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Nov/Dec 2009

# Pamlico Senior News & Solutions



**Mission:**

**To Promote and improve the well-being of older adults and to develop and provide appropriate facilities and services to enhance their quality of life.**

Services Offered:

- Home Delivered Meals
- Congregate Meals
- Telephone Reassurance
- Senior Companions
- Care Management
- Medicaid CAP/DA & CAP/C
- Medication Assistance
- Legal Services
- Tax Assistance
- Family Caregiver Support Program
- Senior Health Insurance Information Program
- Home Mobility Assistance
- Health Promotion & Screenings, Wellness Checks, Senior Games & Silver Arts
- Classes: Acrylic Painting, Crafts, Basket weaving, Adult Basic Education, Stained Glass
- Activities: Trips, Singing, Line Dancing, Bingo, Bridge, Supper Clubs, Concerts, Movies, Seminars, TOPS
- Clubs: 50+ Club & 55+ Club,
- Special Needs Register
- Notary Public

## National Family Caregiver's Month

### Celebration and Remembrance

The unpaid services provided by Family Caregivers in this country totals \$196 million. About 48% provide this care while working full time. November has been proclaimed National Family Caregiver Month. During this month please pause to remember all that Family Caregiver's give not only to their loved ones, but to us all.

November is also National Alzheimer's Awareness Month. This disease which currently affects 5.3 million Americans and some 9.9 million caregivers is the 6th leading cause of death in this country. Please remember all those who have succumbed to Alzheimer's and other dementias as well as those who live within its clutches today.

Former First Lady Rosalyn Carter said it all when she said, "There are four types of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers."

Please join Pamlico Senior Services as we celebrate and remember all the caregivers in our lives as well those who deal with Alzheimer's each day. Throughout this issue of Senior News and Solutions you will find caregiving hints and inspirations . This month we will be having events geared to those with Alzheimer's and their caregivers as well all other caregivers; past , present and future.

To all caregiver's

**"Thank you for all you do!"**

Look up and not down; look forward and not back; look out and not in; and lend a hand.

E. E. Hale

## *From The Director's Desk*

As 2009 draws to a close, its time to remember and give thanks for all the blessings in our lives. Here at Senior Services there are no greater blessings than the army of volunteers that make a difference in the lives of the older adults in this county. Because of their unselfish gifts of time, love and service we can build ramps, make telephone reassurance calls, offer classes, help with tax preparation, provide caregiver support, offer companionship, deliver meals, keep the phones answered and get input from the community through our Advisory Committees. It is with deep heartfelt gratitude that I say "Thank You!" to all those who have made a difference in someone's life this year. Your acts of kindness have made a difference.

This year has meant great changes for everyone. The economic crisis has forced us all to take a long hard look at our lifestyles. At a time when so many need assistance, the amount available has been drastically cut. We continue to meet most of the needs of our community through volunteerism and generous donations. As we look forward to 2010 and beyond, we will continue to rely on the kindness of the community to help us fulfill our mission of providing services that will enhance the quality of life of our older adults in Pamlico County.

As we gather with family and friends during the upcoming joyous season, please remember all who give so much for so many.

Happy Holidays!

Volunteers don't get paid, not because they're worthless, but because they're priceless. ~Sherry Anderson (*Thanks, Kathy*)

# Announcements

**Linda Potter**  
Director

**Ila Leary**  
Administrative Assistant

**Elizabeth Tolson**  
Case Manager, Social  
Worker III, CAP/DA,  
Community Alternative  
Program for Disabled  
Adults, Notary Public

**Rhonda Breed**  
Case Manager, Social  
Worker II, CAP/DA

**Jane Lee**  
Case Manager, RN,  
Care Management  
Program, Senior  
Companion Program,  
Family Caregiver Support  
Program, Level III in Home  
Aide Program

**Rita Lupton**  
Nutrition Director,  
Home Delivered Meals,  
Congregate Meal Program,  
Nutrition Supplements

**Kelly Hooker**  
Medication Assistance,  
Medicare Part D,  
SHIIP Coordinator,  
Family Care Giver Support  
Group Coordinator, Small  
Home Repairs Program

