

Golden Age

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

February, 2022

February is jam-packed with activities, celebrations and observances. Black History Month's theme this year is "Black Health and Wellness." American Heart Month brings awareness to heart disease and stroke prevention. And, fittingly, Valentines Day.

See inside for a few short bios of influential African Americans and their contributions to society. They may surprise you.

Find some tips and resources for heart health, too.



Nearly 1 in 2 U.S. adults have hypertension,
yet only about 1 in 4 have it under control.

Feeling the pressure? **CDC can help.** 

cdc.gov/heartmonth



**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"



FEBRUARY



Mon	Tues	Wed	Thu	Fri
Jan 31 1pm-4pm Bridge Buddies 3pm Chair Aerobics -La Grange	1 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange 10:30 Crafts w/ Maner Pinochle 1pm-4pm *1pm Chair Aerobics -Kinston	2 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance- Kinston 3pm Chair -La Grange	3 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics-Kinston *1pm Painting with Maner	4 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics
7 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange	8 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange *10:30 Tea w/ Chuki Pinochle 1pm-4pm *1pm Chair Aerobics -Kinston	9 9am-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	10 9am Aerobics w/ Betsy 9am-3pm Billiards 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner	11 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics Valentines Day Party
14 Happy Valentines Day! 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange 	15 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - La Grange 10:30 Nutrition w/ Kelly Pinochle 1pm-4pm *1pm Chair Aerobics -Kinston	16 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 1pm-4pm *1pm Tai Chi *2pm Line Dance w- Kinston 3pm Chair Aerobics -La Grange	17 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobic-Kinston *1pm Painting with Maner	18 9am Line Dance-La Grange 9am-12pm Billiards 12pm Ceramics
21 1pm-4pm Bridge Buddies 3pm Chair Aerobics—La Grange	22 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance— La Grange *10:30 Tea w/ Chuki Pinochle 1pm-4pm *1pm Chair Aerobics- Kinston	23 9am-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	24 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner	25 9am Line Dance-La Grange 9am-12pm Billiards 12pm Ceramics
28 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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Do you know these influential African Americans?

Annie Lee Cooper (1910 - 2010)

The Selma, Alabama, native played a crucial part in the 1965 Selma Voting Rights Movement. But it wasn't until Oprah played her in the 2014 Oscar-nominated film, *Selma*, that people really took notice of Cooper's activism. She is lauded for punching Alabama Sheriff Jim Clark in the face, but she really deserves to be celebrated for fighting to restore and protect voting rights.



Henrietta Lacks (1920-1951)

After being diagnosed with cervical cancer at The Johns Hopkins Hospital in 1951, a sample of Lacks's cancer cells were taken without her consent by a researcher. And though she succumbed to the disease at the age of 31 that same year, her cells would go on to advance medical research for years to come, as they had the unique ability to double every 20-24 hours. "They have been used to test the effects of radiation and poisons, to study the human genome, to learn more about how viruses work, and played a crucial role in the development of the polio vaccine," Johns Hopkins said.

Garrett Morgan (1877-1963)

The son of two former slaves, Garrett Morgan had little more than a grade-school education. But that didn't stop him from becoming an inventor with a rare gift for designing machines that saved people's lives.

As a teen he worked repairing sewing machines, which led him to invent a revamped sewing machine. Soon he was inventing other products, including a hair-straightener for African Americans. In 1916, he patented a "safety hood," a personal breathing device that protected miners and firefighters from smoke and harmful gases—a precursor to gas masks worn during WWI. Morgan had to hire a white actor to pose as the inventor while he wore the hood during presentations to potential buyers.



Later, after witnessing a car and buggy crash, he was inspired to create a three-signal traffic light. It also had a warning light (today's yellow light) to warn drivers they would soon have to stop. His traffic light was patented in 1923 and Morgan eventually sold its design for \$40,000 to General Electric.



