

November and December 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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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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During this season of thankfulness, everyone at Senior Services would like to express their upmost gratitude to all who were vital to our growth and success during 2016.

Merry Christmas and every wish for your happiness in 2017.

Christine Kinnett and OCSS Staff



Legal Aid of Greenville Will Clinic

November 16, 2016 10:00AM-3:00PM
Call 910-455-2747 to make an appointment.

VIRTUAL DEMENTIA TOUR

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

Experience the Dementia Tour: November 30, 2016 9:00 AM—2:00 PM

“To understand the dementia patient, you have to experience what they see, feel and hear.” The Virtual Dementia Tour (VDT) is scientifically proven training activities created to help caregivers of patients with dementia provide better care. The Experience will simulate the difficulties that people with dementia endure every day.

Please call Lisa Mobley @ 910-989-3017 or
email Lisa_railing-mobley@onslowcountync.gov
to make an appointment.

ANNUAL ARTS & CRAFT BAZAAR

Saturday, December 3, 2016 - 8:00 AM—12:00 Noon

Onslow County Senior Services, 4024 Richlands Hwy, Jacksonville, NC 28540

Interested in selling your homemade craft at the Arts & Crafts Bazaar? Seniors 55 and older and Senior Clubs/Organizations may reserve a table for \$5.00. Call 455-2747 or 910-989-3008 to reserve a table or for information.

OCSS Closed

Veteran's Day
November 11
Thanksgiving
November 24-25
Christmas
December 23-26
New Year 2017
January 2

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 about appropriate exercises for optimal health, managing medications, nutrition, setting goals, problem solving 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 1/2 hours 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

OPEN ENROLLMENT FOR MEDICARE PART D



Open enrollment for Medicare Part D started October 15, 2016 and ends on December 7, 2016. During this time, people with Medicare can add, drop or change their prescription drug coverage or Medicare Health Plan (Part C Advantage) for their 2017 coverage.

Each year Medicare prescription drug plans changes in cost and coverage. All Medicare beneficiaries should review the 2016 cost and coverage of their current plans; compare them with other plans available to them and choose a plan that meets their needs and budget.

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 the hard of hearing but for friends and family as well. 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.

TAXES 2016

2016 AARP FREE TAX ASSISTANCE

February 2, 2017 – April 13, 2017 Every Monday 12:00 PM – 4:00 PM Every Thursday 8:30 AM – 12:00 Noon

PLEASE BRING THE FOLLOWING WITH YOU:

- Original Social Security Statement you received in January 2016
- Social Security Card (MUST be shown for new people)
- Interest Statement and other income received in 2016
- Copy of last year's returns

NOTE: AARP Tax-Aide helps low income and Moderate income taxpayers, with special attention to those 60 & older.

Onslow Caregivers Festival of Trees

November 19 (10 am-7pm) - November 20 (11am-6pm) - November 21 (8:30am-1pm)



American Legion Building, Jacksonville, N.C.



The Festival of Trees is an annual event to raise money for Onslow County Caregivers. With dozens of decorated Christmas trees, a silent auction and live entertainment, there is something for the whole family. Kids can also shop at the Gingerbread House and visit with Santa and Mrs. Claus.



Christmas Parade
November 19, 2016 – Western Blvd.-9:45-12:00



NOVEMBER IS NATIONAL HOME CARE, HOSPICE, ALZHEIMERS DISEASE, AND FAMILY CAREGIVERS MONTH AND NATIONAL HOME CARE AIDE WEEK

Skilled professionals—such as our nurses, therapists, social workers, home health aides and nutritionist – provide compassion, support, and experience when working with each and every patient. Caregivers’ talent and devotion is demonstrated by their ability to bring such a broad spectrum of healthcare services into the home, from wound care to diabetes care and cardiac care. Home care professionals have an important role in helping patients and their families improve their quality of life. They make it their privilege, duty and commitment to serve their patients and families with respect and dignity, and to provide the finest services possible. They are dedicated to helping each person achieve their recovery goals so that they can return to the activities they enjoy. Home care and hospice are poised to play a central role in the delivery of healthcare. A wide range of forces are joining to push care away from nursing homes and drive it toward home and community based care. Take time to thank a family caregiver, home care or hospice professional.



DECEMBER: SEASONAL DEPRESSION AWARENESS MONTH

Seasonal Affective Disorder, or SAD is more than the winter blues or a seasonal “funk”.

SAD is a very real type of depression that is most common in the fall and winter months.

Symptoms of SAD:

Low Energy , Depressed Mood
Social Withdrawal
Hopelessness
Irritability or Anxiety
Poor Concentration
Changes in Sleep and/or Appetite
Loss in Interest of Activities you once enjoyed

What we can do about SAD:

Structure-Go to sleep and eat at regular times
Make Environment Brighter – Open Blinds, Turn on Lights
Get Outside – Go for a Walk – Enjoy the Sunshine
Exercise – Relieves Stress, increases self esteem, increase levels of the same chemical used in anti-depressants.
Socialize – Connect with people you enjoy being around
Take a trip – Even short one day trips help.