**Genevieve Borden**  
Transportation Aide

**George Hackney**  
Transportation Aide

**Sharon Smith**  
Senior Center Aide



**Pamlico Senior Services**  
**Hours:**

Monday - Friday  
8:00am - 5:00pm  
252-745-7196

## Program Spotlight:

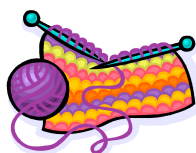
### Community Alternatives Program for Disabled Adults

#### CAP/DA

The goal of CAP/DA is to allow individuals to return to, or remain in their community and live as independently as possible. This Medicaid program, along with family caregivers, can allow you or your family member to remain at home when nursing home placement is prescribed by your doctor. Case managers, nurses, your doctor and your family work together to design a Plan Of Care that keeps you safe and independent. Unlike most Medicaid programs, the only income considered is the client's, **NOT** the household income.

**If you or someone you love is considering nursing home placement, call one of CAP/DA Case Managers, Elizabeth Tolson or Rhonda Breed today at 745-7196 for more information on this program.**

## Fall Craft Fair and Yard Sale Planned for November 7th



Make plans now to attend our annual Fall Craft Fair and Yard Sale! Beginning at 8AM and going to about 2 PM on November 7th, the handiwork of our finest crafters will be available for sale at Senior Services. Jewelry, wood crafts, knitted creations and baked goods are just a sampling of what will be available for sale. Yard sale lovers take heart, there will be a huge yard sale taking place in the dining room.



Tables are available for \$10 each. If you would like a table for either or both sales, please call the Center at 745-7196 to reserve your space to today!

*You might be getting older if you know all the answers, but no one asks the questions.*

# Caregivers Afternoon Tea



To celebrate National Family Caregiver's Month, Senior Services is hosting a Caregiver's Afternoon Tea on Thursday, November 12, from 1:30 to 2:30 PM. If you are a caregiver or have been in the past you are invited to attend this event and enjoy fellowship, food, door prizes, entertainment, inspiration and of course, tea! ( Have no fear, there will be other beverages for non-tea lovers)

**Please call the Center at 745-7196 to let us know you would like to attend this free event. The last day to grab a seat will be November 6th at 5pm.**

## 50 Plus Club

### Celebrate Life!

#### November 3rd

Singing 10:30 am  
Thanksgiving Feast

#### November 7th

Craft Show at the Center  
This and That Sale 9-2

#### November 10th

Singing 10:30 am  
This and That Sale  
(Christmas Items only. No clothes)

#### November 17th

Singing 10:30 am  
Games

#### November 24th

Singing 10:30 am  
Movie

#### December 1st

Singing  
Putting up tree

#### December 8th

Singing 10:30  
Cookie Exchange

#### December 15th

Punch & Cookies Social  
(Invited Guests)

#### December 22nd

Old Fashion Christmas

#### December 29th

New Year's Celebration

## 55 Plus Club Happenings

Meetings are held every Thursday at the Goose Creek Island Center. Meetings begin at 10 am. Stick around for Scrabble at high noon.

## Be Cautious About Giving Information to Census Workers

With the U.S. Census process beginning, the Better Business Bureau (BBB) advised people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race and other relevant data. The big question is—how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

1. If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentially notice. Ask to see their identification and their badge before answering any questions. Never invite someone you do not know into your home.
2. Currently Census workers are only verifying address information. Do not give your Social Security, bank account or credit numbers to anyone even if they claim they need it for the Census. While a worker may ask your basic salary range, they will never ask for Social Security, bank account or credit card numbers. They will never ask for donations.
3. Eventually, workers may contact you by phone, mail or in person. However, they will NOT contact you by email. Be on the lookout for emails appearing to come from the U.S. Census Bureau and do not click on the email. Instead delete it without opening.

