

Golden Age

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

J a n u a r y , 2 0 2 2



Happy New Year!

**Margaret Hewitt
Nutrition Site**

205 Macon Street
Pink Hill, NC
Phone: 252-568-3712
Hours: Tu-F 8:30-12:30

George T. Skinner Center

112 E Blount St
Kinston, NC
Phone: 252-527-1545
Fax: 252-527-8899
Hours: M-Th 8:30-4:30
Fri 8:30-2:30

**LaGrange Community
Center**

410 E. Washington St.
LaGrange, NC
Phone: 252-543-0533
Hours: M-Th 8:00a-9:00p

“To improve and promote the wellbeing of seniors in Lenoir County”

January

Mon	Tues	Wed	Thu	Fri
3 1pm-4pm Bridge Buddies 3pm Chair Aerobics -La Grange	4 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 10am Line Dance - La Grange 10:30 Crafts w/ Maner Pinochle 1pm-4pm * 1pm Chair Aerobics - Kinston	5 9am-11:30am & 12:30-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance- Kinston 3pm Chair -La Grange	6 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics with LaVerne- Kinston *1pm Painting with Maner	7 9am Line Dance - La Grange 9am-11:30am Billiards 12pm Ceramics
10 1pm-4pm Bridge Buddies 3pm Chair Aerobics -La Grange	11 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 10am Line Dance - La Grange *10am Tea w/ Chuki Pinochle 1pm-4pm *1pm Chair Aerobics - Kinston	12 9am-11:30am & 12:30-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance - Kinston 3pm Computer/cell phone help 3pm Chair Aerobic -La Grange	13 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics with LaVerne- Kinston *1pm Painting with Maner	14 9am Line Dance - La Grange 9am-11:30am Billiards 12pm Ceramics
17 	18 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 10am Line Dance - La Grange 10:30am Nutrition w/ Kelly Pinochle 1pm-4pm *1pm Chair Aerobics - Kinston	19 9am-11:30am & 12:30-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance w- Kinston 3pm Chair Aerobics -La Grange	20 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 9:30am Crafts w/ Charlene Pinochle 1pm-4pm 1pm Chair Aerobic- Kinston *1pm Painting with Maner	21 9am Line Dance- La Grange 9am-11:30am Billiards 12pm Ceramics
24 1pm-4pm Bridge Buddies 3pm Chair Aerobics- La Grange	25 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 10am Line Dance - La Grange Pinochle 1pm-4pm *1pm Chair Aerobics Kinston	26 9am-11:30am & 12:30-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance - Kinston 3pm Computer/cell phone help 3pm Chair Aerobics La Grange	27 9am Aerobics w/ Betsy 9am-11:30am & 12:30-3pm Billiards 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner	28 9am Line Dance- La Grange 9am-11:30am Billiards 12pm Ceramics
31 1pm-4pm Bridge Buddies 3pm Chair Aerobics- La Grange	<p>Classes marked with an asterisk (*) are both in person AND on Facebook Live. If not marked, classes/activities are in person only.</p> <p>The exercise room is open for use Tuesday-Friday. You must sign a waiver before your first visit</p> <p>Additional classes/events/activities may be added throughout the month. Announcements of these additions will be made at the center and via Facebook.</p>			

If you leave home, know your Ws!



WEAR

a cloth covering over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

@NCDHHS

#StayStrongNC

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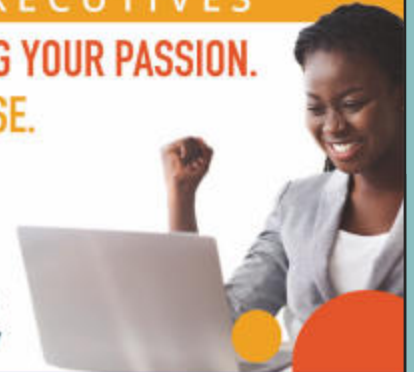
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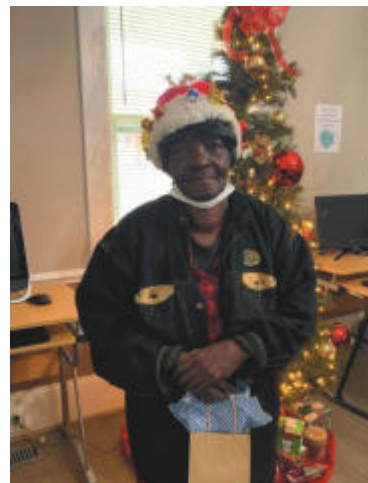


Contact us at careers@4lpi.com
www.4lpi.com/careers

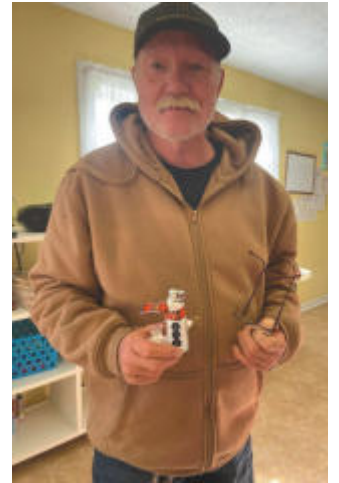
Lenoir County Council on Aging Golden Age Newsletter



Crafting
fun at the
Kinston
site.