SAD is a type of depression where symptoms may not improve, or can even worsen.

Get support! SAD has a high recovery rate when we seek treatment.

DECEMBER 3, 2016 IS INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

International Day of Persons with Disabilities is annually observed on 3 December with an objective to promote an awareness of disability issues, the fundamental rights of persons with disabilities and integration of persons with disabilities in the main stream of each aspect of the social, political, economic and cultural status of their communities. The day extends an opportunity to initialize action to reach the target of full and equal pleasure of human rights and contribution in society by disabled persons, launched by the World Program of Action for Disabled Persons, declared by the UN General Assembly in the year 1982. Over the period of the United Nations' first 50 years, disable persons have become importantly proactive in asserting empowerment and confidence in their own respective abilities to lead self-dependent lives. The Preamble to the United Nations Charter states the elegance and worth of every human being and provides elementary significance to the advocacy of social justice. Disable Persons are entitled to all the fundamental human rights declared by the Charter and their human rights instruments.

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 DuPavevich
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
Sue Tuton, Treasurer
Sandra Griffin
Jan Holloway
Eleanor Marshburn
Norma Smith

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

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

ALASKA CRUISE

September 1—September 9, 2017
Fabulous 9 Day/8 Night Vacation
8 Day/7 Night Alaska Cruise
Aboard NCL'S "Norwegian Jewel"



[At this time this trip is full. We will be glad to put your name on a waiting list.](#)

For more information, please contact:
Shelly Ashley @ 910-989-3004 or Carolyn Ezzell @ 910-989-3008

Travelers

Onslow County Senior Services trips fill up very fast. We want every senior to get the information they need to travel with Senior Services. When we advertise trips it is on a first come first served basis. We use email addresses provided to us to send the trip information out as soon as we receive the package. Please keep your email address up dated. If anyone wants the information via email that currently does not receive it, please contact us. We also put the information in our newsletter, flyers at the center, post it on our information monitors, it is on the Onslow County web site, and Facebook.

Please call Shelly @ 910-989-3004 or Carolyn @ 910-989-3008 to put your email on our list or for more information.

2015 Christmas Events



OCSS Annual Piano Recital-December 1, 2016 – 10:00 AM
Swansboro Site Christmas Party- December 7, 2016 – 10:00 AM
Belgrade Site Christmas Party-December 8, 2016 – 10:00 AM
OCSS Site Christmas Party-December 9, 2016 – 10:00 AM
Richlands Site Christmas Party-December 14, 2016 – 10:00 AM
Sneads Ferry Christmas Party-December 15, 2016 – 10:00 AM

SENIOR TAR HEEL LEGISLATURE

Marge Zima and Joyce DuPavevich
Onslow County Senior Tar Heel
Legislature Delegates

They can be reached by calling 910-324-1444.
Call them with your aging concerns, questions, and suggestions.

Our Onslow County delegates advocate for what is important for **YOU!**



SUPPORT GROUPS

What does a support group offer? At a support group you will find people with common interests and experiences; many whom are experiencing similar circumstances and can empathize 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 three 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

CHRISTMAS HOLIDAY WISH LIST FOR SENIORS

With the Christmas season approaching we ask that you join us through donations of the following items to fill a Senior's stocking and share our blessings. We are also in need of stockings to put the items in.

If donating, we would appreciate your items by Friday, December 2, 2016.



- Small Bottles of Hand/Body Lotion
- Small Packages of Kleenex
- Large Print Word Search Books/Pencils
- Small Cans of Fruit
- Magnetic Note Pads for Refrigerators
- Hard Candy/ Mini Candy Bars Individually Wrapped
- Small Boxes of Raisins/Cranraisins
- Small Pocket Size 2017 Calendars
- Other Small Items



JEWELRY MAKERS CLUB

We are looking for seniors 55+ who are jewelry makers to bring your current project and spend some time with friends making jewelry. Bring your own supplies. None will be furnished. 9:30AM—11:30AM on the second and fourth Wednesday of the month beginning August 10, 2016. During January, March, May, September and November the club will meet only on the fourth Wednesday. Call 455-2747 or 989-3008 for more information.

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

November 14, 2016 8:30AM-10AM

"In Front of Target"

FREE Breakfast along with great prizes for seniors.

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 M,W,F 2:00pm-4:00pm

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

Evidence Based Class TBA T,TH 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

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

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

M-W-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 11:30am

Richlands 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
PRSR 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 advice to seniors. Applications taken
daily, Monday-Friday,9:00am-2:00pm.

Senior Legal Helpline 1-877-579-7562

Legal Helpline -Greenville 252-758-0113

**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