



LENOIR COUNTY
Council on Aging, Inc.

Golden Age

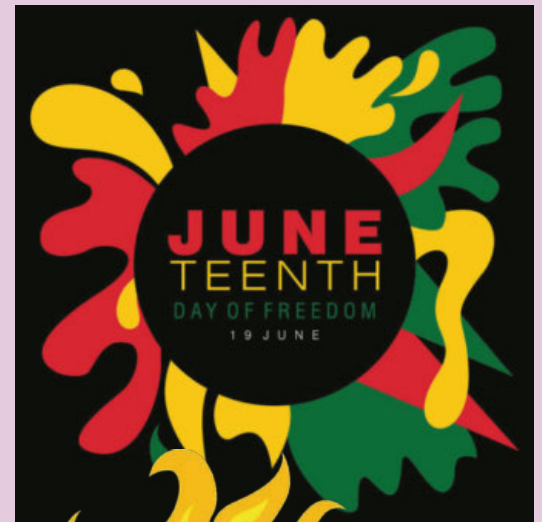
A MONTHLY PUBLICATION FOR THE SENIORS OF LENOIR COUNTY

June, 2022

IN THIS ISSUE...



Hurricane Season, 2022
How to Be Prepared...



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"



June

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>				
		1 9am-4pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- Kinston 3pm Chair Aerobics La Grange	2 9am Aerobics w/ Betsy 9am-4pm Billiards 12pm BINGO Pinochle 12:30pm-4pm 1pm Chair Aerobics – Kinston *1pm Painting with Maner	3 9am Line Dance- La Grange 9am-12pm Billiards 10:30 Disaster/ Hurricane Preparedness w/ Kelly 12pm Ceramics
6 1pm-4pm Bridge Buddies 3pm Chair Aerobics— La Grange	7 9am Aerobics w/ Betsy 9am-4pm Billiards 10am Line Dance – La Grange 10am Devotion Bookmobile 11-12pm Pinochle 12:30pm-4pm *1pm Chair Aerobics - Kinston	8 9am-4pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- Kinston 3pm Computer/phone help 3pm Chair Aerobics La Grange	9 9am Aerobics w/ Betsy 9am-4pm Billiards 9:30am Crafts w/ Charlene Pinochle 12:30pm-4pm 12pm BINGO 1pm Chair Aerobics – Kinston *1pm Painting with Maner	10 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics
13 1pm-4pm Bridge Buddies 3pm Chair Aerobics— La Grange	14 9am Aerobics w/ Betsy 9am-4pm Billiards 10am Line Dance - La Grange 10am Devotion *10:30 Tea w/ Chuki Pinochle 12:30pm-4pm *1pm Chair Aerobics - Kinston	15 9am-4pm Billiards *Elder Abuse Awareness Walk- 9am @ Pearson Park 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance- Kinston 3pm Chair Aerobics La Grange	16 9am Aerobics w/ Betsy 9am-4pm Billiards Movie Day @ 10:30 12pm BINGO Pinochle 12:30pm-4pm 1pm Chair Aerobic- