

May & June 2016

The Golden Times

Onslow County Senior Services
Senior Center of Excellence
4024 Richlands Hwy., Jacksonville, NC 28540
Phone: 910-455-2747 Fax: 910-455-0781
Visit our website:
www.onslowcountync.gov/seniors



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OCSS Deputy Director: Evelyn DeNise
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Senior Center Supervisor: Shelly Ashley
Shelly_Ashley@onslowcountync.gov

Onslow County Consolidated Human Services Agency Mission Statement

Onslow County Consolidated Human Services Agency delivers supportive, social, economic, protective, and health services that build better lives for individuals and families.

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May is a month of fresh beginnings. May is also when we celebrate Older American's

Month, acknowledging the perennial contributions of older adults to our nation. The 2016 Older American's Month theme is Blaze a Trail. We want to raise awareness about the ways that older Americans are advocating for themselves, their peers, and their communities.

BE A TRAILBLAZER!

Celebrate with us:

**Onslow County Senior Service
4024 Richlands Hwy, Jacksonville, NC 28540**

ACTIVITIES

- May 3- Celebrate "YOU" 9:00 AM
- May 10- Brain Games 9:30-12:00PM
- May 18- Medication Support 10:30 AM
- May 23- Hearing Screenings 9:00-3:00 PM
- May 25- "Staying Alive" - Recognizing a cardiac emergency 10:30AM

OCSS
Closed

Memorial
Day Holiday
May 27 & 30

THESE ARE ALL EVIDENCE BASED CLASSES

TAI CHI FOR ARTHRITIS

Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. The movements of Tai Chi are gentle, graceful, mystical and a safe way to relieve arthritis pain and gain balance, strength, and flexibility. Tai Chi is one of many alternative therapies that can provide relief from pain, possibly letting you cut back on pain medications. The class meets for 1 hour twice a week for 6 weeks.

WALK WITH EASE ~A PROGRAM FOR BETTER LIVING

The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success in our Walk With Ease Program. The program will help you gradually build up your walking, at your own pace. Benefits to you: Walk With Ease will help you motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina and reduce pain so you feel great. The class meets for 1 hour and a half.

LIVING HEALTHY WITH DIABETES AND LIVING HEALTHY WITH CHRONIC CONDITIONS

Managing a chronic health condition like diabetes OR OTHERS can be challenging, but there is hope! Older adults who have diabetes, pre-diabetes, or care for someone with a chronic condition have an opportunity to learn how to manage their symptoms. Participants will learn different appropriate exercise for optimal health, manage medications, nutrition, set goals, problem solve and best of all, you will meet new friends that can be part of your support network. Each class meets for 2 hours once a week for 6 weeks. You may register for one or both classes.

A MATTER OF BALANCE

A Matter of Balance: Managing Concerns about Falls, emphasizes practical strategies to reduce and control fear and increase activity levels so that seniors can improve their quality of life and remain independent. Participants learn to set realistic goals, change their environment to reduce falls, risk factors, learn exercises to increase strength and balance, and are taught how to get up after a fall. The class meets for 2 hours once a week for 8 weeks.

POWERFUL TOOLS FOR CAREGIVERS

Caregivers play a vital role in caring for a Senior. This is a program designed to help family caregivers take care of themselves while caring for a relative or friend with a chronic illness. A family caregiver will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. —Must provide care for someone 55 and older . The class meets for 1 hour and a half once a week for 6 weeks.

To register and more information call 910-455-2747

SENIORS' HEALTH INSURANCE INFORMATION

Seniors' Health Insurance Information Program (SHIIP) Receive confidential insurance counseling and answers to your insurance questions. Get help selecting a Medicare Supplement Policy. Get help selecting a Medicare Prescription Drug Plan. **Call 910-455-2747** for more information or to make an appointment. **SHIIP NEEDS YOU!!!** Do you know senior citizens who need accurate information about Medicare and other Insurance Issues? Would you like to help the seniors in your community



with an issue that is often confusing and intimidating.

If you answered yes to these questions, **SHIIP NEEDS YOU.**

To volunteer e-mail Denise_Leyva@onslowcountync.gov



MORE THAN HEARING AIDS 101

Dealing with HEARING LOSS is not as simple as getting a hearing aid. Hearing loss affects every aspect of life not only for Hard of Hearing but for friends and family as well. The North Carolina Division of Services for the Deaf and the Hard of Hearing staff are available to work with you at Onslow County Senior Services on the 4th Wednesday of each month.

For Individuals needing assistance in applying for equipment including a hearing aid through the NC DSDHH Equipment Distribution Service– Please call 1-800-205-9915 to make an appointment. Reservations are required for the equipment program which meets from 9:30-11:30 AM at OCSS.

