

Duplin County Services for the Aged

P.O. Box 928

213 Seminary Street,

Kenansville, NC 28349

Phone: (910) 296-2140

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

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



Sept/Oct
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

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Liz Batts, Receptionist;
SHIIP Coordinator

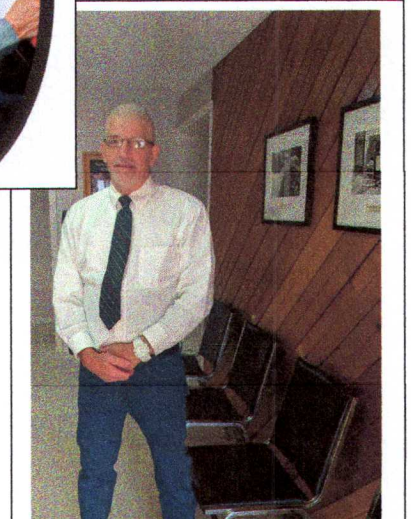
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Social Worker I

Altheria Cornelius, Homebound Meal
Coordinator

Frankie Hobbs, In-Home Aide
Supervisor

Jamie Raynor, Accounting Clerk; Co-
Editor

Celebrating, National Senior Center Month



Reminder:

Senior Health Fair
Extravaganza – September 30th,
2021

9:30 a.m. – 1:30 p.m.

Duplin/Greene/Wayne Walk
to De-feet Dementia –
October 23, 2021 –
Downtown Goldsboro

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.

Next session begins, October 6, 2021 – February 2, 2022.

To register for class, call 910-296-2140.

Arthritis Exercise – Beulaville Nutrition Site

Location: Beulaville Presbyterian Church

Time: Thursday’s @ 11:00 a.m.

Current session (Sept. 2, 2021 – Jan. 27, 2022)

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.

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



Nutrition Tips



Question: Why Drink Water?

Answer:

- *Helps to lose weight.
- *Healthy skin.
- *Fights infection.
- *Gets rid of body toxins.
- *Healthy heart.
- *Prevents joint pains and arthritis.
- *Boost energy.
- *Prevents constipation.
- *Reduces the risk of cancer
- *Improves your productivity.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Medicare Annual Open Enrollment Period Appointments

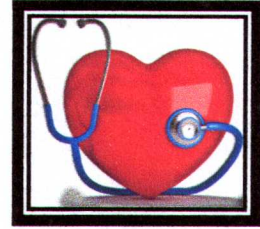
October 15th, 2021 – December 7th, 2021

As fall approaches, we are reminded it is almost that time of year again to review our prescription drug plans. I am sure you have already seen the television commercials trying too entice you with your prescription drug options. Everyone should review their current coverage and decide if the current plan is working well or if another option could save more money and provide better coverage.

Remember, this is the time to review your prescription drug plans that will come in effect for 2022.

To schedule an open enrollment appointment, please read the instructions below:

- Participants **“must”** call in to schedule an appointment with the SHIIP Coordinator or a certified volunteer.
- **If** a participant walks in to the senior center without an appointment, **PRIORITY** will be given to the participant with the scheduled appointment. This is not the best option and the participant will more than likely have to wait (if space is available) and or come back another day with a scheduled appointment.
 - Participants may schedule a telephone appointment with SHIIP Coordinator.
- In an attempt to protect the health of our seniors, staff members, and volunteers, everyone is **required** to wear a face covering and use the sanitizer available at the entrance doors of senior center. If you are unable to wear a face covering, a telephone appointment will be your best option.
 - To schedule an appointment, call the SHIIP Coordinator (Liz Batts) at 910-296-2140.



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.

Seniors must be present at event to receive lunch and essential groceries.

Health Screenings Available

- *Duplin County Health Department – Covid Vaccines – Flu Vaccines
- *Vidant Duplin Hospital – Community Health Programs – Glucose & Cholesterol
- *Vidant Home Health & Hospice – Blood Pressure Screenings

Education/Resources

- *CapTel NC
- Duplin County Veterans Office
- *Eastpointe
- *Legal Aid of North Carolina (Senior Legal Helpline)
- *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



In an attempt to protect the health of our seniors and staff, everyone is asked to wear a face covering and take advantage of the sanitizer available at the entrance of the event. 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.



“At The Table”

Join, Mrs. Sydney Knowles, Area Agent
with Family & Consumer Sciences.
N.C. Cooperative Extension – Duplin
County Center

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

<https://www.duplincountync.com/cooperative-extension/>

<https://youtu.be/GBuE6UsPhNs>

Consumer Contributions

Everyone can make a difference!

During the month of August 2021,
the agency collected the following
consumer contributions at the
congregate nutrition sites.

Faison Site - \$440.00

Wallace Site - \$316.00

Warsaw Site - \$127.40

Beulaville Site - \$138.18

Kenansville Site - \$130.40

Thank You!

Special thanks to The Honorable
Clifton C. Smith & Marie L. Smith,
and The Family Cooperative N. C.
Community Foundation for the
generous donation given to the senior
center to assist with special events, and
programs for seniors.



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.



Ensure Monthly 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 the correct change, check, or money order.



“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.

Site Manager & Substitute Site Manager Position(s)

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.

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