



January 2025

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

FREE INCOME TAX ASSISTANCE

Duplin County Senior Services, through its sponsorship of Tax Aide, will offer FREE income tax preparation. Like last year, we will be using an IRS-approved **drop-off procedure**. We will mail instructions to everyone for whom we prepared returns last year. **If you have not received your envelope by January 31st, 2025, call the Senior Center @ 910-296-2140 and ask for Jennifer Moore.** If you have received anything from the IRS or NC Department of Revenue, keep those with your other tax documents. **If we did not prepare your tax return last year and you would like for us to prepare this year's tax return, call Jennifer Moore at 910-296-2140.**



Classes will begin on Tuesday, January 14, 2025 at 10:30 a.m. The twenty session course will host classes each Tuesday & Thursday through March 20, 2025. For more information and to register for class, call 910-296-2140. New participants cannot join class after the second session and will have to wait until the next course begins.

Volunteer Opportunities Available

Volunteer Training/Responsibilities:

- An orientation packet will be provided to volunteers with a clear definition of both the volunteer and the staff role.
- A registration form will be completed for each volunteer.
- Volunteers will follow and maintain the agency confidentiality policy.
- We value diversity in our volunteer base. The contributions of all of volunteers provide an opportunity to share ideas and unique abilities to our programs.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

January 2025 GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States. It often has no symptoms and if it's not detected and treated, people can lose their sight.

Prevent vision loss by finding and treating problems early.

Medicare covers a glaucoma test once every 12 months for people at high risk for the disease. You're at high risk if you have diabetes, are African Americans age 50 and older, everyone over age 60, and anyone with a family history of glaucoma. The Medicare Part B deductible and coinsurance apply.

Medicare 101 "The Basics"

- What is Medicare and who is eligible?
- Four Parts of Medicare: A, B, C, & D
- Programs for people with limited income resources

A New to Medicare or Medicare 101 class is scheduled on January 17, 2025 at 10:30 a.m. at the senior center. To confirm your participation, call Jennifer Moore at 910-296-2140.

Senior Services

Team Members

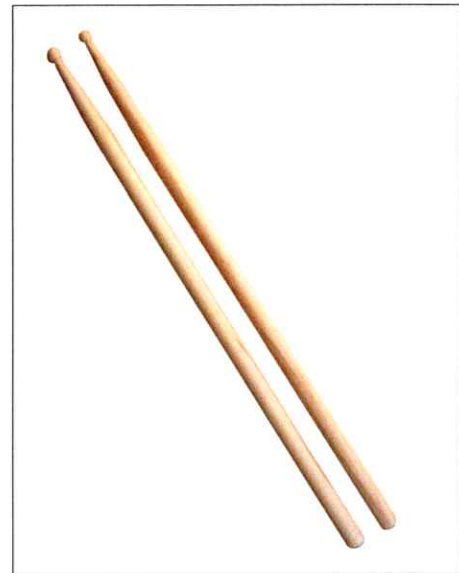
Main Phone Landline:

910-296-2140

- *Melisa S. Brown, Director*
- *Priscilla Coston, In Home Aide I*
- *Kathryn Cavanaugh, Social Worker I*
- *Altheria Cornelius, Homebound Meal Coordinator*
 - *Hazel Davis, Substitute*
 - *Sharon Henderson, Substitute*
 - *Mary K. Hill, In Home Aide I*
 - *Frankie Hobbs, In Home Aide Supervisor*
 - *Joyce Hunter, Substitute*
 - *Doris Moore, Site Manager*
 - *Jennifer Moore, Secretary II/ SHIP Coordinator*
- *Naomi Morrissey, In Home Aide I*
 - *Jamie Raynor, Accounting Specialist*
- *Sara Richards, In Home Aide I*
- *Rischa Stallings, In Home Aide I*
- *Elizabeth Taylor, Site Manager*



