

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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Senior Center Supervisor: Shelly Ashley
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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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WELCOMING THE NEW YEAR

We wish you health...So you may enjoy each day in comfort. We wish you the love of friends and family...And peace within your heart. We wish you the beauty of nature...that you may enjoy the work of God. We wish you wisdom to choose priorities...for things that come to you. We wish you happiness and joy... the blessing for the New Year. We wish you the best of everything... that you so well deserve. Happy New Year, friends

REMEMBERING 2015

- | | | |
|--|-------------------------------|-------------------------------------|
| Walk With Ease Program | Fun Day In The Park | Senior Tar Heel Legislature |
| Living Healthy With Diabetes | 4All Service DAY | Volunteer/Donor Celebration |
| Powerful Tools For Caregivers | Post Office Food Drive | Niagara Falls & Toronto Trip |
| A Matter of Balance | Fan Program | Lancaster Show Trip & Dutch Country |
| Living Healthy with Chronic Conditions | | Christmas Parties All Sites |
| SHIIP Program | | Food Baskets Thanksgiving |
| Hearing/Deaf Program | | Food Baskets Christmas |
| Hearing Support Group | | Pet Food Drive |
| Diabetic Support Group | | Piano Recital |
| Alzheimer's Support Group | | Art & Crafts Bazaar |
| Parkinson's Support Group | | Farmer's Market Coupons |
| AARP Tax Assistance | | Suite or Treat/Halloween |
| Senior Age & Disability Tax Exempt Program | | Medicare Update Seminar |
| Senior Citizens Prom | | Operation Medicine Cabinet |
| Senior Citizen's Yard Sales | | Rotary Senior Citizen's Day |
| AARP Driver Safety Program | | Computer Classes/CCCC |
| Chick-Fil-A Senior Bingo | | Health Screenings BP and Weight |
| LIEAP-Low Income Energy Assistance Program | Flu Shots | Senior Games |
| Investment Fraud Program | Senior Expo | Senior Games Banquet |
| FOA Annual Lasagna Dinner | Senior Center Open House | Older Americans Month |
| | Fun Day Senior Center/Daycare | |



OCSS Closed
 New Year's Day
 January 1

 Martin Luther King, Jr. Day
 January 18

HEALTH PROMOTION CLASSES

LIVING HEALTHY WITH DIABETES

Managing a chronic health condition like diabetes can be challenging, but there is hope! Older adults who have diabetes, pre-diabetes, or care for someone with the condition have an opportunity to learn how to manage their chronic condition. Participants will learn different techniques to deal with symptoms of diabetes, appropriate exercise for maintaining health, healthy eating, appropriate use of medication, and working with healthcare providers.

(2 hour class once a week for 6 weeks – 60 years and older) Instructors: Lisa Mobley/Alexa Matlock

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 Walk With Ease. 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.

Classes are one-hour each for 18 classes.

Instructor: Alexa Matlock

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.

(2 hour class once a week for 8 weeks – 60 years and older)

Instructors: Lisa Mobley/Denise Leyva

LIVING HEALTHY WITH CHRONIC CONDITIONS

Living with a chronic condition does not have to become the center of your existence. You can live a life filled with enjoyment and pleasure. While no one wants to have a chronic health problem, most of us will experience two or more of these conditions during our lives. Living Healthy with Chronic Conditions is a six-week program given 2 hours once a week. It will help participants better manage their diabetes, learn how to deal with difficult emotions, use their mind to manage symptoms, learn 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. (2 hour class once a week for 6 weeks – 60 years and older)

Instructors: Lisa Mobley/Alexa Matlock

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.

(1 1/2 hour class once a week for 6 weeks – Must provide care for someone 55 and older)

Instructors: Mary Ellen Nolan/Tina Marshburn

THESE ARE ALL EVIDENCE BASED CLASSES

Evidence Based Health Promotion programs are programs that have been developed, researched, and tested with evidence that shows positive outcomes for participants. Evidence based programs are an essential part of the aging network. To register call 910-455-2747. All classes are at Onslow County Senior Services, 4024 Richlands Hwy.

SENIORS' HEALTH INSURANCE

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](tel: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

SOCKS FOR OUR SENIORS

Onslow County Senior Services will be collecting socks throughout the winter months for seniors in Onslow County. All socks collected through this project will remain here in our county to benefit our senior citizens. If you are interested in donating socks for our seniors please bring them by Onslow County Senior Services, 4024 Richlands Hwy. Jacksonville, N. C. 28540.



For additional information, please call 910-455-2747.

Thank you for your caring support.

MORE THAN HEARING AIDS 101 SERVICES FOR DEAF INDIVIDUALS

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. Come sit in on our new [Hearing Loss Support Group](#) from 11:00-12:00 where we talk about living with hearing loss and learn tips for better communication. ALL FAMILY MEMBERS ARE WELCOME!!!

