



Senior Services

P.O. Box 928, 213 Seminary St., Kenansville, NC 28349

Phone: (910) 296-2140; Fax: (910) 296-2142

February, & March 2024



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

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



FREE INCOME TAX ASSISTANCE

Duplin County Senior Services, through its sponsorship of Tax Aide, will offer FREE income tax preparation. Like last year, we will be using an IRS-approved drop-off procedure. We will mail instructions to everyone for whom we prepared returns last year. If you have not received your envelope by January 31st, 2024, call the senior center @910-296-2140 and ask for Brittney Turner. If you have received anything from IRS or NC Department of Revenue, keep those with your other tax documents.

If we did not prepare your return last year and you would like for us to prepare this year's tax return, call Brittney Turner at 910-296-2140.

Senior Trip News

The senior planning committee met in January, 2024, reviewing some of the ideas/suggestions collected from seniors.

Mrs. Katie Vann, with "Katie Vann Adventures" will release more details in the coming weeks, once details is confirmed.



National Nutrition Month: What is Your Label Telling You?

Food labels hold a significant amount of information, but what does it all mean? Join Rachel Ezzell with N.C. Cooperative Extension to learn what the labels on food packaging mean & how to apply this information.

At this session, participants will learn how to read the Nutrition Facts Label and understand nutritional content claims.

- March 4 - Warsaw
- March 11 - Kenansville
- March 14 - Faison
- March 18 - Beulaville
- March 19 - Wallace

Join us at 11:00 am at one of the following dates/locations:

NC State University provides equal opportunity and affirmative action efforts, and prohibits discrimination and harassment based upon a person's age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status



February 7, 2024 - Celebrating Black History, "African Attire" Dress Event at 11:00 a.m.

February 14, 2024 - Join, Ms. Hattie Parker with her "Yester-year" discussion at 11:00 a.m.

"I knew all about air jordans, before he did." stated Ms. Hattie Parker. Join us at the senior center for more insight and laughter on February 14, 2024.



Agency Team Members

- *Melisa S. Brown, Director*
- *Priscilla Bryant, In Home Aide*
- *Kathryn Cavanaugh, Social Worker I*
- *Altheria Cornelius, Homebound Meal Coordinator*
- *Cynthia George, In Home Aide*
- *Hazel Davis, Substitute*
- *Sharon Henderson, In Home Aide*
- *Mary K. Hill, In Home Aide*
- *Frankie Hobbs, In Home Aide Supervisor*
- *Joyce Hunter, Substitute*
- *Doris Moore, Site Manager*
- *Jamie Raynor, Accounting Specialist*
- *Sara Richards, In Home Aide*
- *Rischa Stallings, In Home Aide*
- *Elizabeth A. Taylor, Site Manager*
- *Brittney S. Turner, Secretary II & SHIP Coordinator*
- *Edward Tyndall, Site Manager*
- *Linda Warren, Site Manager*
- *Judy D. Whaley, Substitute*
- *Diane C. Williams, Site Manager*
- *Mary Wilson, In Home Aide*



Evidence base programs currently offered at the senior center and in the community. For more information, call the senior center at 910-296-2140.



Powerful Tools
for *Caregivers*



April 22 – May 9, 2024

The Neuse River Senior Games has been sanctioned as an official qualifying site for the 2024 NCSG State Finals! The Neuse River Senior Games serves six counties including, Craven, **Duplin**, Greene, Jones, Lenoir, & Pamlico.

The NRSG Athletic Events will take place between **April 22 - May 9, 2024**. The NRSG SilverArts Competition will be held **April 23 – 26, 2024**.

Registration begins Thursday, February 1, 2024 and ends on Friday, March 15, 2024.

For more information on how to register, please reach out to Duplin County local contacts, *Frankie Hobbs & Melisa S. Brown* at 910-296-2140. Registration forms will be available at the senior center.

Athletic Events

Cycling, Pickleball, Cornhole, Football Throw, Shuffleboard, Horseshoes, Bocce, Race Walks, Standing Long Jump, Running Long Jump, Tennis, Golf, Swimming, Billiards, Croquet, Softball Throw, Table Tennis.

SilverArts

Visual Arts,
Heritage Arts,
Literary Arts,
&
Performing Acts



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

SHIIP Monthly Wellness Reminders

February, 2024

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, 2024

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"

- 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. For more information to inquire about a class or for one on one assistance in the process, call Brittney Turner at 910-296-2140.



Legal Aid of North Carolina
Senior Legal Helpline
1-877-579-7562

The Helpline is available to all North Carolinians who are 60 year of age or older and who meet income and other eligibility requirements. Priority is given to those most in need. The Helpline does not handle criminal, personal injury or fee-generating cases.