- **Available for Seniors 60+**
- **50% discount for high school admission**



Cardio Drumming for Seniors



- **Classes Begin** - 1st - 12-19-24 - 10:30 - 11:00 a.m.
- 2nd - 1-6-25 - 1:00 - 1:30 p.m.
- 3rd - 1-13-25 - 11:00 - 11:30 a.m.
- 4th - 1-22-25 - 11:00 - 11:30 a.m.
- 5th - 2-7-25 - 11:00 - 11:30 a.m.
- 6th - 2-14-25 - 11:00-11:30 a.m.
- Class Size - 20 participants
- Class Session - 30-45 minutes
- Class Location - Senior Center 156 Duplin Commons Dr., Kenansville
- **Seniors 60+** can register for class by contacting Jennifer Moore at 910-296-2140.
- The first six sessions, an instructor will lead the class.

Cardio Drumming for Seniors is provided by grant funds received from ECU Health Community Benefit Grants Program.

Senior Services
P. O. Box 928 - 156 Duplin Commons Drive
Kenansville, N.C. 28349
Telephone 910-296-2140 - Fax 910-296-2142

Consumer Contributions

What are consumer contributions? An opportunity to contribute towards the service received. These funds allow more services for seniors. Everyone can make a difference!

Covering the timespan of July 2024 – November 2024, the agency has collected the following consumer contributions.

Congregate Nutrition Program
(Meals)
\$3,463.00

Home Delivered Meals
\$150.00

In Home Aide Service
\$4,304.00

Transportation (Rides)
\$107.00

Senior Center Fitness Room



Fitness Orientation/Training
Wednesday's @ 10:00 a.m.;
Friday's @ 2:00 p.m.

(Please note the scheduled times for training; exceptions can be made if staff person is available to complete request.)

- Must be 60 years of age or older.
- Must complete a registration/liability form, which shares the rules for fitness room.
- Must be trained by a staff member **PRIOR** to using equipment.
- Must wear tennis shoes/sneakers; **NO flip flops, sandals, heels boots, or dress Shoes**
- Fitness room is open from 9:00 a.m. – 4:30 p.m.



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.

Thank You!



We are always so grateful and 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:

- Kenansville Elementary Beta Club
- Donald Darden & Helen Evans
- Anonymous mother/daughter



Duplin Seniors are More Precious than Gold! Kenansville Elementary Beta students.



The beautiful Christmas trees and decorations were donated by Ms. Shirley Blanton & One More Treasure.

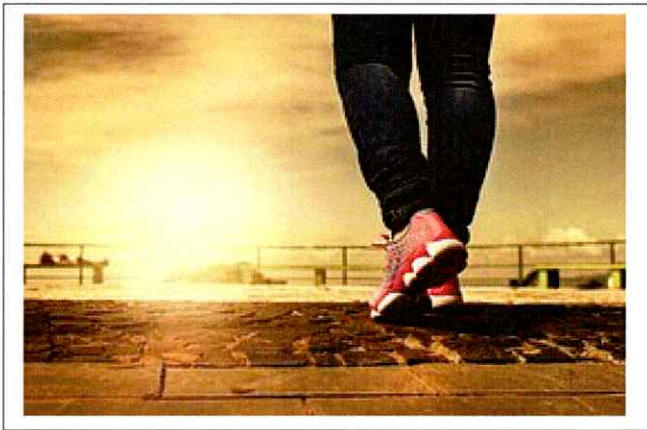


Esther Center has enjoyed meeting all of the new faces this year!





Senior Services



Walking *with Purpose* is made possible
by grants received from:

Duplin County Community Foundation
& Family Cooperative.



Walking *with Purpose* Group

Who is eligible to participate?

- Seniors 60+ years of age and better.

How do I sign up for the walking group?

- Call Jennifer Moore at 910-296-2140 to register for the group.

Is there a cost to participate in the group?

- There is no cost to join the group.

What is the advantage of participating in the group?

- Access to meet with a Physical Education Instructor and learn how to exercise safely.
- Develop an individual walking plan with realistic goals for improved fitness.
- Earn incentive rewards with steps walked and submitted to group leader.
- Engage and socialize with others in the community.
- Overall, better health by keeping active.

What is the time requirement with the group?