Howard Thurman (1899-1981)

He was a shy man who didn't lead marches or give dramatic speeches. But Howard Thurman was a spiritual genius who transformed history. Thurman was a pastor and professor and mystic whose groundbreaking book, "Jesus and the Disinherited," was a condemnation of a form of Christianity which Thurman said was far too often "on the side of the strong and the powerful against the weak and oppressed." The book had a profound influence on the Rev. Martin Luther King Jr.'s faith and activism.

Thurman graduated from Morehouse College in Atlanta, where he was a classmate of the father of the Rev. Martin Luther King Jr. His impact on the younger King would be profound.

Thurman was the first African American pastor to travel to India and meet Mohandas Gandhi. And he was one of the first pastors to inspire King to merge Gandhi's philosophy of nonviolent resistance with the civil rights movement. Thurman's concepts about nonviolence and Jesus are peppered through King's writings.

Amelia Boynton Robinson (1911-2015)

She lay sprawled unconscious in the road, beaten and gassed by Alabama state troopers. A White officer with a billy club stood over her. The woman was Amelia Boynton Robinson, and a famous photo of that shocking moment helped galvanize the civil rights movement. It was taken during the "Bloody Sunday" march at the Edmund Pettus Bridge in Selma, Alabama, on March 7, 1965. That attack horrified the nation and led to the passage of the Voting Rights Act.



"I wasn't looking for notoriety," Robinson later said. "But if that's what it took, I didn't care how many licks I got. It just made me even more determined to fight for our cause." Robinson had been fighting for Black voting rights long before Selma. As far back as the 1930s, she was registering Black voters in Alabama – a brave undertaking that could have cost Robinson her life in the Jim Crow South. In 1964, she became the first African American woman to run for Congress in Alabama.

President Obama honored her half a century later when he clutched her hand as they crossed the Selma bridge in March 2015 to commemorate the 50th anniversary of Bloody Sunday. Robinson died five months later at age 104.

February Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
7 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Soft Roll, Milk	8 Cheeseburger Green Peas Roasted Potatoes Pineapple Cup Roll Cookie, Milk	9 Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	10 Sliced Honey Ham Yams Peas & Carrots Pears Corn Bread Milk	11 Fish Sandwich Cabbage Baked Beans Apple Juice Soft Bun Milk
14 Teriyaki Chicken Oriental Vegetables Rice Sliced Apples Bread Milk	15 Roasted Pork Mashed Potatoes Greens Applesauce Roll Cookie, Milk	16 Beef Mac & Cheese Broccoli Sliced Peaches Soft Roll Milk	17 Beef Tips White Rice Carrots Pears Soft Roll Milk	18 Smoked Sausage Succotash Potatoes AuGratin Pineapple Cup Hot Dog Bun Milk
21 Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll, Milk	22 Swedish Meatballs Broccoli & Cheese Rice Pears Bread Cookie, Milk	23 Cheese Manicotti w/ Marinara Sauce Green Beans Peaches Soft Roll Milk	24 Taco Bake Rice & Black Beans Mexican Corn Cinnamon Stewed Apples Tortilla, Milk	25 Roasted Chicken Mashed Potatoes Greens Applesauce Corn Bread Milk
28 Chopped Steak Roasted Potatoes Green Beans Applesauce Soft Bun Milk				

