



Senior Services

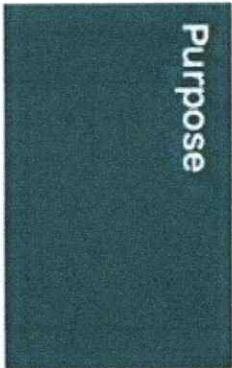
P.O. Box 928, 213 Seminary St., Kenansville, NC 28349

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

September
&
October, 2023

National Senior Center Month

Discover your...



Upcoming Events

Open Enrollment Review Drug Plans
Oct. 15-
Dec. 7,
2023

Duplin-Greene-Wayne-Walk to De-feet Dementia
Oct. 21

Mount Airy Trip, Final Balance Due
Oct. 30, 2023

SCAM JAM-Christmas Community Event
Dec. 13,
2023

Congregate Nutrition Site Locations

Hot meals served daily at locations. Opportunities to participate in group activities.

Kenansville – Senior Center – 213 Seminary St., Kenansville, N.C.

Beulaville – Beulaville Presbyterian Church, 205 E. Main St., Beulaville, N.C.

Faison – Wellness & Recreation, 184 Park Circle, Faison, N.C.

Wallace –Campbell Center, 209 Clement St., Wallace, N.C.

Warsaw – Community Building, 309 Memorial Dr., Warsaw, N.C.

For more information, call 910-296-2140



Senior Services



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

In the summer heat, we long for the cool, fall weather. As fall approaches, so does the time come to evaluate your prescription drug plan and see what's new for 2024.

The Senior's Health Insurance Information Program (SHIIP) offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

Medicare Open Enrollment Period
October 15 – December 7, 2023
Changes will become effective January 1, 2024

Medicare Part A., B., C., & D., Appointment Schedule

Duplin County Senior Services is receiving counseling requests for appointments for Medicare Part A., B., C., & D., assistance with Social Security, and Medicare Fraud. The senior center provides a variety of services and activities daily in addition to the (SHIIP) program. In an effort to better serve seniors and coordinate staff and volunteers, please refer to the following information:

- We request that seniors call 910-296-2140 to schedule an appointment with a trained SHIIP Counselor. Be prepared to give your name, phone number, and the nature of your request. In return, you will receive an appointment to meet with a trained counselor. If you are unable to keep the scheduled appointment, please call back and reschedule for another time slot. Although we try to accommodate a walk-in client, there are times we are not able to accommodate.
- Prior to the appointment or at the beginning of the session, seniors will be asked to complete a brief registration and provide a list of medicines, or bring in medication bottles.
- Appointments are generally scheduled on Tuesday or Thursday (except during open enrollment time frame October 15 – December 7 each year).

In addition, listed below you may call the toll free number:
SHIIP Call Center – 1-855-408-1212;
Monday – Friday (8:00 a.m.-5:00 p.m.)

8/23/2023

My Favorite Things (for Seniors)

Maalox and nose drops and needles for knitting, Walkers and handrails and new dental fittings, Bundles of magazines tied up with a string, These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses, Polident and Fixodent and false teeth in glasses, Pacemakers, golf carts and porches with swings, These are a few of my favorite things.

When the pipes leak, When the bones creak, When the knees go bad, I simply remember my favorite things, And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions, No spicy hot food or food cooked with onions, Bathrobes and heat pads and hot meals they bring, These are a few of my favorite things.

Back pains, confused brains, and no fear of sinning, Thin bones and fractures and hair that is thinning, And we won't mention our short shrunken frames, When we remember our favorite things.

When the joints ache, when the hips break, When the eyes grow dim, Then I remember the great life I've had, and then I don't feel so bad.

Submitted by a senior (caregiver) 2023



**September is
Healthy Aging Month,
World Heart Day, and
National Prostate Cancer
Awareness Month.**

Now is the time to focus your attention on the positive aspects of growing older. Talk to your doctor about health screenings in September. Medicare covers a number of preventive services to help keep people with Medicare healthy, including mammograms, cardiovascular screenings and a yearly wellness visit.

