

July and August 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



OCSS Director: Christine Kinnett
Christine_Kinnett@onslowcountync.gov
OCSS Deputy Director: Evelyn DeNise
Evelyn_DeNise@onslowcountync.gov
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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MEDICARE 2016 UPDATE

Annual Medicare Update Seminar

September 27, 2016 from 10:00 AM to 11:30 AM
Onslow County Senior Services
Onslow County Multipurpose Complex
4024 Richlands Hwy. Jacksonville, N.C. 28540

Each year Medicare prescription drug plans change in cost and what they cover. All Medicare beneficiaries should review the 2017 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.

If you are new to Medicare or will join in the next year, our "Welcome to Medicare" talk will answer questions like 'Now what should I do?' **Did you know changes in the law could make YOU eligible for Extra Help in 2017?**

Speakers: SHIIP Office, Social Security Office, VA Office

Open enrollment for Medicare Part D starts on 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 Plan) for their 2017 coverage.

Extra Help is available for people on Medicare with limited income and assets.

OCSS
Closed

Monday
July 4, 2016

Call 910-455-2747 for more information

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](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



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. 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.

FAN PROGRAM

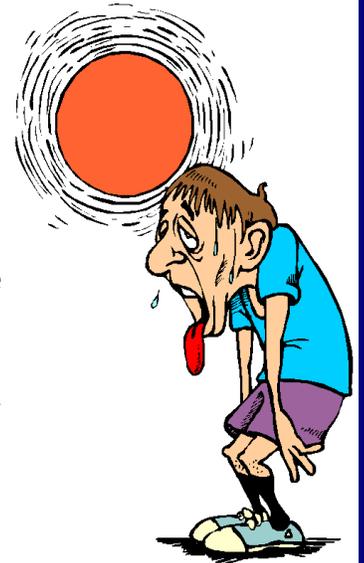
Extreme Heat

It is very important to stay indoors if possible during hot weather. The symptoms of heat stress include: muscle cramps, fatigue, weakness, dizziness, fainting, headaches, nausea and vomiting. Reduce risk by: increasing your fluid intake, spending some time in cool or air-conditioned environments, reduce normal activity levels, and speak with your physician about how to stay safe if you take medicines that can impede heat loss.

Operation Fan/Heat Relief offers people 60 and older the opportunity to receive a fan due to a home situation where a threat to health and well being exists.

Seniors needing a fan to keep cool can call 910-455-2747.

OCSS accepts donations of box fans. If you can donate, call 910-455-2747.



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!

JULY IS UV SAFETY MONTH

Many of us spend the better part of the year looking forward to the summer months. The sunny weather inspires vacation plans, outdoor activities, summer festivals, and trips to the pool or beach. With so many activities packed in, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself ultraviolet (UV) rays.

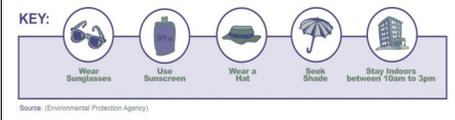
July is UV Safety Month. As we enjoy the beautiful summertime weather, we need to keep in mind several issues about the effects of the sun's ultraviolet radiation. We need sunshine. It helps with our body's production of Vitamin D and has been tied to issues of depression in some people who don't get enough. However, overexposure to the sun can lead to a variety of health risks. You may be surprised about some of the specific dangers of sun exposure and how you can protect yourself.

There are two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that can make the skin leathery and wrinkly in appearance and these also can contribute to certain skin cancers. (An easy way to remember: "A" is for aging and "B" is for burning). Both types are harmful to you in different ways. UV light can be harmful to the skin as many of us know who have been badly sunburned. However, it can also be very bad for our eyes. Eye structures such as the cornea, retina, and lens are damaged from UV radiation, so protecting your eyes is vital.

SUN SAFETY PRECAUTIONS & THE UV INDEX

Here's a guide to the steps you need to take to protect yourself at different UV Index Levels.

UV index level	minimal 0-2	low 3-4	moderate 5-6	high 7-10	very high 11-15
recommended action					
					
					
					
minutes to burn	60	45	30	15	10



AUGUST IS NATIONAL IMMUNIZATION MONTH

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Immunization is especially important for adults 60 years of age and older, and for those who have a chronic condition such as asthma, COPD, diabetes or heart disease.

Immunization is also important for anyone who is in close contact with the very young, the very old, people with weakened immune systems, and those who cannot be vaccinated.

All adults should get:



Influenza (flu) vaccine: Each year to protect against the seasonal flu.

Td or Tdap: Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the Tdap vaccine **each time** they are pregnant, preferably at 27 through 36 weeks.

The need for other adult vaccines – such as shingles, pneumococcal, hepatitis, HPV – depends on one's age, occupation, travel, health status, and other risk factors.

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

ALASKA CRUISE

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



\$2299.00/Person Inside Cabin, \$2,599.00/Person Outside Cabin (Porthole), \$2,699.00/Person Outside Cabin (Picture Window), \$2,999.00 Person Balcony Cabin
(Price based on Double Occupancy. Cabin based on Availability.)

Included in your trip: Round-Trip Airfare, Transportation to and from the Airport, 1 Night Hotel Accommodations in Seattle, Guided Tour of Seattle, Prepaid Onboard Gratuities, Driver/Bus Tips, Cruise Cabin, Shipboard Meals, Port Charges, and all Taxes/Transfers in Seattle .

Arrive in Seattle, Washington for an overnight stay, Next day a guided tour of Seattle and board the Norwegian Jewel. We will go to Ketchikan Alaska, cruise Sawyer Glacier, then Juneau, Alaska, followed by Skagway, Alaska and Victoria, British Columbia. On Saturday September 9, 2017 we will depart Seattle, Washington for home.

For more information, please contact:

Shelly Ashley @ 910-989-3004 or Carolyn Ezzell @ 910-989-3008

PIGEON FORGE/GATLINBURG



September 7-10, 2016 -4 Days/ 3 Nights

Package Includes:

3 Night Hotel Accommodations

3 Breakfasts and 3 Wonderful Dinners

\$457.00/ Per Person—Double Occupancy

Fabulous Shows Including: Hatfield & McCoy Dinner Show, The Smith Morning Variety Show, America's Hit Parade, The Smoky Mountain Opry, The Great Smoky Mountains & Moonshine & Mountain Tour, a visit to the Apple Barn Village and to Gatlinburg.

For more information, please contact:

Shelly Ashley @ 910-989-3004 or Carolyn Ezzell @ 910-989-3008



HOLIDAY FESTIVAL OF LIGHTS IN



November 29-December 1, 2016

3 Days/2 Night Package Includes: 2 Nights' Hotel Accommodations

2 Breakfasts at the Hotel and 2 Wonderful Dinners to include:

Dinner at the Charleston Crab House on Beautiful James Island

\$335.00/ Per Person—Double Occupancy

We will enjoy the James Island Holiday Festival of Lights, a Guided Tour of Historic Charleston decorated for the Holidays, tour the Nathaniel Russell House, and enjoy Holiday Shopping at Charleston's Historic City Market.

For more information, please contact:

Shelly Ashley @ 910-989-3004 or Carolyn Ezzell @ 910-989-3008

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

Onslow County Home Health and Hospice is seeking a volunteer chaplain to coordinate and provide spiritual care for families and individuals facing loss and end of life. If you or someone you know is interested in meeting this essential need, please contact Lisa Smart , Onslow County Senior Services at (910) 455-2747.

ONSLow 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

July 11, 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 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
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