**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.



We are always so appreciative of the kindness of others given on behalf of the seniors. Every coin received, in-kind donation provided, and special project gift received is used to bless our senior population. Special thanks to the following:

- Anonymous Mother/Daughter Magnolia
- Douglass High School Association of Warsaw
- Dollar General, Kenansville
- Duplin County Community Foundation
- Kenansville Pharmacy
- Mrs. Donna S. Grubbs
- Ms. Jo Ann B. Latham
- Ms. Vidette Rouse
- St. Mary's United Holy Church, Kenansville
- Tri-County EMC
- Westwater Country Hams

Consumer Contributions

What are consumer contributions? An opportunity to contribute toward the service received. These funds allow more services for seniors. Everyone can make a difference!

Covering the time span of July, 2023 – December, 2024, the agency has collected the following consumer contributions.

<u>Congregate Nutrition Program (Meals)</u>	\$ 5,558.00
<u>Home Delivered Meals</u>	\$ 8.00
<u>In Home Aide Service</u>	\$ 4,121.00
<u>Transportation (Rides)</u>	\$ 102.00

Save the Date

Volunteer Recognition Celebration

When: Tuesday, April 16, 2024

2:00 – 4:00 p.m.

**Volunteer Recognition Week
APRIL 21-27, 2024**

**SHINING A LIGHT ON THE PEOPLE AND CAUSES
THAT INSPIRE US TO SERVE.**

Save the Date

Wednesday, May 1, 2024

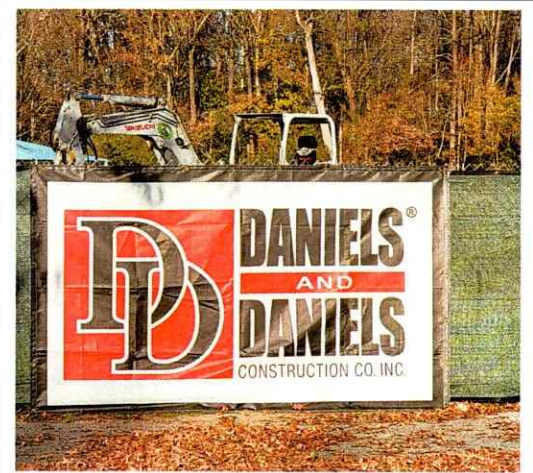


POWERED BY CONNECTION: MAY 2024



IMPULSADOS POR CONEXIÓN: MAYO DE 2024

***Dreams, really do come true!
Ground breaking, construction, and excitement
continues to build each day!***



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

*This project is made possible by a combination of state capital
infrastructure fund grants, capital reserve funds, and the
Duplin County Board of County Commissioners.*

DUPLIN COUNTY

NORTH CAROLINA AGING PROFILE 2022



Projected Population Change, 2022-2042

Age	2022		2042		% Change 2022-2042
	County #	County %	County #	County %	
Total	48,728		58,277		20%
0-17	12,970	27%	16,156	28%	25%
18-44	17,035	35%	18,375	32%	8%
45-59	8,654	18%	9,769	17%	13%
60+	10,069	21%	13,977	24%	39%
65+	7,490	15%	10,793	19%	44%
85+	1,202	2%	1,428	2%	19%

Race and Ethnicity, Age 65 and Older, 2022

Race/Ethnicity	County %	NC %
White	68%	78%
Black or African American	27%	17%
American Indian	<1%	1%
Asian	<1%	2%
Some other race	2%	1%
Two or more races	3%	2%
Hispanic/Latino	3%	3%
White, no-hispanic or latino	68%	77%

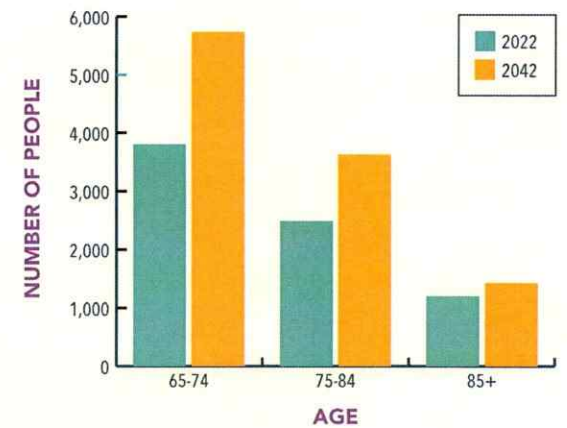
Social and Economic Characteristics of Population, Age 65 and Older, 2022

Characteristics	County %	NC %
100% Poverty	10%	10%
100%-199% Poverty	29%	20%
Speak English Less Than "Very Well"	3%	3%
Veterans	16%	16%
Living Alone	28%	27%
Less Than High School	20%	13%
High School Graduate (Includes Equivalency)	38%	30%
With a Disability	45%	34%
Median Household Income of Householder 65 years and Over	\$36,865	\$49,781
In Labor Force	16%	17%

COUNTY RANKINGS

TOTAL POPULATION #52 (48,728)	OVER 65+ YEARS OLD #67 (7,490)	MEDIAN AGE 36
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Projected Growth, 2022-2042



In-migration & Kinship Care, 2022



118

Total people 60+ who moved from other states and abroad



280

Age 60+ Grandparents responsible for Grandchildren

Social Security Connection

See what you can do online



January 2024
Volume 62

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We encourage you to go online, call us for help, and schedule appointments in advance.