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.

TAXES 2015

2015 AARP FREE TAX ASSISTANCE

February 1, 2016 – April 11, 2016 – Every Monday 12:30 PM – 4:00 PM – Every Thursday 8:30 AM – 12:00 Noon

(Except Holiday-March 28, 2016)

PLEASE BRING THE FOLLOWING WITH YOU:

- Original Social Security Statement you received in January 2015
- Social Security Card (MUST be shown for new people)
- Interest Statement and other income received in 2015
- Copy of last year's returns

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

JANUARY IS... GLAUCOMA AWARENESS MONTH

What is glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.



Types of glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye.



Are you at risk for glaucoma?

Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted.

<http://www.glaucoma.org>

FEBRUARY IS... AMERICAN HEART MONTH

Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.¹ CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.¹



Symptoms of a Heart Attack

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.

- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common heart attack symptom in women is chest pain or discomfort. But it's important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Take It One Step at a Time

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes

Plan for Prevention

Strategies for better heart health.

- Work with your health care team
- Monitor your blood pressure
- Get your cholesterol checked
- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Don't smoke
- Limit alcohol use
- Manage your diabetes
- Take your medicine

References:

1. www.cdc.gov/features/heartmonth
2. www.goredforwomen.org

SENIOR BOARDS

AGING PLANNING BOARD

Heidi Baur, Chairman
Amelia Grissett, Vice Chairman
Commissioner Million Heir-Williams
Angela Lee
Carol Hurst Long
Christine Kinnett
Christine Proctor
Kathy Cook
Pamela Padgett
Roosevelt Sanders, Jr.
Samantha West
Shelly Ashley
Shirley Moore
Tonya Cedars
Joyce DuPavevich
Charles Gibbs

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
Eleanor Marshburn
Jan Holloway
Norma Smith
Patricia Webster
Sandra Griffin

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

HAPPENINGS

TRIPS

BAHAMAS CRUISE

CARNIVAL ECSTASY

6 Days/ 5 Nights April 5 -April 10, 2016

\$669.00 Per Person Inside Cabin

\$709.00 Per person Outside Cabin

Cruise, Cabin, Shipboard Meals, Port Charges, & Taxes, Motor Coach Transportation to and from Charleston Pier.

Space is still available for the cruise.

PLEASE CALL FOR A FLYER WITH MORE INFORMATION.

**For more information concerning our trips please contact:
Shelly Ashley @ 910-989-3004 or
Carolyn Ezzell @ 910-989-3008.**



SENIOR CITIZEN'S DANCE



Jacksonville Senior High School Student Council cordially invites all senior citizens (55+) to an evening full of fun, music, dancing, light refreshment, entertainment, and door prizes. It will take place at Jacksonville Senior High School Cafeteria, 1021 Henderson Dr. on Saturday February 13, 2016 from 7:00-9:00 PM.

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.

S U P P O R T G R O U P S

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](#) meetings are held every Tuesday 9:00 AM-11:00 AM
Open to Seniors 55 and older. Group Leader Cynthia Peck 910-353-4738

[Alzheimer's & related Disease Disorders Support Group](#) meetings are held the 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](#) meetings are held the 2nd Tuesday of each month at 2:00 PM. For more information call 910-577-6660.

O T H E R P R O G R A M S

LIEAP—Low Income Energy Assistance Program

Applications are being accepted December 1, 2015-March 31, 2016 or until funds are exhausted. Please contact the Department of Social Services at 910-455-4145 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

January 11, 2016 8:30AM-10AM
"In Front of Target"

FREE Breakfast along with great prizes for seniors.

A G E & D I S A B I L I T Y T A X E X E M P T I O N P R O G R A M

2016 SENIOR CITIZENS AGE & DISABILITY TAX EXEMPTION PROGRAM

The program requires an application to be filed with the local tax office, located at 234 NW Corridor Blvd

Call 910-989-2200 for tax exemptions questions

Harry Smith, Tax Administrator, and Betty Brown, Listing Supervisor will be available at the following locations:

Belgrade Nutrition Site	Tuesday	February 2, 2016	12:00PM
Swansboro Nutrition Site	Wednesday	February 10, 2016	12:00PM
Onslow Senior Services	Friday	February 12, 2016	12:00PM
Richlands Nutrition Site	Wednesday	February 17, 2016	12:00PM
Sneads Ferry Nutrition Site	Thursday	February 18, 2016	12:00PM

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

Abs M,W,F 2:00pm

Aerobics M,W,F 8:15am

Aerobics T, TH 1:30pm-2:15pm

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 T, 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 11:30am

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 2074 Hwy 172 Sneads Ferry 327-3772

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 10:30-11:30

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