For more information on avoiding fraud and identity theft visit: [www.bbb.org](http://www.bbb.org)

### Weatherization Program Information

Mr. Arthur Murray of Twin River's Opportunities, INC will be at the Center on November 4, 2009 from 1-4:30pm. Mr. Murray will be completing applications for the Weatherization Program and answering questions. If you are seeing red when you open your utility bill make plans to be here. This program can save you money by making your home more energy efficient at no cost to you. For more information please call:

**637-3599 EXT 228 OR 474-3073**

### Open Enrollment is Here!

Its that time of year again. Already mailings from Part D companies are being received explaining plan changes for 2010. If you're not sure if you need to stay with your current plan or if you should change, make an appointment now for a free plan comparison. Appointments are available on Mondays, Tuesdays and Fridays. Call the Center today for your appointment **745-7196**



# ALOHA! We're going to Hawaii!

A 9 day/ 8 night fantasy Hawaiian vacation awaits you from March 19 –March 27, 2010. Eight of those days and seven of the nights will be spent aboard the *“Pride of America”*, one of Norwegian Cruise Line’s premier ships. Freestyle Cruising allows you to explore on your schedule, not the cruise line’s.



Inside Cabins (Cat J)	\$2399
Outside Cabins (Cat FF)	\$2599
Balcony Cabin (Cat BC)	\$2699

All prices are based on double occupancy and include: Round-trip airfare, one night hotel accommodations in Hawaii, transfers in Hawaii, cruise cabin, shipboard meals, port charges and taxes. The cancellation policy is severe for this trip, please consider purchasing travel insurance at \$259 for Cat J and \$318 for Cat FF and BC. **A \$250 deposit is required at the time of reservation and the remaining balance is due by 12/11/09.**

**For more information on this once in a lifetime cruise call 745-7196.**



## Old Fashioned Country Christmas Sing-Along



Join the 50 plus club on Tuesday, December 22nd beginning at 11 AM for an Old Fashioned Country Christmas Sing -Along. Miss Dixie Gatlin and the Dixie Strings will be performing. This unique group consists of Justin, Banks Mandolin; Justin Kuhl, Fiddle and Kaitlin Spain, Guitar. Welcome the season with great music, extraordinary treats and of course hot cocoa. For more information, call the Center at 745-7196.



## **AARP Pamlico County Chapter**

### **Happenings**

#### **November 5th Meeting**

Johanne Pryor, Coordinator, will be joining us to discuss Senior Games and Silver Arts the important part these two programs play in the lives of active Seniors.

#### **December 3rd Meeting**

Annual Christmas Party! Call today to RSVP for this wonderful dinner at Camp Don Lee. We will be meeting at 11AM at the Senior Center to carpool to Camp Don Lee. Please reserve your seat by November 25th. You do not have to be a member to attend. Call Pamlico Senior Services at 745-7196 for more information.



### **Pamlico County Foundation for the Aged**

The Pamlico County Foundation for the Aged is a 501c3 non profit foundation created to assist in the unmet needs of the older adults in Pamlico County. The Foundation supports programs at the Center that provide emergency assistance in times of need. All donations made to the Foundation are tax deductible and will help make someone's life a little brighter. Please let us know which program you would like to support and we'll make sure your donation goes to that program.

Home Delivered Meals

Transportation

Congregate Meals

Ramps

Caregiver Services

Where Its Needed Most

Please make your check payable to and mail to:

Pamlico County Foundation for the Aged

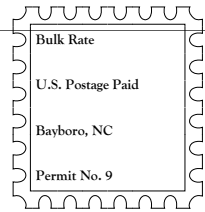
PO Box 184

Alliance, NC 28509

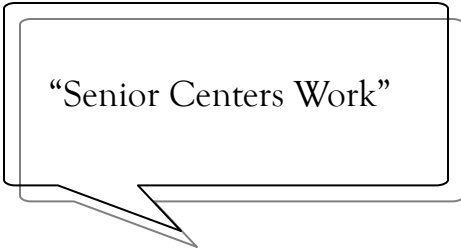
**On behalf of all those who benefit from our no charge services....THANK YOU!!!**

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Thank You, Oriental Women's Club

For your monetary donation. Your donation will help us serve more home delivered meals to our home bound older adults.

*Happy Holidays  
to you and yours from the staff of Pamlico County  
Senior Services!!*

*Linda Potter*

*George Hackney*

*Ila Leary*

*Rita Lupton*

*Sharon Smith*

*Rhonda Breed*

*Jane Lee*

*Elizabeth Tolson*

*Kelly Hooker*

*Ginny Borden*

