

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

Kenansville, NC 28349

Phone: (910) 296-2140

Fax: (910) 296-2142

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



July/Aug

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

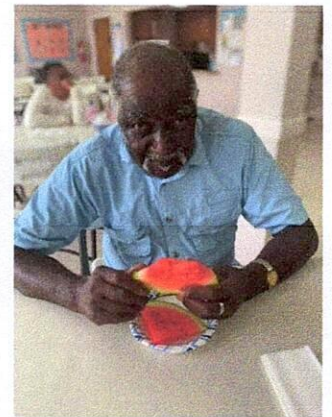
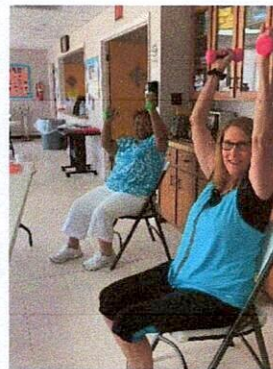
Kathryn Cavanaugh,
Social Worker I

Altheria Cornelius, Homebound
Meal Coordinator

Frankie Hobbs, In-Home Aide
Supervisor

Jamie Raynor, Accounting Clerk;
Editor

Welcome Back Seniors!
We have missed you.



Important Dates:

Nutrition Sites and offices will be closed on Monday, September 6th, 2021 in observance of the Labor Day Holiday.

Senior Health Fair Extravangza –
September 30th, 2021 – 9:30 – 1:30
@Duplin Commons



Arthritis Exercise Class



Evidence Based Classes are offered at the following locations:

Arthritis Exercise –Kenansville

Location: Senior Center
Time: Wednesday's @ 10:30 a.m.
To register for class call 910-296-2140.

Arthritis Exercise – Beulaville Nutrition Site

Location: Beulaville Presbyterian Church
Time: Thursday's @ 11:00 a.m.
(starts September 2, 2021)
To register for the class, 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.



Nutrition Tips

Ingredient

1 cup sour cream
1 cup mayonnaise
1 cup all-purpose flour
½ cup oil

Healthier Swap

1 cup nonfat yogurt
1 cup nonfat yogurt
½ cup flour plus ½ cup whole-wheat flour
¼ cup oil plus ¼ cup applesauce



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Duplin County Services for the Aged is providing several opportunities to learn more about important resources available for seniors. Ms. Liz Batts, SHIIP Coordinator for Duplin County will be present at the following locations to answer questions and provide

a packet of information to participants.

Resource Packet Includes The Following:

- August Wellness Awareness Information
- September Wellness Awareness Information
- 2021 Medicare part A & B Premiums, Deductibles, & Coinsurances
 - Extra Help; Medicare Savings Programs
 - Low Income Subsidy

Presentation Dates & Locations

Ms. Batts will provide an overview presentation at the congregate nutrition site locations. The community is welcome to attend any of the scheduled sessions .

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

August 12, 2021—Beulaville Congregate Nutrition Site—11:30 a.m.

(205 E. Main St., Beulaville, N.C.)

August 18, 2021—Faison Congregate Nutrition Site—11:30 a.m.

(184 Park Circle, Faison, N.C.)

August 27, 2021—Wallace Congregate Nutrition Site—11:30 a.m.

(513 SE Railroad St., Wallace, N.C.)

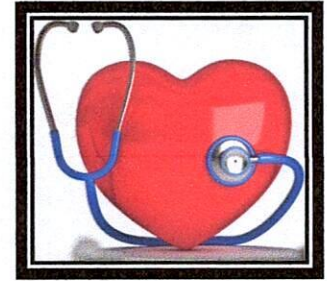
August 31, 2021—Senior Center, 213 Seminary St., Kenansville, N.C.—11:30 a.m.

September 22, 2020—Warsaw Congregate Nutrition Site—11:30 a.m.

(309 Memorial Drive, Warsaw, N.C.)

SAVE THE DATE

Senior Health Fair Extravaganza



When: Thursday, September 30, 2021
Time: 9:30 a.m. – 1:30 p.m.

Location: Lois Britt Building (Duplin Commons)
165 Agriculture Drive
Kenansville, N.C. 28349

In celebration of Senior Centers across the state,
the agency is hosting a senior health fair extravaganza.

