



LENOIR COUNTY
Council on Aging, Inc.

Golden Age

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

March, 2022



**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

"To improve and promote the wellbeing of seniors in Lenoir County"



MARCH



Mon	Tues	Wed	Thu	Fri
<p>Classes marked with an asterisk (*) are both in person AND on Facebook Live. If not marked, classes/activities are in person only. Additional activities may be added throughout the month. Announcements of these additions will be made at the center and via Facebook.</p>	<p>1 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - <u>La Grange</u> 10am Devotion Pinochle 1pm-4pm *1pm Chair Aerobics - <u>Kinston</u> Mardi Gras</p>	<p>2 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- <u>Kinston</u> 3pm Chair -<u>La Grange</u></p>	<p>3 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics- <u>Kinston</u> *1pm Painting with Maner</p>	<p>4 9am Line Dance - <u>La Grange</u> 9am-12pm Billiards 12pm Ceramics</p>
<p>7 1pm-4pm Bridge Buddies 3pm Chair Aerobics— <u>La Grange</u></p>	<p>8 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - <u>La Grange</u> 10am Care Access Alzheimer's/Dementia Presentation Blood Pressure/ Glucose Check Pinochle 1pm-4pm *1pm Chair Aerobics - <u>Kinston</u></p>	<p>9 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance - <u>Kinston</u> 3pm Computer/cell phone help 3pm Chair Aerobic -<u>La Grange</u></p>	<p>10 9am Aerobics w/ Betsy 9am-3pm Billiards 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics - <u>Kinston</u> *1pm Painting with Maner</p>	<p>11 9am Line Dance - <u>La Grange</u> 9am-12pm Billiards 12pm Ceramics</p>
<p>14 1pm-4pm Bridge Buddies 3pm Chair Aerobics— <u>La Grange</u></p>	<p>15 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - <u>La Grange</u> 10am Devotion 10:30 Nutrition w/ Kelly Pinochle 1pm-4pm *1pm Chair Aerobics - <u>Kinston</u></p>	<p>16 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- <u>Kinston</u> 3pm Chair Aerobics -<u>La Grange</u></p>	<p>17 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobic- <u>Kinston</u> *1pm Painting with Maner St. Patrick's Day 🍀</p>	<p>18 9am Line Dance - <u>La Grange</u> 9am-12pm Billiards 12pm Ceramics</p>
<p>21 1pm-4pm Bridge Buddies 3pm Chair Aerobics— <u>La Grange</u></p>	<p>22 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance— <u>La Grange</u> 10am Devotion *10:30 Tea w/ Chuki Pinochle 1pm-4pm *1pm Chair Aerobics <u>Kinston</u></p>	<p>23 9am-3pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance - <u>Kinston</u> 3pm Computer/cell phone help 3pm Chair Aerobics <u>La Grange</u></p>	<p>24 9am Aerobics w/ Betsy 9am-3pm Billiards 9:30 Crafts w/ Charlene 12pm BINGO Pinochle 1pm-4pm 1pm Chair Aerobics - <u>Kinston</u> *1pm Painting with Maner</p>	<p>25 9am Line Dance - <u>La Grange</u> 9am-12pm Billiards 12pm Ceramics</p>
<p>28 1pm-4pm Bridge Buddies 3pm Chair Aerobics— <u>La Grange</u></p>	<p>29 9am Aerobics w/ Betsy 9am-3pm Billiards 10am Line Dance - <u>La Grange</u> 10am Devotion Crafts w/ Maner 10:30am Pinochle 1pm-4pm *1pm Chair Aerobics -</p>	<p>30 9am-3pm Billiards 9:30-11:30am Crochet 10am Cornhole & Snacks Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- <u>Kinston</u> 3pm Chair Aerobics- <u>La Grange</u></p>	<p>31 9am Aerobics w/ Betsy 9am-3pm Billiards 10:30 am UNC Health Care: Dietician Presentation Pinochle 1pm-4pm 1pm Chair Aerobics - <u>Kinston</u> *1pm Painting with Maner</p>	<p>April 1 9am Line Dance - <u>La Grange</u> 9am-12pm Billiards 12pm Ceramics</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

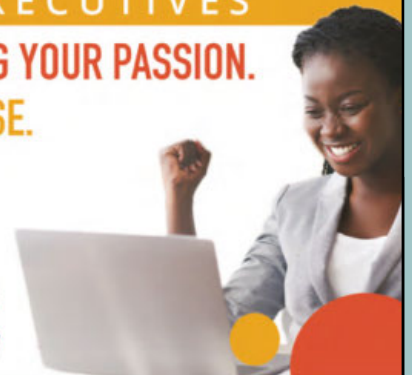
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Are you between the ages of 55
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If so, you might be able to help us
advance Alzheimer's research.