Learn more at [SSA.gov/agency/contact](https://ssa.gov/agency/contact).



my Social Security

Check out your *Social Security Statement*, change your address and manage your benefits online today.

[SSA.gov/myaccount](https://ssa.gov/myaccount)



Online Services

You can access many of our services online.

[SSA.gov/onlineservices](https://ssa.gov/onlineservices)



This New Year, Learn About Social Security Online

Social Security programs touch the lives of more than 71 million people. We work hard to ensure critical benefits and other services are accessible to you. Consider the start of the new year as an opportunity for you to engage with Social Security online. This begins with creating your free and secure personal *my Social Security* account at ssa.gov/myaccount. Once you create an account, you can:

- Apply for retirement, spouses, or disability benefits.
- Apply for Medicare.
- Check your application status.
- Request a replacement Social Security number card.

If you do not receive Social Security benefits, you can use your personal *my Social Security* account to:

- Get personalized retirement benefit estimates.
- Get your *Social Security Statement*.
- Get estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.

If you receive benefits, you can use your personal *my Social Security* account to:

- Change your address (Social Security benefits only).
- Set up or change your direct deposit information (Social Security benefits only).
- Instantly get proof of benefits.
- Print your SSA-1099.

Your personal *my Social Security* account has a secure Message Center. You can choose to receive the annual cost-of-living adjustments and the Medicare income-related monthly adjustment amount online. Unless you opt-out of receiving notices by mail that are available online, you will receive both mailed and online notices.

Your personal *my Social Security* account offers easy access to features that save you time when you do business with us online. Check out our other resources available at ssa.gov/onlineservices for your convenience.

Please share this information with your friends and loved ones who may need it.



Securing today
and tomorrow



iSSNRC

Need a replacement Social Security Card? Request one at [SSA.gov/ssnumber](https://ssa.gov/ssnumber)



FAQs

Get answers to frequently asked questions about Social Security. [SSA.gov/faq](https://ssa.gov/faq)

SOCIAL SECURITY MATTERS

Social Security's blog has the most up-to-date articles on what matters to you most. It's easy to read and easy to share.

blog.ssa.gov

Follow us!



Securing today and tomorrow



How Providing Race and Ethnicity Data Helps All Customers

We are continuously working to better understand how Social Security's programs serve the public. Collecting race and ethnicity data for research and statistical purposes is one way for us to determine whether we are equitably serving the public. Applicants and customers may voluntarily provide this information. It does not affect decisions on benefit applications.

Why does it matter if people provide race and ethnicity data?

When customers choose to provide race and ethnicity information, it lets us know:

- Who our benefit payments and programs are helping and who may be left out.

- What unintended barriers may impact benefits and services.
- Where to expand outreach efforts.
- How to increase awareness of eligibility for programs and benefits.

In other words, race and ethnicity data can help expand access to our programs, which is one of the objectives in our Equity Action Plan at blog.ssa.gov/social-securitys-equity-action-plan. Examples of how we use this information can be found on our Racial Equity Resources webpage at ssa.gov/policy/about/racial-equity-resources.html.

Currently, we collect race and ethnicity information on applications for new or replacement Social Security number (SSN) cards. These applications can be completed:

- Online at ssa.gov/number-card.
- At one of our local offices or card centers.

Soon, parents may voluntarily provide this information when requesting their newborn's SSN at the hospital. The option to provide this data will be available in participating states.

We encourage you to provide your race and ethnicity information on your or your child's application for a new or replacement SSN card. This information will help us better understand and serve all our current and future customers.

Protect Yourself from Social Security Scams

Telephone and email scammers are pretending to be government employees. Scammers will try to scare you and trick you into giving them your personal information and money. Don't be fooled! Social Security will **not**:



- Threaten you
- Tell you there is a problem with or suspend your Social Security number
- Demand immediate payment from you
- Require payment by retail gift card, pre-paid debit card, internet currency, wire transfer, or by mailing cash

If you receive a call or email like this, please report it to the Office of the Inspector General at oig.ssa.gov.

SSA.gov



Senior Services

Post Office Box 928 - 213 Seminary Street - Kenansville, N.C. 28349

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

IN-HOME AIDE I LIGHT HOUSEKEEPING

No Medical experience required

Visits home of senior adults to assist with housekeeping duties, such as vacuuming, dusting, sweeping, moping, cleaning bathrooms, changing bed linens, making bed, washing, and ironing clothes.

Prepares light meals.



Possession of a valid NCDL

High school diploma or GED preferred

Full and Part Time Positions Available

- To apply, complete and submit an application online; or hand deliver to Human Resources Office, Duplin Administrative Building, 224 Seminary Street, Kenansville, NC