

Duplin Senior Newsletter



**January/February
2021**

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sor
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If you leave home, know your 3 Ws!



WEAR

a cloth mask over
your nose and mouth.



WAIT

6 feet apart. Avoid
close contact.



WASH

your hands or
use hand sanitizer.

@NCDHHS

#StayStrongNC

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

NC SHIIP COVID-19 SCAM AND FRAUD INFORMATION

Medicare covers the COVID-19 vaccine at no cost to you, so if anyone asks to share your Medicare Number or pay for access to the vaccine, it's a scam.

- ◆ You can't pay to put your name on a list to get the vaccine.
- ◆ You can't pay to get early access to a vaccine
- ◆ Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Duplin County

Services for the Aged

P.O. Box 928

213 Seminary St

Kenansville, NC

28349

(910) 296-2140

www.facebook.com/

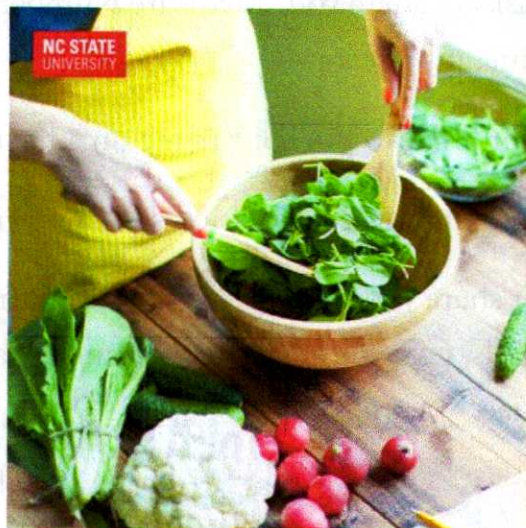
Duplin Aging



At the Table

We will be glad when we can all see Mrs. Sydney Knowles at the senior center and the congregate nutrition sites. Until then, you can view our Facebook page every Tuesday to view her nutrition videos, “At the Table”.

“At the Table” is an educational cooking show using realistic recipes with ingredients that are easy to find. You will learn how to make delicious healthy meals, the “why” behind eating nutritious foods, and tips and tricks to help you in the kitchen.



Eat More Vegetables

Get at least three servings (three cups) of vegetables per day in a variety of colors.

Monthly Ensure Shipment

The ensure shipment is ordered at the beginning of every month. Seniors that are interested in ordering ensure must be 60 years old or better and have a prescription from your doctor.

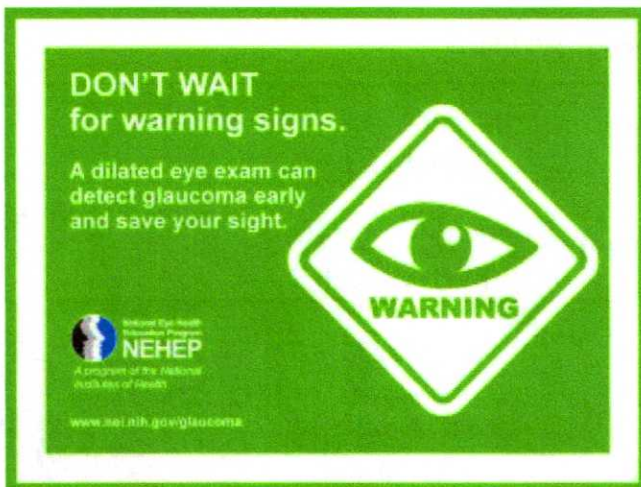
When the shipment arrives at the senior center, a phone call will be made to let you know it is ready for pickup. We ask that you please bring correct change when picking up your order.



For more information on ordering ensure, contact:

Liz Batts,
Duplin County
Services for the Aged

910-296-2140



Duplin County Alzheimer's/Caregiver Support Group Meeting

The meeting will be held on the first Tuesday night of every month, from 6:00 p.m. to 7:30 p.m. at 213 Seminary Street, Kenansville at the Duplin County Services for the Aged (Senior Center).

Participants in support groups 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 Melisa S. Brown, or Frankie Hobbs at 910-296-2140.



Meet our companion pets, Champ (Dog) and Kenan (Cat).



To register for the arthritis exercise class, call the Senior Center at 910-296-2140.

Dates are subject to change with inclement weather, holiday's, etc. as needed to provide the requirement of eighteen sessions.

Arthritis Exercise Classes

The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range of motion exercises that are suitable for every fitness level. Exercises are led by a trained program leader, These enjoyable and motivational classes may be taken either standing or sitting in a chair. The Exercise program will help you keep joints flexible and muscles strong, increase energy, improve your well being, and sleep better.

Class Information:

- ◆ Class size is limited. You must call to register for class.
- ◆ Temperature check & questionnaire must be taken prior to participating in class.
- ◆ Mask must be worn until activity starts.

Arthritis Exercise Schedule

Arthritis Exercise— Kenansville

Location: Duplin County
Events Center

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

Arthritis Exercise— Mount Olive

Location: Snow Hill
FWB Church,
(Parking Lot)

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



Once participant registers for class, more instructions will be provided.



