



A few thoughts from the Director

As we see the beautiful daffodils springing up, we know that winter has passed and spring and summer is upon us. If you are new to the senior center or a familiar face, it our goal to provide a welcoming and engaging space. Every senior is unique, and trying to find the right fit for everyone is our goal. During the month of March, we like to highlight the nutrition component provided by the department. If you can only imagine, **food insecurity** is a challenge for many seniors. Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent. Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health.

The department provides nutritious meals daily for the congregate participants and weekly for our homebound meal participants. During the time frame of July, 2024 – February, 2025, the department has provided **17,457 meals in Duplin**. Specific to our home delivered meal seniors, our volunteers are the best and assist with the meal deliveries. For the seniors that participate at the senior center, lunch is served at 12 noon, Monday -Friday. Volunteer contributions for meals are accepted and appreciated which allows the agency to purchase additional meals. Seniors participating in the lunch will complete a registration form. Guests (59 years of age and below) can purchase a meal (if available) for the cost of \$6.00.

Since our relocation in November, 2024, the unduplicated attendance has increased tremendously. The addition of a fitness room with multiple pieces of fitness equipment, has encouraged many seniors to become more fit while engaging in additional activities offered. Cardio drumming has been quite entertaining and so much fun! Men and women eagerly grab the drum sticks and begin participating in the workouts. The exercise, music, and socialization are a great combination. I love hearing the beat of the drums and laughter down the hall. In February, seniors completed a four-week digital skill information session(s) that covered basic computer skills, online safety and privacy, how to search and find trusted information on line, and using healthcare online. In March, we began another opportunity entitled “tech w/Debbie”, which is an option to have one on one training for those wanting to learn more about electronic devices to include an android, tablet, iPhone, and iPad. In conclusion, we are circulating surveys to gather interest on additional activities and events to offer at the senior center. The staff and I value your input and would like your feedback as we continue to implement additional opportunities.

Melisa S. Brown, Director



SHIIP Monthly Wellness Reminders

March, 2025 National Colorectal Cancer Awareness Month -Colorectal cancer is the fourth most common cancer in the U.S., and the second leading cause of cancer-related deaths. It affects all racial and ethnic groups and is most often found in people ages 50 and over. Screening and early detection are vital. Medicare covers certain colorectal cancer screening services, ask a SHIIP counselor for more information. Colorectal cancer is preventable, treatable, and beatable!

April, 2025 Alcohol Awareness Month - Alcohol is the most commonly used addictive substance in the United States. Alcohol addiction and excessive alcohol misuse affects people of all ages, gender and ethnicities. If you or someone you know and love is a Medicare beneficiary, help is available. Medicare covers an annual screening for all beneficiaries. For those that screen positive, Medicare covers up to four counseling interventions per year.

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

Medicare 101 classes are held the second Monday of each month at 2:00 p.m. For more information or to register for the class, contact Jennifer Moore at 910-296-2140.



National Volunteer Recognition Week **APRIL 20-26, 2025**

Save the Date
Duplin County Senior Services
“Volunteer Celebration”
Friday, April 25, 2025
2:00 – 4:00 p.m.

Save the Date

Thursday, May 1st,
2025

Senior Fun Day
Festivities

Duplin Events Center

195 Fairgrounds Dr.,
Kenansville

9:00 a.m. – 1:00 p.m.

Wednesday, May 21st,
2025

Open House

Duplin County Senior
Services

156 Duplin Commons
Dr., Kenansville

2:00 – 4:00 p.m.

(2) SHRED A THON EVENTS SPONSORED BY:

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

1st Shred Event

**Monday, April 28, 2025; 10:00 a.m. -12:00
noon**

**Location: Duplin County Senior Services
156 Duplin Commons Dr., Kenansville,
N.C.**

(Side parking lot)

2nd Shred Event

Thursday, May 1, 2025; 10:00 a.m. – 1:00 p.m.

**Location: Duplin Events Center
195 Fairgrounds Dr., Kenansville, N.C.**

Protect yourself against identity theft! Shred old tax records, employment records, and bank statements. Reduce clutter in your home.

ITEMS NOT TO BRING TO SHRED EVENTS:

Cans, Bottles, Food/Wrappers, Thick Material, Copier/Printer Cartridges, Corrugated Cardboard, Non-recyclable materials, Plastics, Biohazard materials, Medical Waste, & 3-Ring Notebooks.

Senior activity schedules are available at the reception desk and can also be accessed on social media.

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



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.

Anonymous Person; Duplin County Community Foundation; The Family Cooperative; ECU Health Community; North East PFWB Church Kids Club; Mount Zion Presbyterian Church; Kenansville Elementary BETA Club; Mediation Center of Eastern North Carolina; Alpha Kappa Alpha Sorority, Inc. Chi Iota Omega Chapter.

Free Income Tax Assistance

Duplin County Senior Services, through its sponsorship of Tax Aide, is still providing FREE income tax preparation through a pick-up and drop-off system. If we did not prepare your return last year and you would like for us to prepare this year's tax return, call the senior center at 910-296-2140. **The last day to drop off taxes is Monday, April 7, 2025.**

For more information, on the evidence base programs offered at the senior center at 910-296-2140.



Note: Time Change

Alzheimer/Caregiver Support Group

When: The 1st Tuesday afternoon of each month.

Time: 3:30 – 4:30 p.m.

Where: 156 Duplin Commons Dr., Kenansville, N.C. (Senior Services)

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 call the senior center at 910-296-2140.

Powerful Tools for Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

In the class, caregivers receive *The Caregiver Help book*, which follows the curriculum and provides additional tools to address specific caregiver issues.

Local Powerful Tools for Caregivers classes:

- To register by email, contact Frankie Hobbs @ frankie.hobbs@duplincountync.com or call Duplin County Senior Services at 910-296-2140. **Deadline to register is Friday, April 4, 2025.**
- Eligible caregivers attending the class may be below the age of 60. The caregiver will receive “The Caregiver Help book” which follows the curriculum and provides additional tools to address specific caregiver issues.
 - Class meets once a week for six weeks, for 90 minutes. Monday’s (2:00-3:30 p.m.); April 14, 21, 28, 2025; May 5, 12, 19, 2025 at the senior center located on 156 Duplin Commons Drive, Kenansville, N.C. **Classes are free and include the caregiver handbook. Light refreshments will be provided with each session.**

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier ‘us!’”

- PTC Class Participant