AARP TAX ASSISTANCE

Special THANK YOU for your leadership, Sherry Tutt, in organizing and training the volunteers for this tax season. Thank you to all the volunteers that assisted our seniors with tax preparation. Your dedication and service are appreciated. Thank you, Great Job!

ROTARY SENIOR CITIZEN'S DAY

(FOR SENIORS 55 & OLDER)

SUNDAY, MAY 15, 2016 12:00 NOON

**FARMER'S MARKET
ONSLow COUNTY SENIOR SERVICES
4024 RICHLANDS HWY. JACKSONVILLE, NC**

**PICNIC LUNCH, PRIZES, AND MUSIC
CALL 455-2747 FOR MORE INFORMATION**



Better Hearing and Speech Month May 2016

Better Hearing and Speech Month (BHSM) was founded in 1927, by the American Speech-Language-Hearing Association (ASHA).

The aim of BHSM is to raise awareness about hearing and speech problems, encouraging people to analyze their own hearing and speech, and to take action if they think there might be a problem. Treatment can then be given to improve the quality of life in people with communication problems.

Signs of Hearing Loss Include:

Pam Poretti—Hearing Screenings

- Frequently asking people to repeat themselves.
- Turning an ear in the direction of sound in order to hear it better.
- Understanding conversation better when you look directly at the person. Seeing their facial expression and lips movements can help a someone understand another better is there is a hearing problem.
- Being unable to hear all parts of a group conversation.
- Experiencing pain or ringing in the ears (tinnitus).
- Listening to the TV or radio at volume levels higher than other people normally listen to.



If any of these signs are displayed, a person can take action by visiting an audiologist for a hearing test. An audiologist is a health professional who specializes in diagnosing and treating people with hearing problems.

In most cases hearing loss is treatable. Audiologists can teach their clients to concentrate on listening to certain sounds. Hearing loss can often be overcome using either hearing aids or other assistive learning devices.

Cataract Awareness Month June 2016

June is cataract awareness month - Cataract refers to the clouding of the eye's lens which helps in focusing of images onto the retina located at the back of the eye. In an effort to educate the public on cataract, an organization referring itself as Prevent Blindness America has declared June as a Cataract Awareness Month. This is a non-profit organization in the United States offering to give free information about cataract through its dedicated website, www.preventblindness.org/cataract, or through phone number (800) 331-2020. Make a commitment to take care of your eyes by getting a dilated eye test as one way to protect your vision.

Causes of Cataracts: old age, diabetes, hypertension, ultraviolet radiation from sun, smoking, obesity, prolonged use of corticosteroid drugs, statin medicines for fighting cholesterol, eye injury, hormone replacement therapy, high myopia, family history, and excessive use of alcohol.

Cataract Symptoms: double vision in one eye, blurred vision or ghost images, yellowish spot on your pupil, poor sight especially when reading or driving with headlights, nearsightedness prompting frequent changes in eyeglasses, dull color vision, and difficulty with glare from automobile headlights or bright sun.

Preventive Measures : Wear sunglasses especially in summer months to prevent ultraviolet radiation, quit smoking, take alcohol in moderation, avoid prolonged exposure to sunlight, consume food rich in antioxidants, attend periodic screening for earlier detection of cataract, ensure that your eyeglasses or contact lenses are the most suitable prescription as possible, use magnifying lenses to read small fonts, improve the lighting in your home using brighter lamps, wear sunglasses or a broad hat when moving outdoors.

SENIOR BOARDS

AGING PLANNING BOARD

Heidi Baur, Chairman

Amelia Grissett, Vice Chairman

Commissioner Million Heir-Williams

Shelly Ashley

Tonya Cedars

Julia Collins

Kathy Cook

Joyce DuPalevich

Charles Gibbs

Christine Kinnett

Angela Lee

Carol Hurst Long

Shirley Moore

Pamela Padgett

Christine Proctor

Roosevelt Sanders, Jr.

