



May & June, 2023



Services for the Aged

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

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

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

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

Agency Staff Members

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

Senior Fun Day - Elder Abuse Walk

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. The 2023 theme is *Aging Unbound*, which offers opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

May 3, 2023, we held the annual senior fun day community event at the Duplin Events Center.

This was a great opportunity for the community as everyone came together to promote opportunities for socialization and active engagement. We all benefit when seniors remain engaged, independent, valued and included.

Special thanks to everyone involved in the event, together we served 190 seniors in Duplin County.

DUPLIN COUNTY COMMUNITY FOUNDATION



an affiliate of NORTH CAROLINA COMMUNITY FOUNDATION



A Touchstone Energy® Cooperative

Office Closed Senior Center/Congregate Nutrition Sites Closed on Monday, May 29th, 2023.



June 15th



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

**CONGRATULATIONS,
DUPLIN 2023
GOVERNOR'S VOLUNTEER SERVICE AWARD
RECIPIENTS**



Doris Faye Hatcher, Medallion

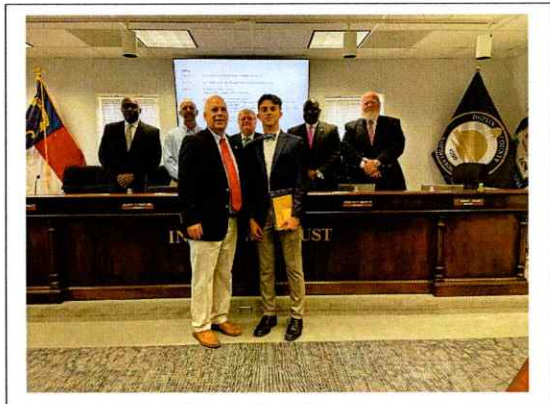
*Governor's Award
for
Volunteer Service*

*"Hereby awarded
the highest
designation of
appreciation for
distinguished
volunteer service to
the People and the
State of North
Carolina, and is to
be granted and
extended all honors
and courtesies
provided by this
Office."*

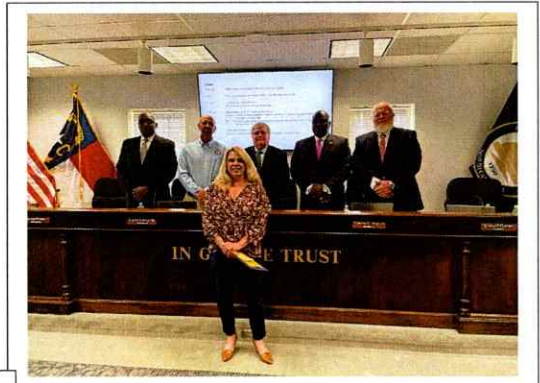
*Governor
Roy Cooper*



Connie B. Brinson



Benjamin "Ben" Marshall Bullard



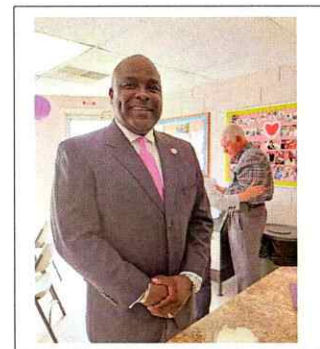
Rhonda Campbell



*Albert "Bert" Allen
Alabaster*



Snow Hill Community Outreach





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:

- Duplin County Community Foundation
- Four County Electric Membership Corporation
- Ms. Angela B. Mainor
- Mrs. Marty Fife
- Mount Zion Presbyterian Church - Women of the Church
- Tri-County Electric Membership Corporation

Live Abundantly

*The more you give, the more you get-
The more you laugh, the less you fret-
The more you do, Unselfishly,
The more you live Abundantly . . .
The more of everything you share,
The more you'll always have to spare-
The more you love, the more you'll find,
That life is good and friends are kind . . .
For only What We Give Away,
Enriches Us from Day to Day.*

-Helen Steiner Rice

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, 2022 – March, 2023, the agency has collected the following consumer contributions.

Congregate Nutrition Program (Meals)

\$9,608.00

Home Delivered Meals

\$130.00

Housing Home Improvement

\$250.00

In Home Aide Service

\$9,619.00

Transportation (Rides)

\$304.00

Operation Fan Heat Relief 2023

Duplin County Services for the Aged provides relief for the hot summer heat.

1. Must be a resident of Duplin County.
2. Must be 60 years of age or older, or with a disability.
3. Must have a home situation where a threat to health and well-being exists.