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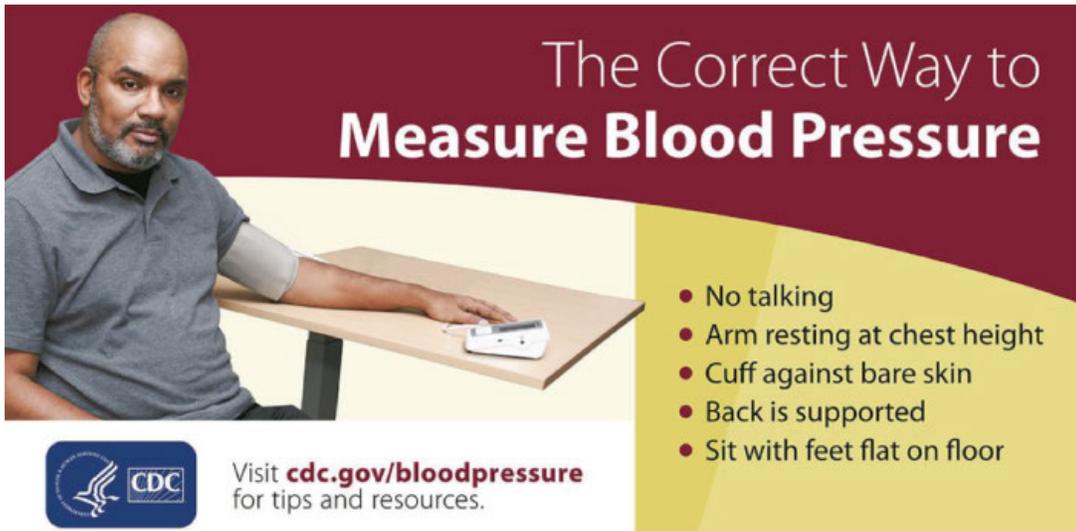


SafeStreets

1-855-225-4251

Gathering Spot Happenings

Tuesday	Wednesday	Thursday	Friday
1 10:00 - Devotion 10:30 - Crafts w/ Maner	2 Puzzles	3 9:30 - Crafts w/ Charlene	4 Music
8 10:00 - Devotion 10:30 - Tea w/ Chuki	9 Adult Coloring	10 Movie Day	11 Valentine Party
15 10:00 - Devotion 10:30 - Nutrition w/ Kelly	16 Games Day	17 9:30 - Crafts w/ Charlene	18 TV
22 10:00 - Devotion 10:30 - Tea w/ Chuki	23 Puzzles	24 9:30 - Crafts w/ Charlene	25 Happy Birthday!



The Correct Way to Measure Blood Pressure

- No talking
- Arm resting at chest height
- Cuff against bare skin
- Back is supported
- Sit with feet flat on floor

Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) for tips and resources.

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From the Director's Desk

Let it snow, let it snow, let it snow! We sure did have a beautiful snow on Jan. 21st. It is always a fun sight to see, but I am always glad to see it go.

I am reminded that not everyone has a safe, warm secure place to be when there is inclement weather. Many seniors are struggling to pay for heat and food. Home repairs are a big problem with a lot of seniors. They own their home but live on a fixed income and cannot afford to fix the hole in the roof, the heating system or the floor that is sagging and about to fall in.

Housing in Lenoir County for seniors is limited. We frequently receive calls from seniors needing help with their living situations. Some don't want to leave where they are living, and need help with repairs. Others need to move but cannot afford to.

AARP will have held a Forum on Housing Options for Older Adults in Lenoir County by the time this newsletter is published. I am hoping that community leaders and members of the public will start a serious conversation on setting local priorities for increasing and improving housing options for older adults in our area. More to come.

On a lighter note... Some sayings by older adults (me included):

- ♥ "Back in my day"
- ♥ "When did this song become classic rock?"
- ♥ "I printed directions from Mapquest"
- ♥ "You go ahead, I'm just going to sit for a minute"
- ♥ "I need to swing by the bank and make a deposit"
- ♥ "Kids today"
- ♥ "Hold on, I think I have the exact change"

Stay safe. Wear your mask. Wash your hands.

Betsy Griffin



**65+? Lonely?
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is here for you!

866-578-4673



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- Roland L. Paylor Apartments**

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- 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
- KHA Central Office** • 608 North Queen Street • Kinston, NC 28502 • 252-523-1195

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William Lawson
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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
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NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



LENOIR COUNTY

Council on Aging, Inc.

112 East Blount Street
Kinston, NC 28501-4940

www.lenoircco.org

LOCATIONS

George Skinner Center

112 E Blount St - Kinston, NC

Phone: 252-527-1545

Fax: 252-527-8899

www.lenoircco.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



LENOIR COUNTY

Council on Aging, Inc.

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