

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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Investment Fraud: Guarding Your Assets in a Scary World

Don't think you can become a victim of investment fraud? Want to learn how to avoid becoming a victim of Investment Fraud? Join us and learn how to recognize and avoid possible investment scams. This seminar will help you to understand what to do if you become a victim of an investment scam. Information will also be presented on how you can register your advance health care directives with the Secretary of State's office so that you or your caregiver can access them 24/365 from anywhere in the world.

Presented by John Maron, Director of the Investor Education Program from the Securities Division of the North Carolina Department of the Secretary of State

Onslow County Senior Services
April 6, 2016
10:30-11:00/11:30 am Multipurpose Room #3.

OCSS Closed

Good Friday
March 25, 2016

Easter Monday
March 28, 2016

Friends of the Aging 7th Annual Lasagna Dinner

Please join us for a night of food and fun so that we can continue to assist the seniors of Onslow County!



Friday, March 18, 2016
6:00-9:00 pm
Multi-Purpose Complex

Tickets \$15.00 each or 2 for \$25.00
Includes Entertainment,
Silent and Cake Auctions,
Dinner, 50/50 Raffle and
Door Prizes
For tickets call Lisa Smart
989-3022



HEALTH PROMOTION 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. (1 hour class twice a week for 6 weeks) **Instructor: Alexa Matlock**

Class starts Monday, February 29, 2016 2:00–3:00 In our Fitness Room Please call (910) 455-2747 to register

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 1 1/2 hour each for 18 classes.

Instructor: Alexa Matlock

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)

Class starts Tuesday, March 8, 2016 2:00 – 4:00

Please call (910) 455-2747 to register

Instructors: Lisa Mobley/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 INFORMATION PROGRAM

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.

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 and a copy of last year's returns. **NOTE: AARP Tax-Aide helps low income and moderate income taxpayers, with special attention to those 60 & older.**

4 ALL Statewide Day of Service

It will take place on Friday, March 4, 2016 at sites across North Carolina. Attorneys will be available to take calls from 7 a.m. until 7 p.m. The 4ALL Statewide Day of Service is a program of the North Carolina Bar Association Foundation in conjunction with the North Carolina Bar Association. North Carolina lawyers will join forces and take calls from the public. The volunteers will provide legal information and referral resources to callers with North Carolina related matters .

NATIONAL COLORECTAL CANCER AWARENESS MONTH OF MARCH

Colorectal cancer develops in the colon and/or rectum. The colon is the large intestine and large bowel. The rectum is the section at the end of the large intestines. Colorectal cancer was the 2nd leading cause of cancer deaths in North Carolina in 2012.

Colorectal cancer is largely preventable. Screening tests such as colonoscopy, fecal blood tests, and sigmoidoscopy can help prevent colorectal cancer. It is estimated that 40 out of 100 deaths from late stage colorectal cancer are preventable if all adults aged 50 and older were routinely screened.



While colorectal cancer risk increases with age, lifestyle choices can significantly reduce the overall risk of colorectal cancer. Risk factors include increasing age, colorectal polyps, overweight and obesity, family history of colorectal cancer, long term smoking, and chronic inflammation conditions of the colon. According to the American Institute for Cancer research, 50 percent of the estimated cases of colorectal cancer in the United States are preventable by diet, physical activity and weight management.

Watch for these signs and symptoms of Colorectal Cancer. They include blood in your stool or rectal bleeding, stomach pain, aches or cramps that do not go away, and unexplained weight loss. If you experience any of these signs or symptoms contact your doctor.

PARKINSON'S AWARENESS MONTH MONTH OF APRIL



Parkinson's disease is a progressive, neurodegenerative disorder that affects movement, muscle control, and balance as well as numerous other functions. It is part of a group of conditions known as *motor systems disorders*.

The hallmark symptoms of Parkinson's disease (PD) are asymmetric tremors at rest, rigidity, and *bradykinesia* (slowness in movement). There is currently no cure for Parkinson's disease; it is always chronic and progressive, meaning that the symptoms always exist and always worsen over time. The rate of progression varies from person to person, as does the intensity of the symptoms. Parkinson's disease itself is not a fatal disease and many people live into their older years. Mortality of Parkinson's disease patients is usually related to secondary complications, such as pneumonia or falling-related injuries.

Adult-Onset Parkinson's Disease - This is the most common type of Parkinson's disease. The average age of onset is approximately 60 years old. The incidence of adult onset PD rises noticeably as people advance in age into their 70's and 80's.

Parkinson's disease can significantly impair quality of life not only for the patients but for their families as well, and especially for the primary caregivers. It is therefore important for caregivers and family members to educate themselves and become familiar with the course of Parkinson's disease and the progression of symptoms so that they can be actively involved in communication with health care providers and in understanding all decisions regarding treatment of the patient. Because currently there is no known cure for Parkinson's disease, understanding the **standard treatments** - and the **treatment options** - is critical for better controlling the symptoms and preserving the patient's overall functional capacity and quality of life. Forms of treatment are **medications, lifestyle modifications, and surgical treatment options**.

[Parkinson's Support Group](#)

2nd Tuesday of each month at 2:00 PM @ Onslow County Senior Services
For more information call 910-577-6660

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
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.

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

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. 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 important issues facing older adults. It is important to highlight the ways that older Americans are advocating for themselves, their peers, and their communities. **Be a trailblazer!**

More information and activities concerning Older American 's Month will be in out May/June newsletter.

ONSLOW COUNTY SENIOR GAMES

Onslow County Parks & Recreation, Onslow County Senior Services, Jacksonville Recreation & Park

**Register by April 1, 2016
Must be 50 by December 31, 2016**

Onslow Pines Park April 16th 12:00 Noon

Athletic Events: Croquet, Softball Throw, Basketball Shooting, Football Throw, Spin Casting, Silver Striders Fun Walk, Standing Long Jump, 50 Meter Dash and 100 Meter Dash

Onslow Pines Park April 23rd 9:00AM

Athletic Events: Shuffleboard, Horseshoes, Corn Hole

Other Athletic Events are held in different locations.

SILVER ARTS

Visual Arts: Acrylics, Drawing, Mixed Media, Photography, Oil, Sculpture, Watercolors, and Pastels

Literary Arts: Essays, Short Stories, Life Experiences/ Autobiographical, and Poetry

Heritage Arts: Basket Weaving, Hooked Rugs, Needlework, Stained Glass, Weaving, China Painting, Crocheting, Knitting, Quilting, Pottery, Woodworking, Tole Painting, Woodcarving, Woodturning, Jewelry, Tatting & Needlelace

Entry Form and Item to be judged due by April 1, 2016, 5:00PM

Save the DATE!!!!

**Performing Arts & Senior Games Banquet
May 7, 2016 4:00 PM at Onslow County Senior Services.
RSVP by April 29, 2016**

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 Seniors 55 and older
Group Leader Cynthia Peck 910-353-4738

[Alzheimer's & related Disease Disorders Support Group](#)

2nd Tuesday of each 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

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

March 14, 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 will meet in Raleigh March 17 &18, 2016

2016 Legislative Priorities: (1) Home and Community Care Block Grant Funding. (HCCBG)
(2) Uniform Adult Guardianship
(3) Strengthen and Fund N.C.'s Adult Protective Services Program (APS)
(4) Preserve or Restore Optional Medicaid Services
(5) Sustain and Expand Project C. A. R. E.
(Caregiver Alternative to Running on Empty)

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 11:30am

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 10:30-11:30

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
ONSLow 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