- Each group session will cover a time span of eighteen weeks. The overall goal is to encourage and assist seniors with incorporating more physical activity.

How can I learn more about the club?

- The first group meeting is scheduled for Wednesday, January 22, 2025, at 1:00 p.m.

4-Week Digital Skills Information Sessions

**Duplin County Senior Services
156 Duplin Commons Drive
Kenansville, NC 28349**

Please join us for any of the following sessions:

Basic Computer Skills

February 4, 10:00 AM - 12:00 PM

Online Safety and Privacy

February 11, 10:00 AM - 12:00 PM

How to Search and Find Trusted Information Online

February 18, 10:00 AM - 12:00 PM

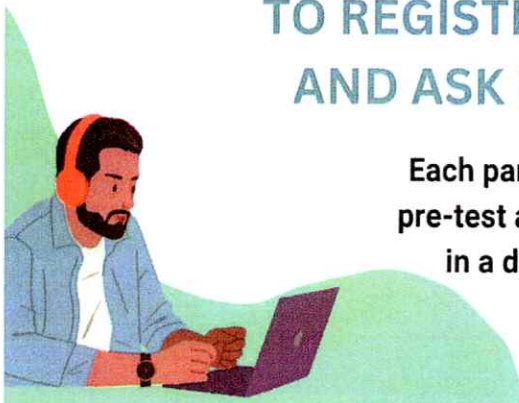
Using Healthcare Online

February 24, 10:00 AM - 12:00 PM



Improving access to digital technology and literacy.

**TO REGISTER CALL (910) 296-2140
AND ASK FOR JENNIFER MOORE**



Each participant that completes the
pre-test and post-test will be entered
in a drawing to win a free iPad

**Light
Refreshments
provided**



DUPLIN COUNTY SEEKING NOMINATIONS FOR THE 2025 GOVERNOR'S VOLUNTEER SERVICE AWARDS

Nominations are now being accepted for the **2025 Governor's Volunteer Service Award for Duplin County Volunteers**. **Special Volunteer Types:** Individual (one person), Group/Team (two or more individuals who volunteered together as a team), National Service (volunteers with AmeriCorps, VISTA, or AmeriCorps Seniors), Director of Volunteers-(a *paid staff person who exceeds expectations of volunteer management*). **Areas of Volunteer Service:** Veteran/Military, Youth Service, Seniors, Historically Underserved Populations, Disaster, Animals, Cultural, Environment, Health & Human Services, Lifetime Achievement, Other. **The nomination form has more detail under each category.**

The awards program, created by the Office of the Governor in 1979, recognizes North Carolina's most dedicated volunteers. Through the years, the award has been bestowed on thousands of North Carolinians who have shown concern and compassion for their neighbors by volunteering in their local community.

Each county selects up to ten individuals, businesses, groups/teams and one paid Director of Volunteers to be recognized for their outstanding contributions to their communities. One of the nominees will be nominated for the Governor's Medallion Award for Volunteer Service, which is awarded to the top 20 volunteers in the state. A local committee evaluates the nominations.

2025 Nomination Form Information: Applications due no later than **Friday, February 7, 2025**

- The **2025** Nomination Form can be found on the NC Commission on Volunteerism and Community Service website at www.volunteernc.org under the "Volunteer Awards" tab.
- The **ONLINE FORM**, which is on volunteernc.org, is simple and easy to use. Nominators can fill out the form online and then the Commission will send the forms to the Award Coordinator for their respective county.
- To request a paper copy of the nomination form, call or email the contact information below. Please note that Nomination Forms **MUST BE TYPED**. Handwritten forms will not be accepted. **If you use the ONLINE FORM, you will NOT Need to submit a paper application.**
- The application has information on eligibility, submission requirements, and award selection. Read these sections carefully. Tips for Writing an Effective Award Nomination are found on the website along with the online form, and will be made available to individuals requesting a paper copy of the form.

For more information, contact:

Melisa S. Brown, Duplin County Senior Services
P. O. Box 928; 156 Duplin Commons Drive
Kenansville, NC 28349
910-296-2140
Email: melisab@duplincountync.com

