



LENOIR COUNTY
Council on Aging, Inc.

Golden Age

A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

M a y , 2 0 2 2

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 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 8:30-5:00
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"



May



Mon	Tues	Wed	Thu	Fri
<p>2</p> <p>1pm-4pm Bridge Buddies</p> <p>3pm Chair Aerobics—<u>La Grange</u></p>	<p>3 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>10am Line Dance —<u>La Grange</u></p> <p>Devotion 10am</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Chair Aerobics - <u>Kinston</u></p>	<p>4 9am-3pm Billiards</p> <p>9:30-11:30am Crochet</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Tai Chi</p> <p>*2pm Line Dance—<u>Kinston</u></p> <p>3pm Chair Aerobics <u>La Grange</u></p>	<p>5 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>12pm BINGO</p> <p>Pinochle 12:30pm-4pm</p> <p>1pm Chair Aerobics —<u>Kinston</u></p> <p>*1pm Painting with Maner</p>	<p>6</p> <p>Older Americans Month Celebration @ Grainger Stadium: Center Closed</p>
<p>9</p> <p>1pm-4pm Bridge Buddies</p> <p>3pm Chair Aerobics—<u>La Grange</u></p>	<p>10 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>10am Line Dance —<u>La Grange</u></p> <p>Devotion 10am</p> <p>*10:30 Tea w/ Chuki</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Chair Aerobics - <u>Kinston</u></p>	<p>11 9am-3pm Billiards</p> <p>9:30-11:30am Crochet</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Tai Chi</p> <p>*2pm Line Dance—<u>Kinston</u></p> <p>3pm Chair Aerobics <u>La Grange</u></p> <p>3pm Computer/phone help</p>	<p>12 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>Pinochle 12:30pm-4pm</p> <p>12pm BINGO</p> <p>1pm Chair Aerobics - <u>Kinston</u></p> <p>*1pm Painting with Maner</p> <p>Mother's Day Tea @ 2pm— RSVP by May 10th</p>	<p>13</p> <p>9am Line Dance - <u>La Grange</u></p> <p>9am-12pm Billiards</p>
<p>16</p> <p>1pm-4pm Bridge Buddies</p> <p>3pm Chair Aerobics—<u>La Grange</u></p>	<p>17 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>10am Line Dance - <u>La Grange</u></p> <p>10am Devotion</p> <p>10:30am Nutrition w/ Kelly Bookmobile 11am-12pm</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Chair Aerobics - <u>Kinston</u></p>	<p>18 9am-3pm Billiards</p> <p>9:30-11:30am Crochet</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Tai Chi</p> <p>*2pm Line Dance—<u>Kinston</u></p> <p>3pm Chair Aerobics <u>La Grange</u></p>	<p>19 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>*10am Mental Health Talk w/ <u>Nikki Lewis from Port Health</u></p> <p>12pm BINGO</p> <p>Pinochle 12:30pm-4pm</p> <p>1pm Chair Aerobic—<u>Kinston</u></p> <p>*1pm Painting with Maner</p>	<p>20</p> <p>9am Line Dance - <u>La Grange</u></p> <p>9am-12pm Billiards</p> <p>12pm Ceramics</p>
<p>23</p> <p>1pm-4pm Bridge Buddies</p> <p>3pm Chair Aerobics—<u>La Grange</u></p>	<p>24 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>10am Line Dance—<u>La Grange</u></p> <p>10am Devotion</p> <p>*10:30am Tea w/ Chuki</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Chair Aerobics <u>Kinston</u></p>	<p>25 9am-3pm Billiards</p> <p>9:30-11:30am Crochet</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Tai Chi</p> <p>*2pm Line Dance -- <u>Kinston</u></p> <p>3pm Chair Aerobics <u>La Grange</u></p> <p>3pm Computer/phone help</p>	<p>26 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>*10:30am Osteoporosis Presentation— <u>Dan, PT, from Vidant 3HC</u></p> <p>12pm BINGO</p> <p>Pinochle 12:30pm-4pm</p> <p>1pm Chair Aerobics - <u>Kinston</u></p> <p>*1pm Painting with Maner</p>	<p>27</p> <p>9am Line Dance-<u>La Grange</u></p> <p>9am-12pm Billiards</p> <p>12pm Ceramics</p>
<p>30</p> 	<p>31 9am Aerobics w/ Betsy</p> <p>9am-3pm Billiards</p> <p>10am Line Dance - <u>La Grange</u></p> <p>10am Devotion</p> <p>10:30 Poppy Planting w/ Maner</p> <p>Memorial Day Corn Hole Games @12pm</p> <p>Pinochle 12:30pm-4pm</p> <p>*1pm Chair Aerobics -<u>Kinston</u></p>	<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>		

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

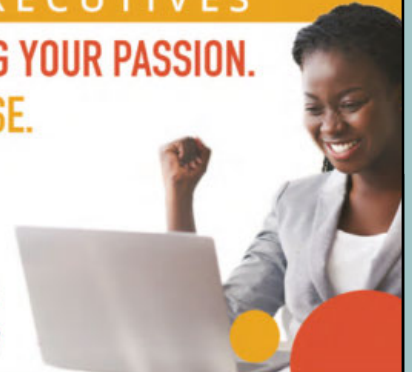
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2022 Volunteer Appreciation Luncheon



Lenoir County Council on Aging Golden Age Newsletter

LCCOA sincerely thanks the people who give their time, talents, and energy to make our agency and our community a better place!