Arthritis Exercise Classes Schedule

Instructor: Melisa S. Brown

**Location: Senior Services, 213 Seminary St., Kenansville
Wednesday's @ 10:30 a.m.**



BINGOCIZE Exercise Schedule

Instructor: Beth Taylor

**Location: Senior Services, 213 Seminary St., Kenansville, N.C.
Tuesday & Thursday
@ 10:30 a.m.**

***** Duplin County Senior Services Local Contacts: Melisa S. Brown & Frankie Hobbs 910-296-2140



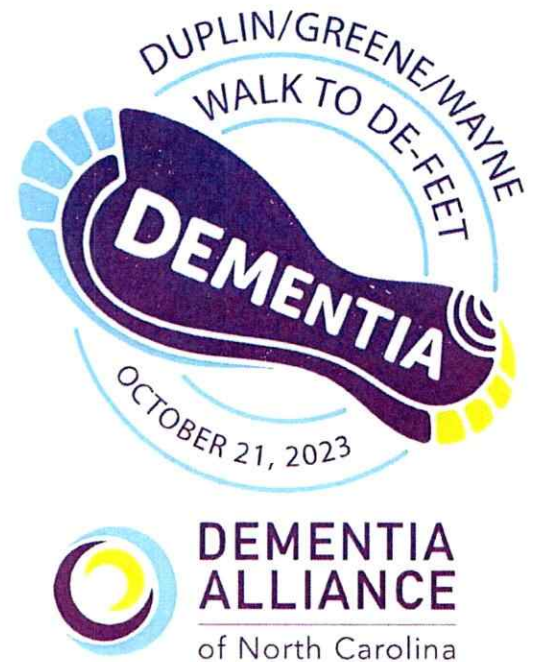
WALK

TO DE-FEET DEMENTIA

*About the 21st Annual Walk
to De-feet Dementia*

Join us for this year's 21st Annual **Duplin/Greene/Wayne Walk to De-feet Dementia!** Along with the beautiful walk around downtown Goldsboro, this year's walk will include a variety of activities for the entire family.

The Walk to De-feet Dementia will be a day of celebration and remembrance as we take action and provide hope to those living with dementia right here in North Carolina. Register your team today and fundraise to provide CARE - Comfort, Assistance, Resources and Education, ensuring families don't walk through this journey alone.



**Join Us Saturday,
October 21, 2023**

Registration 8:00 am

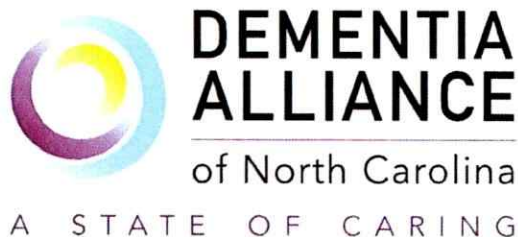
Opening Ceremonies 9:00 am

Walk 9:30 am

The HUB in Downtown Goldsboro

For more information
on how to register visit:

DementiaNC.org/DGW2023



SCAM ALERT

Scammers, don't take a holiday.

Join us as we host a

"SCAM JAM"

In combination with the annual Christmas event.

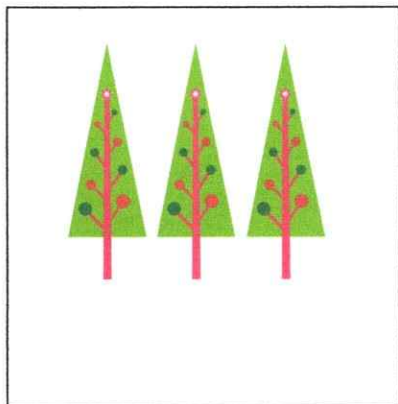
Wednesday,
December 13, 2023

Duplin Events Center
195 Fairgrounds Dr.,
Kenansville, N.C. 28349

9:30 a.m. - 1:30 p.m.

Presenters;
Resources;
Entertainment;
Holiday Meal

910-296-2140



ON WATCH: ELDER FINANCIAL ABUSE SCAMS

PROTECTING THE PEOPLE YOU LOVE



Because older Americans have worked and saved longer than their younger counterparts, they naturally hold a much larger share of the nation's wealth. Scammers are all too familiar with these statistics and are constantly developing new strategies to illegally take this money from the elderly. There is no limit to the imagination of a crook. Here are a few of the most common scams.

COMMON SCAMS AND HOW TO AVOID THEM



THE GRANDPARENT SCAM

THE SCAM:

The scammer will place a call to a senior and when the mark picks up, they will say something along the lines of: "Hi grandma, do you know who this is?"

When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity with little to no effort. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, bail money for a dad, etc.), to be paid via western union, prepaid card or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they will kill me."

