

Duplin County Services for the Aged
P.O. Box 928; 213 Seminary Street
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<https://www.facebook.com/DuplinAging>

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



September,
October 2022



Duplin Senior News

Services For The Aged Office Staff

Melisa S. Brown, Director, Editor

Liz Batts, Receptionist; SHIIP Coordinator

Kathryn Cavanaugh, Social Worker I

Altheria Cornelius, Homebound Meal
Coordinator

Frankie Hobbs, In-Home Aide Supervisor

Jamie Raynor, Accounting Specialist

Reminders – Save the Dates

- Pumpkin Patch Projects (different locations), September 8-27, 2022;
- Senior Trip – Sanford, N.C. September 22, 2022
- Open enrollment for Medicare Prescription Drug Plans – October 15 – December 7, 2022
- Duplin/Greene/Wayne – Walk to De-Feet Dementia – October 22, 2022
- Senior Christmas Event/Senior Expo, December 14, 2022

Mission

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

National Senior Center Month

Celebrating Senior Centers



Strengthening Community Connections



nco 
national council on aging

National Institute Of
Senior Centers

Duplin County
Alzheimer's/Caregivers
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.

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

**Fall Prevention Week
(Evaluate your home for tripping hazards. Items you could slip, trip, or fall over).**

September 19-23, 2022



Special thanks, to those persons that choose to give anonymously.

It is the generosity and support the agency receives from Churches, organizations, and individuals that help make it possible for older adults to achieve a better quality of life and remain in their own homes.

Consumer Contributions

Everyone, can make a difference!

During the month of August, 2022, the agency collected the following consumer contributions:

Congregate Nutrition Sites

Faison Site - \$460.00

Wallace Site - \$249.60

Warsaw Site - \$229.00

Kenansville Site - \$188.01

Beulaville Site - \$150.41



Senior Legal Helpline

1-877-579-7562

9:00 – 11:00 a.m.

1:00 – 3:00 p.m.

Monday – Friday



The Helpline is available for North Carolinians who are 60 years of age or older and who meet income and other eligibility requirements. Priority is given to those most in need.

Family Caregiver Support Program

The main objective of the Family Caregiver Support program is to provide encouragement, support, and respite to caregivers in Duplin County. The agency can provide free classes, “Powerful Tools for Caregivers” an evidence-based program to equip caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. For more information call the senior center at 910-296-2140.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Two Presentations
Remaining Prior to
Open Enrollment

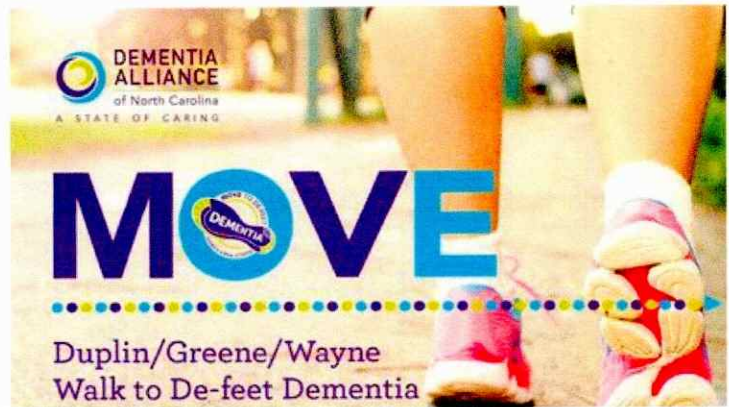
Mrs. Liz Batts, SHIIP
Coordinator, will provide an
overview presentation at
locations listed below. The
presentation will begin at
11:30 a.m. and cover the
following topics:

- 2022 Medicare Part A
& B Premiums,
Deductibles, &
Coinsurances
- 2022 Open Enrollment
Timeframe October 15
– December 7, 2022
- Extra Help; Medicare
Savings Program
- Low Income Subsidy

Location(s)

September 20, 2022 –
Warsaw Congregate Nutrition
Site Location (309 Memorial
Drive), Warsaw

September 22, 2022 – Senior
Center, (213 Seminary St.,)
Kenansville, N.C.



Join us for this year's 20th Annual
Duplin/Greene/Wayne Walk to De-feet Dementia
Saturday, October 22, 2022

Registration 8:00 a.m.

Opening Ceremonies 9:00 a.m.

Walk 9:30 a.m. Location: The HUB in Downtown Goldsboro

For more information on how to register visit:

DementiaNC.org/DGW2022

Locally, if you would like to donate or provide an in-kind gift,
contact Melisa S. Brown or Frankie Hobbs at 910-296-2140.

*Believe
In
Yourself
&
You Will Be
Unstoppable*

Copied



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



September 29th,
WORLD HEART DAY

Cardiovascular disease, including
heart disease and stroke, is the
number one cause of death
worldwide. This World Heart Day,
learn what you can do to fuel your
heart and power your life. Simple
steps like eating healthy, cutting
down on alcohol and stopping
smoking can improve your heart
health and your overall wellbeing.
If you or someone you love is on
Medicare, take advantage of
Medicare-covered preventive
services.

Medicare covers a number of
preventive services to help keep
people with Medicare healthy,
including cardiovascular screening
and smoking and
tobacco-use cessation counseling.



Senior Resource Manual

**The agency is compiling information to
assist and connect seniors with available
services. Stay tuned for more information.**



BINGOCIZE is a health promotion program that combines the game of bingo with nutrition education and fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls. The program has a total of 20 sessions. Participants that complete 16 of the 20 classes will receive a certificate of completion.

When:

Tuesday, Sept. 20, 2022 @ 11:00 a.m.

Location:

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

Class size is limited. For more information call Ms. Beth Taylor at 910-296-2140.

Strengthening Community Connections



Duplin County Senior Center Nutrition Program

If you are at least 60 and live in Duplin County, you could benefit from our services. Hot meals are served daily at congregate nutrition site locations. Opportunities to participate in group activities include: health/wellness, recreational opportunities, and socialization. Transportation is provided for eligible participants to and from site locations (Beulaville, Faison, Kenansville, Wallace, & Warsaw). For more information call the senior center at 910-296-2140.

Beulaville Site Manager, Edward Tyndall
Faison Site Manager, Linda Warren
Kenansville Site Manager, Beth Taylor
Wallace Site Manager, Diane Williams
Warsaw Site Manager, Doris Moore



Medicare costs hard to swallow?
It's time to evaluate your plan and see what's new for 2023. The SHIIP program offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

Medicare Annual Open Enrollment Period is October 15 – December 7, with changes effective January 1, 2023.

Call 910-296-2140, to schedule an appointment with the SHIIP Coordinator.

A total of 18 sessions that include range of motion exercises that are suitable for every fitness level and ability. Participants that complete 12 of the 18 classes will receive a certificate of completion.

Kenansville Block Sessions

August 10 – December 7, 2022
10:30 a.m. – Wednesday's
Senior Center, 213 Seminary St.,
Kenansville, N.C.

Mount Olive Block Sessions

January 5 – May 4, 2023
11:00 a.m. – Monday's (9) & Thursday's (9)
Snow Hill Church, 1224 Red Hill Rd.,
Mount Olive, N.C.