Highlights:

- Health assessments and tests will be provided to volunteers at no cost
- Compensation may be provided to qualified volunteers for time and travel
- You'll be helping researchers find new treatment options for patients with Alzheimer's



For more information or to
get scheduled contact

910-543-8344

testforalz.com/k-nc



FREE MEDICARE SEMINAR

SHIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIP will be conducting a free seminar entitled:

Seminar Title Here

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

Wednesday, March 16

10 am til 12 noon

Lenoir County Cooperative Extension

1791 NC Highway 11

Kinston, NC. 28504

To register, call:

252-527-2191

For additional information, contact:

Ivy Brantley Reid, SHIP Coord.



SHIP

NC DEPARTMENT OF
INSURANCE

1-855-408-1212 • www.ncshiip.com
North Carolina Department of Insurance
Mike Causey, Commissioner


February Meals Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chopped Steak Roasted Potatoes Green Beans Applesauce Soft Bun Milk	1 Rosemary Chicken Wild Rice Peas Peaches Roll, Milk Cookie	2 Penne w/ Meat Sauce Roasted Vegetables Sliced Apples Garlic Bread Milk	3 BBQ Pork Potatoes Au Gratin Mixed Vegetables Oranges Bun Milk	4 Chicken Marsala w/ Spaghetti Glazed Carrots Pears Roll Milk
7 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Soft Roll Milk	8 Cheeseburger Green Peas Roasted Potatoes Pineapple Cup Roll, Milk Cookie	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, Milk Cookie	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 Au Gratin 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, Milk Cookie	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	29 Rosemary Chicken Wild Rice Peas Peaches Roll, Milk Cookie	30 Penne w/ Meat Sauce Roasted Vegetables Sliced Apples Garlic Bread Milk	31 BBQ Pork Potatoes Au Gratin Mixed Vegetables Oranges Bun Milk	April 1 Chicken Marsala w/ Spaghetti Glazed Carrots Pears Roll Milk

ADT-Monitored Home Security

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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 Movie Day
8 10:00 - Care Assets w/ Charles McBride 10:00 BP & Glucose checks	9 Adult Coloring	10 TV	11 Games
15 10:00 - Devotion 10:30 - Nutrition w/ Kelly	16 Music	17 9:30 - Crafts w/ Charlene	18 10:00 Computer Class
22 10:00 - Devotion 10:30 - Tea w/ Chuki	23 Scrap Book	24 Birthday Celebration	25 10:30 Crafts w/ Maner
29 10:30 Devotion	30 10:00 Corn Hole & Snacks	31 10:00 Mary w/ UNC Health Care Dietitian	

SUPPORT OUR ADVERTISERS!



From the Director's Desk

Greetings!

Spring is starting to spring and the weather, though a little unpredictable, is starting to mellow out. We look forward to this rebirth every year: warm sunshine, green grass, flowers, and the ability to be outside without layers of sweaters and jackets and hats and scarves.

February was a sort of rebirth for our senior center. Staff was busy collecting documentation, sign-in sheets, flyers, newsletters, etc., from the past FIVE years. We are currently designated as a Center of Excellence by the State of North Carolina. And all this effort and long days were to apply for Senior Center of Excellence recertification.

So, what IS a Center of Excellence? It's an active senior center that offers a wide variety of programs and services and strives to go "the extra mile" with improvements, and innovative programming. In short, it's us - all of us, including you.

You play an integral and necessary part in the center's Excellence designation. We have a group of members who meet quarterly to guide programming and center activity. Would you be interested in serving on the Advisory Council to provide input and ideas to further our programming here? We want YOU! Talk to Courtney, our fabulous Program Coordinator and she can answer any questions you may have and get you involved in our Excellence!

On another note, we are making face coverings inside our buildings optional. This means that, if you are fully vaccinated and boosted, you can choose whether to continue to wear your face covering inside. We love to see your smiles, but we also support you in your choice. If you have not been vaccinated and boosted according to CDC guidance, or if you think you may have been exposed to someone with COVID, we do ask you to consider your own health and that of others and wear a mask.

Be excellent!

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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- 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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Chair	Dorethea Branch
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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

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

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and ask for SHIP
or call NC SHIP
855-408-1212



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