Black History Month

Black History Month is celebrated every February as a homage to the achievements of African Americans who have shaped American history. Harriet Tubman and Frederick Douglass are well known in history, but there is much more to black history than them.



Cool & Surprising Black History Facts:

*Both Condoleezza Rice and Martin Luther King, Jr. started college when they were just 15 years old

* The media made the Black Panthers famous for their Afros, dark apparel, and willingness for armed self-defense, but their manifesto for change launched programs that benefited black communities nationwide, like free dental care, breakfast for low-income children, & even drama classes.

*The hair brush, lawn mower, cellphone, refrigerator, and the air conditioner were all invented by African American inventors.

*Shirley Chisholm was the first Black woman elected to Congress and the first Black major-party presidential candidate survived three assassination attempts during the 1972 campaign.

(copied: cafémom.com/news)

Touch of Nostalgia: Remember 1974



*Barbara Streisand's "The Way We Were" was Billboard's #1 song for the year.

*The family sitcom "Happy Days" started an 11 year run on ABC.

*People magazine began publishing.

*A gallon of milk cost \$1.39.

*A pound of bacon was .99 cents.

*A dozen eggs were .58 cents.

*A gallon of gas ran about .53 cents.

*A postage stamp cost .10 cents.

*Nixon officially ended his term as the 37th President of the United States.



Neuse River Senior Games & Silver Arts



The Neuse River Senior Games promotes health and fitness for adults 50+ years in Craven, Duplin, Greene, Jones, Lenoir and Pamlico Counties!

Athletic Competition

April 19 - May 7, 2021

Virtual Silver Arts Competition

April 19 - April 23, 2021

Registration Opens: Monday, February 1, 2021

Registration Closes: Friday, March 12, 2021

Registration Fee: \$12.00

For more information about the Neuse River Senior Games, or to request a registration packet, please call (252) 636-6606 or contact the Local Coordinator at akendall@cravencountync.gov.



This program is sanctioned by North Carolina Senior Games Inc. NCSG is sponsored statewide by the North Carolina Division of Aging and Adult Services. For more information on North Carolina Senior Games, please visit www.ncseniorgames.org.



Consumer Contributions

CONSUMER
CONTRIBUTIONS
FROM
PARTICIPANTS
FOR MEALS IN THE
MONTH OF
DECEMBER

Warsaw Site— \$181.25
Wallace Site—\$105.00
Faison Site—\$100.00
Beulaville Site—\$0



Donations given to the senior center

The agency is so appreciative of the donations given, especially during these unprecedented times. Special thanks to the following for the generous donations to the senior center.

Mr. & Mrs. Eugene Sybrant, Ms. Audrey McCullen, Mrs. Sydney Knowles, Mount Zion Presbyterian Church of Rose Hill.

Duplin/Greene/Wayne – Walk to De-Feet Dementia

Thank you, Mr. Richard Brown, Mrs. Donna Grubbs, Mrs. Penny Harper, Ms. Jo Ann Lathan, Ms. Vidette Rouse, and Westwater Country Hams for the donation give to support caregivers and their loved ones.

In Memory—Special thanks to Dr. Warachal E. Faison for the generous donations given in memory of her Mother, “Mrs. Sadie Ruth Easter Faison”.

February is American Heart Month



February is American Heart Month, a time when all people can focus on their cardiovascular health. The division for Heart Disease and Stroke

prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

Practice healthy living habits to help prevent high blood pressure.

- ◆ Eat a healthy diet with a variety of foods rich in potassium, fiber, and protein and lower in salt and saturated fats.
- ◆ Maintain a healthy weight.
- ◆ Be physically active
- ◆ Don't smoke & limit alcohol consumption

Nearly 1 in 2 U.S. adults has hypertension, yet only 1 in 4 have it under control.

Feeling the pressure? **CDC can help.**

cdc.gov/heartmonth



Duplin County Services for the Aged

Free Income Tax Assistance – AARP Foundation Tax Aide Program (Duplin)



We will again be offering free tax assistance through AARP Foundation Tax Aide. Due to COVID concerns, our procedure will be very different from years past.

a) Taxpayers will not come inside the building.

b) Clients will remain in their vehicle while a volunteer comes to you.

c) Face masks will be worn during all interactions.

If you would like to have your tax return prepared by us:

Step 1

An information packet **will be mailed to last year's clients and to anyone who calls Liz Batts, (Duplin County Services for the Aged) at (910) 296-2140.** Included in the packet will be the **Intake/Interview form and an information sheet.** The information sheet will outline the steps in our tax preparation process. This should be done as soon as possible.

Step 2

When you have received all your tax documents, bring them and your completed intake form to the **appointed location.** We will scan your documents and be sure that you have included everything that is needed. You will then leave, and your tax return will be prepared on another day.

Step 3

The tax preparer will call you to conduct the intake interview and to ask follow up questions. After your return is completed, you will receive another call to go over the return and to schedule a pick up time.