Light refreshments will be provided prior to a nutritious bagged lunch
available for take-out (starting at 12:00 noon).

In addition to a variety of screenings, participants can gather a wealth of information
provided by community sponsors and other organizations. A limited supply of essential
groceries and fresh produce will be available for participants.

Health Screenings Available

- *Duplin County Health Department – Covid Vaccines – Flu Vaccines
- *Vidant Home Health & Hospice – Blood Pressure Screenings

Education/Resources

- *Eastpointe
- *N.C. Cooperative Extension, Consumer Science – “Physical Activity B-I-N-G-O”
- *North Carolina Department of Health & Human Services,
 - *Division of Services for The Deaf and Hard of Hearing
- *N. C. Department of Insurance, Senior Health Insurance Information Program
- *N.C. Department of Insurance, Senior Medicare Patrol Program
- *Veterans Mobile Unit

Registration is preferred however walk-ins are welcome. To register for the event,
call the senior center at 910-296-2140. Deadline for registrations is
Friday, September 17, 2021.

Seniors that require transportation assistance,
must call the senior center to confirm ride by Friday, September 17, 2021.

Nutrition Education scheduled at the
Wallace Congregate Site.



Mrs. Sydney Knowles, Area Agent, with
Family & Consumer Sciences, will provide a
four-week nutrition education program at
the

Wallace Congregate Nutrition Site
entitled
"Take Control"

Classes will begin August 10 – September 7,
2021, Tuesdays & Thursdays @ 11:00 am.

For more information, call
910-296-2140.

Mrs. Knowles will be rotating the program as
well as other nutrition education topics at
other congregate nutrition locations.

**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
the nutrition sites or senior center,
please call 910-296-2140.**

Consumer Contributions

Everyone can make a difference!

During the month of June, the
following contributions were
collected at the congregate nutrition
sites.

Faison Site - \$280.00
Wallace Site - \$243.50
Warsaw Site - \$158.50
Beulaville Site - \$146.34
Kenansville Site - \$84.60



Mr. Brinson Vestal for the donation
given to the senior center.

Duplin County Republican Party, for
the donation given
In Memory of Mr. J.H. Hines.

Kenansville Baptist Church, for the
donation given
In Memory of Ms. Myrtle K. Beard.

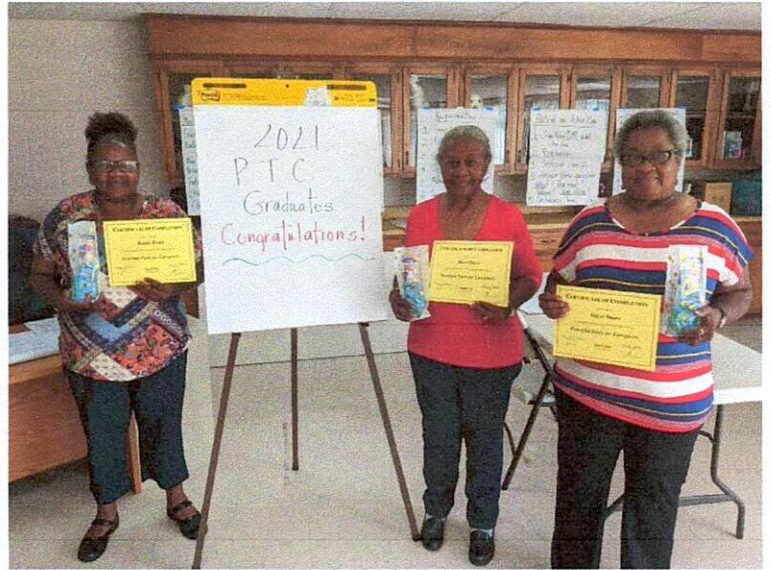
Mr. & Mrs. Danny Weston for the
donation given
In Memory of Ms. Myrtle K. Beard.

**Four County Electric Membership
Corporation** for the donation of twenty
box fans given to the agency to provide
heat relief to seniors.



2021 Powerful Tool Graduates,
Hazel Davis,
Renita Boney, & Hazel Stuart

Powerful Tools for Caregivers is a six-week evidence-based program that provides caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver.



Medicare Open Enrollment
Starts October 15, 2021
Ends December 7, 2021.

