28518

Warsaw Nutrition Site

Warsaw Community Building, 309 Memorial Dr., Warsaw NC 28398



What is Missing at the Senior Center? You Are! Listed below are some of the benefits in participating at a North Carolina Senior Center. Come Join us!



Improvement in well-being. Learning new information & skills. Less loneliness and feelings of isolation.



Increased volunteerism. Better management of health. Increased physical activity. Development of stronger support systems. Increased creativity. Better and easier access to services. Improvement in advocacy skills.



Congratulations, Kenansville Arthritis Exercise Participants on the contributions collected (\$21.00) to purchase additional weights and exercise bands!



Congratulations, Beulaville Arthritis Exercise Participants on the contributions collected (\$28.00) to purchase additional weights for class and exercise bands!