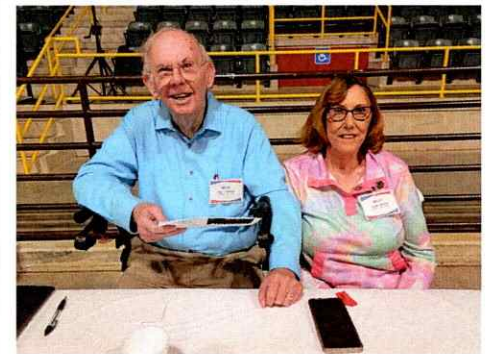
ARTHRITIS FOUNDATION®
EXERCISE PROGRAM



Congratulations, Snow Hill Church Participants!



Warsaw Site Participants submitted this photo of Mother Alfair Brinson in celebration of her 91st birthday. Mother Brinson leads devotions at Warsaw and fills in at the senior center as well.



NCSTL Delegates - Woody & Connie Brinson



Duplin - Neuse River Senior Games



Duplin Sparklers



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Monthly Wellness Reminders (May, 2023)

Osteoporosis Awareness Month

Osteoporosis is a loss of bone density that can occur as we age and is responsible for at least 2 million fractures each year. A healthy diet, one rich in fruits and vegetables and calcium and vitamin D, as well as weight-bearing and muscle strengthening exercise, are critical elements in building peak bone mass and maintaining bone strength throughout our lives. Medicare covers a number of preventive services, including bone mass measurements.

Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. Nearly one in five Americans live with a mental health condition. Those living with mental health conditions are our family friends, classmates, neighbors, and coworkers. Your mental health is just as important as your physical health. Mental health care includes services and programs to help diagnose and treat mental health conditions. These services and programs may be provided in outpatient and inpatient settings.

Medicare helps cover outpatient and inpatient mental health care, as well as prescription drugs you may need to treat a mental health condition.

American Stroke Awareness Month

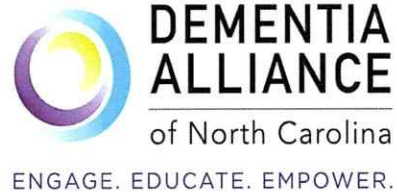
Stroke is the fifth leading cause of death in the U.S. and leading cause of adult disability.

Someone in the U.S. has a stroke about once every 40 seconds. Major risk factors for stroke include high blood pressure, smoking, diabetes, high cholesterol, heart disease and atrial fibrillation. Medicare covers several preventive services at no cost that may improve your health.



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.



- **When:** 1st Tuesday night of every month.
- **Time:** 6:00 – 7:30 p.m.
- **Where:** 213 Seminary Street, Kenansville, N.C. (Senior Center)

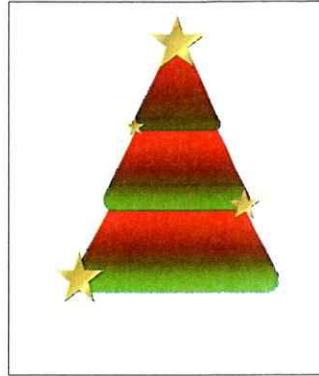
Participants in this group receive emotional support and practical assistance in coping with the numerous issues they face as caregivers, in addition to receiving information on resources available.

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

Are you new to Medicare? We can help you, call 910-296-2140.

Katie Vann Adventures LLC & Duplin County Services for the Aged

Host Another Adventure



Mount Airy Trip
Tuesday, Wednesday,
& Thursday
November 28, 29, 30,
2023



**Wohlfahrt Haus
Dinner Theatre**

Come join in with us as we always have a great time of fellowship together.
Fellowship. Ride. Shop. Eat. Repeat.
As you can imagine, our senior trip family continues to grow. Don't delay reserving your seat on the coach. Seniors can reserve a seat by calling the senior center at 910-296-2140. Once the trip is full, we will continue to place names on a waiting list for any vacancies that may occur.

The trip itinerary will include:

- Barn Dinner Theater (Buffet/Show), Greensboro, North Carolina
- Fancy Gap Pottery and Gifts, Fancy Gap, Virginia
- Wohlhardt Haus Dinner Theater, Wytheville, Virginia
- Andy Griffin Museum, Mount Airy, North Carolina

Trip Price Per Person

- The cost of the trip is \$524.00 per person.
- Initial deposit of \$262.00 is due August 14, 2023.
- Balance of \$262.00 is due October 30, 2023.
- The trip price includes coach, hotel accommodations, two breakfast meals, two theater shows with meals, one evening meal, and museum admission (tips for meals and bus driver included).
- The senior trip policy reflects non-refundable expenses and a copy of the policy is provided to senior participants.



910-296-2140

Trip Posted 5/17/23