Samantha West

Aging Planning Board beginning January, 2015 meets quarterly on the 1st Tuesday of the month at 11:30am at Onslow County Multipurpose Building

FRIENDS OF THE AGING FOUNDATION BOARD

Kathleen Holbrook, Chairman

Fay Barnett, Vice Chairman

Sue Tuton, Treasurer

Sandra Griffin

Jan Holloway

Eleanor Marshburn

Norma Smith

Patricia Webster

Meets 3rd Tuesday of February, May, August & November at 1pm at Onslow County Multipurpose Building

HAPPENINGS



ONSLow COUNTY SENIOR GAMES

Performing Arts & Senior Games Banquet

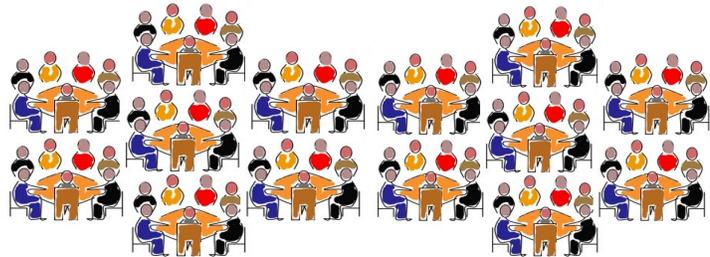
Saturday, May 7, 2016 4:00 PM

at Onslow County Senior Services

4024 Richlands Hwy, Jacksonville, NC



The Performing Arts participants will be showcasing their talents and the Silver Arts entries will be on display for your enjoyment.



Cost: \$5.00 per person

RSVP by April 29, 2016

GRATITUDE

We are very grateful to all volunteers and staff who donated items, donated their time, and gave gifts of money. Your giving enriches the life of each and every senior. Thank You

ANNUAL POST OFFICE FOOD DRIVE

MAY 14, 2016



Don't forget to put your canned goods out for your mailman.

REMEMBER

Onslow County Senior Services receives a portion of the food for the center.

SUPPORT GROUPS

What does a support group offer? At a support group you will find people with common interest and experiences; many whom are experiencing similar circumstances and can sympathize with you. Support groups can be a great place to find resources, share tips, and experiences. Additional benefits are receiving information about medical treatments, research, and strategies. Onslow County Senior Services currently offers two support groups:



Support
where others can
help!
Form new
friendships!
Get tips & advice!

Diabetic Support Group

Every Tuesday 9:00 AM-11:00 AM for Seniors 55 and older
Group Leader Cynthia Peck 910-353-4738

Alzheimer's & related Disease Disorders Support Group

2nd Tuesday of every month at 2:00 PM. Adult Day Care is available at no charge for the adult you are caring for while attending the meeting. For more information call 910-989-3007

Parkinson's Support Group

2nd Tuesday of each month at 2:00 PM For more information call 910-577-6660

OTHER PROGRAMS

ONLOW COUNTY FARMER'S MARKET

Saturday 8:30AM -1:30 PM

*4024 Richlands Hwy Jacksonville, NC Multipurpose Complex—
10:00 AM—2:00 PM

*Extended Parking Area-Main Exchange at Camp Lejeune, NC-Tues.

* Parking lot Big Lots 1110 Western Blvd. Jacksonville, NC-Thurs.



AARP DRIVER SAFETY CLASS

This one-day, four hour, driver refresher classroom course helps drivers redefine existing driving skills and develop safe, defensive driving techniques. Call 910-989-3008 for more information.



Chick-Fil-A Senior Bingo Breakfast

May 9, 2016 8:30AM-10AM
"In Front of Target"

FREE Breakfast along with great prizes for seniors.



NORTH CAROLINA SENIOR TAR HEEL LEGISLATORS

The NC Senior Tar Heel Legislators

2016 Legislative Priorities:

- 1) Home and Community Care Block Grant Funding (HCCBG)
- 2) Uniform Adult Guardianship
- 3) Strengthen and Fund NC's Adult Protective Services Program
- 4) Preserve or restore Optional Medicaid Services
- 5) Sustain and Expand Project C.A.R.E.

Marge Zima & Joyce DuPavevich—Onslow Delegates
They can be reached by calling 910-324-1444 if you have questions