WHAT SHOULD YOU DO:

Always double check with family to confirm that an actual crisis is happening.



SWEETSTAKES & LOTTERY SCAMS

THE SCAM:

You will NEVER win a foreign lottery. This scam begins with a letter, telephone call or email telling you that you have won a lottery. The crook then tells you that you have to pay a small amount of money to qualify or satisfy some sort of tax before the big payout can be sent to you. The crook tells you to wire money or send a money gram or prepaid credit card. Don't do it!!! It is a scam. In fact, it is against U.S. law to solicit the cross-border sale or purchase of lottery tickets by phone or mail.

WHAT SHOULD YOU DO:

If someone contacts you about winning a foreign lottery, report it to the Federal Trade Commission. <https://www.ftccomplaintassistant.gov>



HOME IMPROVEMENTS SCAM

THE SCAM:

The scammer will point out hidden damages to roof tops, structures and/or plumbing in order to offer repair services. Often times there may be a legitimate repair needed but the scammer will upsell the elder to products or services that are not required.

WHAT SHOULD YOU DO:

Always use a licensed contractor that was referred to you by a trusted source. Do not hesitate to get a second opinion if the cost seems too high.



INTERNET FRAUD/SUSPICIOUS CREDIT CARD ACTIVITY SCAM

THE SCAM:

As web use among senior citizens increases, so does their chance of falling victim to internet fraud. Internet fraud includes non-delivery of items ordered online and credit and debit card scams.

WHAT SHOULD YOU DO:

Only make purchases from trusted sources. Never give out personal private information such as social security number, credit card and bank account numbers, drivers license number, address and telephone numbers.

If you receive an email from a credit card company or financial institution claiming that there has been "suspicious activity on your account," NEVER click on the link and immediately call your credit card company using the number on the back of the credit card only to verify if it is legitimate or bogus.



TELEMARKETING & CHARITY SCAMS

THE SCAM:

Seniors, especially older woman living alone, are a special target of people who sell bogus products and services by telephone. Telemarketing scams often involve offers of free prizes, low-cost vitamins and health care products, and inexpensive vacations.

Bogus Charities:

Money is solicited for fake charities. This often occurs after natural disasters. Always research the organization before giving it money. It may be a valid charity but one where only a small amount of your money actually goes to the charitable cause. Many charities pay huge salaries to its directors and are inefficiently managed. There are many other charities whose beneficiaries will get much more bang from your buck.

WHAT SHOULD YOU DO:

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No thanks." And, if they pressure you about giving up personal information like your credit card or social security number-it's likely a scam. Hang up and report it to the Federal Trade Commission.

Consider registering your phones with the National Do Not Call Registry: www.donotcall.gov



Elder Protection Center: Protecting the People You Love is Our Number One Priority.

Elder abuse in any form should not be tolerated. If you or someone you know is in need of legal representation, contact the Elder Protection Center, immediately.

(877) ELDER 80

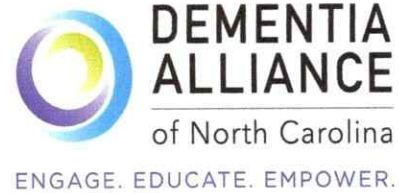


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Legal Aid of North Carolina
Senior Legal Helpline
1-877-579-7562

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.

Together, We Are Making A Difference In Duplin County

Covering the time span of July, 2023 – August, 2023, listed below is some of the service totals provided by the agency for seniors in Duplin County.

Congregate Nutrition Program
2,795 meals served

Home Delivered Meals
2,935 meals served to homebound seniors

In Home Aide Service
1,100 hours of light housekeeping provided in senior homes.

Transportation
529 transportation rides from home to the congregate nutrition site locations.

Breakfast with the Director

In an effort to gather additional input from seniors and volunteers, join the Director once a quarter on the 2nd Friday of each month 9:30 -10:00 a.m. for breakfast and conversations. (Light refreshments provided at the senior center).

Next Date: October 13, 2023

Thank You!

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:

- Wesley Chapel United Methodist Church
- Ms. Tammy Boone



Let's send our best wishes with the Duplin Sparklers as they compete in the 2023 Silver Arts Competition in Cary, North Carolina on September 22, 2023.



Senior Services Team Members

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

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

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

Words of Wisdom

Wrinkles are hereditary. People get them from their children. – Doris Day

The question is now whether we will die, but how we will live. – Dr. Joan Dorysenko