During this time period, you can sign up for a prescription drug plan, switch plans, or leave a plan.

Local assistance can be provided at the Senior Center. If you would like one-on-one assistance to help review and compare available plans, please call Mrs. Liz Batts, SHIIP coordinator, to schedule an appointment.
(910) 296-2140



Ensure Shipment

- To place an ensure order through our agency, you must be 60 years of age, a Duplin County resident, and have a prescription from Physician.
- Please remember when picking up the ensure to bring correct change or check.





“Come Join Our Team”
For More Information call 910-296-2140

In Home Aide I Position

Under general supervision, the purpose of the position is to assist senior citizens with general housekeeping work in their homes. Employees in this classification perform manual work. Position is responsible for performing housekeeping inside their home. Performs related work as required. Follows a plan of care established by the supervisor and social worker based on the need of the senior adult. Provides service as outlined in the plan of care inside the seniors home according to an established schedule. Maintains required worksheets and submits to supervisor; observes and reports behavioral and environmental living conditions.

The physical duties provided by the employee can include but are not limited to the following: vacuuming, dusting, sweeping, moping, cleaning the bathroom, changing bed linens, washing and ironing clothes. Prepares a light meal for senior adults; washes dishes and cleans kitchen. When a necessity errand is approved by supervisor, staff will use personal vehicle to pick up items. Attends a bi-weekly In-Home Aide staff meeting that includes additional service training.

High school diploma or GED preferred; or an equivalent combination of education, training, and experience. Upon hire employee will receive orientation and scheduled service training. Possession of a valid driver's license issued by the State of North Carolina. Employee must have reliable transportation on a daily basis to be able to serve In Home Aide clients and attend mandatory meetings. In accordance with the county's drug free workplace policy, employees will be subject to pre-employment and random drug screening.

Substitute Site Manager Position

Under general supervision, the purpose of the position is to coordinate activities for senior adults and manage the daily operations at the specified congregate nutrition site. Performs related work as required. Greets each participant daily as they enter the site and promotes a friendly atmosphere and interaction between participants. Performs outreach in the community to enroll eligible senior citizens. When seniors are absence from site location, connects with site participant either by telephone or wellness visit.

Completes required daily paperwork for congregate nutrition site participants. Collects consumer contributions and document in accordance with the guidelines established. Completes client registration form on each participant, provides referrals as needed with additional senior services. Site managers must be knowledgeable about site operations and record keeping requirements, community resources and referral procedures, food safety, and food portioning. Recruits site volunteers and completes volunteer orientation registration at the site location to assist site manager with meals, recreation, and activities. Submits requests for daily meal count at the congregate nutrition site. Checks temperature of food; sanitizes utensils for serving food; washes carriers and food containers. Maintains the nutrition site, bathroom, and any equipment in a clean and sanitary manner. Makes sure all required information is current and posted on the bulletin board for seniors' access at any given time. Assist senior center agency staff with any off site special hosted events coordinated by the senior center. Attends quarterly staff meetings and training sessions scheduled by supervisor. High school diploma or GED; supplemented six months previous experience and/or training; or an equivalent combination of education, training, and experience. Possession of a valid driver's license issued by the State of North Carolina. In accordance with the county's drug free workplace policy, employees will be subject to pre-employment and random drug screening.

Certified Arthritis Foundation Program Leader (Consultant)

A certified instructor must promote and conduct evidence based approved programs. Communicate effectively and build positive relationships with targeted older adults. Maintain all certification requirements set forth by individual program.

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

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

FARE FREE RIDES



Currently, the “fare is free” for all trips. These trips include shopping, personal, employment, and medical appointments. The out of county trips each month for medical appointments, follow a schedule. Each with a destination, and the particular day of the week the trip can be scheduled.

Once the free fare status is no longer available the current prices for the out of county trips will be required.

All trips require a “two full business day notice.”

For more information call the Duplin County Public Transportation department at 910-296-2333.

ANGEL VENECIA

DIRECTOR - DUPLIN COUNTY PUBLIC TRANSPORTATION

tel 910.296.2333

mail PO Box 950, 208 S. Main St, Kenansville, NC 28349



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.

Pictured: Mr. Travis Rothschild, Staff Attorney, Senior Law Project, Legal Aid of North Carolina, Inc.