April Meals Menu

ONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun, Milk	3 Oven Roasted Chicken Breast Field Peas w/ Snaps Roasted Potatoes Pears, Roll Cookie, Milk	4 Italian Sausage w/ Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread, Milk	5 Chili w/ Kidney Beans Broccoli Rice Peaches, Cornbread Milk	6 Roasted Turkey Egg Noodles Green Peas Roll Milk
9 Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun, Milk	10 BBQ Chicken Broccoli & Cheese Fiesta Rice Sliced Apples, Bread Cookies, Milk	11 Salisbury Steak & Gravy Green Peas Mashed Potatoes Peaches, Roll, Milk	12 Ham Okra & Tomatoes Yams Applesauce Roll, Milk	13 Lasagna w/ Meat Sauce California or Normandy Mix Pears, Roll, Milk
16 Swedish Meatballs Peas Rice Cinnamon Apples Roll Milk	17 BBQ Pork Cabbage Baked Beans Orange Juice Bun, Cookie Milk	18 Roasted Chicken Succotash Roasted Red Potatoes Pears Cornbread Milk	19 Spaghetti w/ Meat Sauce Green Beans Applesauce Bread Milk	20 Chopped Steak w/ Demi Au Jus Mixed Vegetables Mashed Potatoes Peaches Roll, Milk
23 Country Steak Sandwich Okra & Tomatoes Corn, Apple Juice Bun, Milk	24 Chicken & Wild Rice Dill Carrots Pears Roll Cookie, Milk	25 Baked Ziti Green Beans Noodles Sliced Peaches Garlic Bread, Milk	26 Roasted Pork Peas & Carrots Roasted Red Potatoes Stewed Apples Bread, Milk	27 Chicken Marsala Roasted Vegetables Noodles Cinnamon Applesauce Roll, Milk
30 Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun, Milk	31 Oven Roasted Chicken Breast Field Peas w/ Snaps Roasted Potatoes Pears, Roll Cookie, Milk	1 Italian Sausage w/ Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread, Milk	2 Chili w/ Kidney Beans Broccoli Rice Peaches, Cornbread Milk	3 Roasted Turkey Egg Noodles Green Peas Roll Milk

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Gathering Spot Happenings

Tuesday	Wednesday	Thursday	Friday
3 10:00 - Devotion 11:00 - Bookmobile	4 Puzzles	5 Bingo	6 Older Americans Month Day at the Ballpark 10:00 am - 1:00 pm
10 10:00 - Devotion 10:30 - Tea w/ Chuki 10:30 - BP & Glucose	11 TV Time	12 9:30 Crafts w/ Charlene	13 Aquarium Trip (Sign-up is full)
17 10:00 - Devotion 10:30 - Nutrition w/ Kelly	18 Music	19 10:00 Port Health w/ Nik- ki Lewia	20 10:00 - Computer Class w/ Amber
31 10:00 - Devotion 10:30 - Poppy Planting w/ Maner 12:00 - Cornhole			

CAREGIVER SUPPORT GROUP MEETING

Thursday, May 12, 2022
5:00-6:30 p.m.
112 E. Blount Street - Kinston

Please RSVP to Betsy Griffin
(252) 527-1545 ext. 223



SUPPORT OUR ADVERTISERS!



Unsung Heroes of the Covid Era

Throughout the COVID pandemic, banners, road signs, and media notes hail police persons, medical personnel, and other first responders as heroes. These people more than earned the praise and recognition that was being given to them.

Another group of people who assumed a continued leadership role in the community was the staff and a few volunteers who manned the task of caring for senior citizens after the Lenoir County Council on aging closed their doors to daily in-house programs.

They didn't miss a beat. Meals were provided every Monday. Care, concern and extra attention was given to the senior population who were associated with the center.

The personal calls (wellness checks) were made to those who were home-bound under quarantine orders.

All of the specific holidays and special events were celebrated in a very creative manner; through drive-by events and other joyful, eventful ways.

The care and attention that these few people made them qualify, in my book, as the volunteer group of the year.

They provided their services from a little old house; not a state of the art facility, as is available in other counties.

The caring, the energy, and the heart of each and every one under the direction of Director, Betsy Griffin made the program stand head and shoulders above others.

These people are my heroes.

Unsung heroes of Lenoir County then and now. God bless you all!

Submitted by Maner Nobles, Lenoir County Senior Citizen



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

Programs, Services, and Activities

Aerobics	Crochet Club	Pinochle
Arts and Crafts	Devotion	Respite Services
Billiards	Home Delivered Meals	Senior Companion
Bingo	Home Management	Special Events
Bookmobile	Information and Referral	Tai Chi
Bridge Buddies	Line Dance	Telephone Reassurance
Caregiver Support Group	Medicare Counseling	Technology Education
Ceramics	Mental Health Education	Transportation
Chair Aerobics	Nutrition Education	Volunteer Opportunities
Congregate Nutrition	Painting	



For more information call 252-527-1545 8:30 a.m. - 5:00 p.m.

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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.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



LENOIR COUNTY
Council on Aging, Inc.

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