Lenoir County Council on Aging Golden Age Newsletter



Pink Hill Nutrition Site takes their celebrations seriously!


January Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun, Milk	4 BBQ Chicken Broccoli & Cheese Fiesta Rice Sliced Apples Bread, Cookie, Milk	5 Salisbury Steak & Gravy Greens Mashed Potatoes Peaches Roll, Milk	6 Ham Okra & Tomatoes Yams Applesauce Roll, Milk	7 Lasagna with Meat Sauce California or Nor- mandy Mix Pears Garlic Bread, Milk
10 Chopped Steak Roasted Potatoes Green Beans Applesauce Roll, Milk	11 Rosemary Chicken Wild Rice Peas Peaches Roll, Cookie, Milk	12 Penne w/Meat Sauce Roasted Vegetables Sliced Apples Garlic Bread Milk	13 BBQ Pork Potatoes Au Gratin Mixed Vegetables Oranges Bun, Milk	14 Chicken Marsala With Spaghetti Glazed Carrots Pears Roll, Milk
17 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Soft Roll, Milk	18 Cheeseburger Green Peas Roasted Potatoes Pineapple Cup Bun, Cookie, Milk	19 Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	20 Sliced Honey Ham Yams Peas & Carrots Pears Corn Bread, Milk	21 Fish Sandwich Cabbage Baked Beans Apple Juice Soft Bun, Milk
24 Teriyaki Chicken Oriental Vegetables Rice Sliced Apples Bread, Milk	25 Roasted Pork Mashed Potatoes Greens Applesauce Roll, Cookie, Milk	26 Beef Mac & Cheese Broccoli Sliced Peaches Soft Roll Milk	27 Beef Tips White Rice Carrots Pears Soft Roll, Milk	28 Smoked Sausage Succotash Potatoes Au Gratin Pineapple Cup Hot Dog Bun, Milk
31 Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll, Milk	1 Swedish Meatballs Broccoli & Cheese Rice Pears Bread, Cookie, Milk	2 Cheese Manicotti w/ Marinara Sauce Green Beans Peaches Soft Roll, Milk	3 Taco Bake Rice & Black Beans Mexican Corn Cinnamon Stewed Apples, Tortilla, Milk	4 Roasted Chicken Mashed Potatoes Greens Applesauce Corn Bread, Milk

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
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- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

Gathering Spot Happenings

Tuesday	Wednesday	Thursday	Friday
4 10:00 - Devotion 10:30 - Crafts w/ Maner	5 TV Time	6 9:30 - Crafts w/ Charlene	7 Puzzles
11 10:00 Devotion 10:30 Tea w/ Chuki	12 Games	13 Movie Day	14 TV
18 10:00 - Devotion 10:30 - Nutrition w/ Kelly	19 Puzzles	20 9:30 - Crafts w/ Charlene	21 Games
25 10:00 - Devotion 10:30 - Tea w/ Chuki	26 Adult Coloring	27 Birthday Celebration	28 Crafts

New Year's Fun Facts

The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.

Forty-five percent of Americans make New Year's resolutions. The top resolutions are: to lose weight, get organized, to spend less and save more, to stay fit and healthy, and to quit smoking. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January.

Be sure to eat leafy greens on New Year's. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience (what an incentive for staying healthy!). Tradition also says that legumes bring prosperity because beans and peas look like coins. No wonder why so many people eat black eyed peas on Jan. 1.

Many people ring in New Year's by popping open a bottle of champagne. Americans drink close to 360 million glasses of sparkling wine during this time. The bubbly stuff dates back to the 17th century, when the cork was invented.

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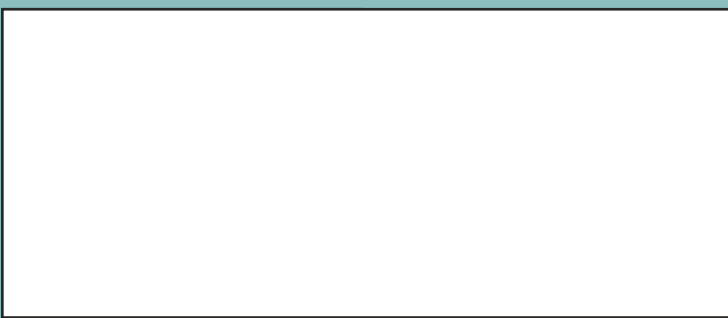


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is here for you!