ACTIVITIES AND CLUBS

Onslow Senior Services Daily Activities

Hall Walking 7:30am-5pm Lunch 12pm -12:30pm

Computer Lab 8am-5pm Billiards 8am-5pm

Arts & Crafts

Art Club T 1pm-4pm

Art/Craft Class T 9:30am-12:00am

Fiber Option F 10am-1pm

Camera Club 1st & 3rd Wed 2:30-4:30pm

Crochet TH 1pm-3pm

Knitting W 9am-11am

Piano 1 T 8:30am-12:00

Piano 2 TH 8:30am-12:00

Plastic Canvas W 1pm-3pm

Quilting TH 10am-1pm

China Painting W 1pm-4pm

Wood Carving T 1pm-4pm

Other

Bible Club M,W 9:30am-10:30am

Bingo F 10am-11:30am

Card Games TH 12pm-4:30pm

Dominos T,W,TH 9am-11:30am

Line Dancing Club TH 10:00am-11:00am

***Red Hat Society** 3rd M 11am

Sunshine Singers F 2:00pm-3:30pm

Health & Fitness

Evidence Based Class TBA M,W,F 2:00pm -4:00 pm

Aerobics M,W,F 8:15am

Evidence Based Class TBA T,TH 10:00-11:30

Evidence Based Class TBA T 1:00pm-3:30pm

Blood Pressures 1st and 3rd Tues 9:00am-11:30am

Chair Exercise M,W,F 10:30am-11:15am

Pilates M,W,F 9:30am-10:15am

Strength Training TH 2:30pm-3:15pm

***TOPS** M 9am-11:00am TH 5:30pm

Wii Video Games T 8:00am-11:30am TH 9:00am-10:00am

M-F 3:30pm-4:45pm

Van Transportation M,T,W,TH, F

***Not an OCSS related activity**Belgrade Site 482 Springhill Rd Maysville 743-0800

Bible Study M-F 9am

Dance/ Exercise M 10am

Bingo T 10am-11:30am

Fun & Games W 10am

Crafts TH 10am-11am

Movie & Cards F 10am-12am

Lunch M-TH 12pm F 11:30amRichlands Site 106 E. Franck St Richlands 324-1357

Healthier Lives M 9:30am

Crafts/Bridge T 10am

Bingo W 10am

Fun & Games TH 10am

Bible Study F 10am

Lunch M-TH 12pm F 11:30am

Van Transportation M, W, F

Sneads Ferry 242 Sneads Ferry Rd., Sneads Ferry 741-0670

Cards/Wii M 10am

Exercise-Crafts-Cards T 10am-11am

Fun Day, Cards, W 10am

Dominos, Healthier Lives

Bingo & Card Games TH 10am

Bible Club F 10:30-11:30am

Lunch M-TH 12pm F 11:30am

Van Transportation T & TH

Swansboro 830 Main St. Ext. Swansboro 340-1253

Card Games M,TH,F 9am

Community Projects/

Crafts & Cards T 9am

Bingo W 10am

Healthier Lives F 10:30am

Chair Exercise F 10:30am-11:15am

Lunch M-TH 12pm F 11:30am

Van Transportation M,W,F

Support Groups at OCSS

Alzheimer's & Parkinson's 2nd Tues 2pm

Diabetes T 9am

RETURN SERVICE REQUESTED

PERMIT NO 75
JACKSONVILLE, NC
PAID
U.S. POSTAGE
PRSRRT STD

JACKSONVILLE, NC 28541
PO BOX 982
4024 RICHLANDS HWY
ONSLAW COUNTY SENIOR SERVICES

THANKS TO OUR NEWSLETTER SUPPORTERS

Every Tuesday is Senior Celebration Day –
Get 35% off yellow tag gift items!

Johnson Drug & Home Medical Co.

Full Service Pharmacy, Oxygen, Medical Supplies,
and Gifts.

3 Jacksonville Locations to serve YOU!

714 New Bridge St. 2200 Gum Branch Rd 3060 Richlands Hwy
910-347-5185 910-938-0582 910-455-9222

FREE delivery of your prescriptions and medical supplies to
your home. Fast, Friendly, Personal Service! Courtesy billing
for insurances provided.

Have questions about Medicare?

MEDICARE PART A, B, C & D , Long Term Care?

Call 910- 455-2747 for an appointment

FRIENDS OF THE AGING

P.O. Box 982 Jacksonville, NC 28541-0982

Friends of the Aging is a non-profit organization that supports
emergency senior needs as well as programs and activities to
enhance the local senior center. **Become A Friend**-Individual
\$10-Patron \$25-Sponsor \$50-Benefactor \$100. Make checks pay-
able to “Friends of the Aging”. Please include your name, ad-
dress and phone number.

SOCIAL SECURITY ADMINISTRATION

For assistance call toll free New Bern Office

1-888-491-1885 or 1-800-772-1213

www.socialsecurity.gov

LEGAL AID OF NORTH CAROLINA

Is a federally funded non-profit organization providing FREE
legal assistance and advise to seniors. Applications taken

daily, Monday-Friday.9:00am-2:00pm.

Call 1-800-672-9304 or 910-763-6207

**STATEMENT OF THE CODE OF ETHICS AND
STANDARDS OF CONDUCT**

Onslow County Senior Services will conduct its business in strict com-
pliance with applicable laws, rules, regulations, and internal policies,
procedures, and guidelines with honesty and integrity, and with a
strong commitment to the highest standards of ethics.

DONATIONS NEEDED

LARGE PRINT WORD SEARCH BOOKS, SMALL CANS OF
FRUITS, KLEENEX, LOTION, HARD CANDY INDIVIDUALLY
WRAPPED & HAND SANITIZER