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Housing Authority of the City of Kinston

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- Kinston Tower Apartments**
- Six Churches Plaza Apartments**
- Roland L. Paylor Apartments**

*Section 8 Rent Assistance for eligible applicants based on income.
Security Deposit can be paid in three installments.*

Equal Housing Opportunity. No discrimination because of race, color, religion, sex, disability, sexual orientation, familial status, or national origin.

Apply at:

Kinston Towers Apartment • 511 North Queen Street • Kinston, NC 28501 • 252-527-8926

Six Churches Apartments • 107 East Peyton Avenue • Kinston, NC 28501 • 252-527-7984

Roland L. Paylor Apartments • 214 West Washington Avenue • Kinston, NC 28501 • 252-523-1601

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Executive Board

Chair	Dorethea Branch
Walter LaRoque	
Treasure	Marva Brown
Gene Rybolt	Pat Kaspyrzk
Secretary	Annie Kornegay
Yvonne Deatherage	Elaine Patterson
	Trudy Pickett

Advisory Board

Kathy Brown
Carolyn Coward
Becky Landrum
William Lawson
Maner Nobles
Brenda Porter

Volunteer Opportunities

Customer Service Assistant

Staffs the receptionist desk at the main entrance of each service location. Responsibilities include information brokerage and customer service related to basic services for older adults.

Home Delivered Meals Driver

Delivers meals to homebound seniors weekly or monthly. Responsibilities include navigation, driving, and interaction with clients as an assurance of wellbeing.

Reassurance Caller

Calls homebound seniors weekly to insure they are well and safe. Provides support and compassion to reduce loneliness and isolation.

Medicare Counselor

Advises Medicare beneficiaries on details of their

health insurance coverage. Requires completion of official Department of Insurance training program.

Activity Leader

Enhances senior center programming through sharing of skills and knowledge in a group lead activity. Plans, executes and leads a regularly scheduled activity, weekly or monthly.

Special Event Planner

Provides assistance with seasonal, annual or one-time events. Responsibilities may include decoration, hospitality, and communication with intended audience

Senior Center Assistant

Supports Staff and other volunteers in executing senior center activities. Responsibilities include room arrangement prior to, clean up after activities, and other grounds maintenance issues as identified.

Support the Council on Aging with a Tax-Deductible Gift

The Lenoir County Council on Aging is a 501(c)3

Gift Amount: \$ _____

Name: _____

Address: _____

City/State/Zip: _____

Make Checks payable to:

Lenoir County Council on Aging 112 E. Blount Street

Home Delivered Meals

Persons 60 years of age who are unable to join others for lunch, due to health restrictions, may have meals delivered to their home by our friendly volunteers.

Home Management

Provides assistance with daily living tasks for older adults who may otherwise require institutionalization.

Senior Companion

Volunteers are matched to seniors needing companionship or light assistance.

Telephone Reassurance

Homebound seniors are called daily to ensure they are well and safe.



For more information about services call
252-527-1545
8:30am – 4:30 pm

Information and Referral

Call for assistance in finding resources and services for older adults or persons with disabilities for:

- Disaster Preparedness
- Durable Medical Equipment
- Energy Assistance
- Medicare/Medicaid
- Senior Games
- Social Security Benefits
- Suspected Abuse/Neglect
- Tax Preparation
- Veterans Benefits
- Transportation
- Health Promotion
- Insurance Counseling
- Legal Services
- Mental Health

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NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



112 East Blount Street
Kinston, NC 28501-4940

www.lenoirccoa.org

LOCATIONS

George Skinner Center

112 E Blount St - Kinston, NC

Phone: 252-527-1545

Fax: 252-527-8899

www.lenoirccoa.org

Hours: M-Th 8:30-4:30, F 8:30-2:30

Margaret Hewitt

Nutrition Site

205 Macon St - Pink Hill, NC

Phone: 252-568-3712

Hours: Tu-F 8:30a-12:30p

LaGrange Community Center

410 E. Washington St - LaGrange, NC

Phone: 252-543-0533

Hours: M-Th 8a-9p, F 8a-12p



CONTACTS:

Executive Director	Nutrition Site
Betsy Griffin	Manager
Business Manager	(Kinston)
Andi Reese	Vera Marks
Program Coordinator	Nutrition Site
Courtney Maynor	Manager
Home Site Manager	(Pink Hill)
Wilhmenia Patterson	Alicia Outlaw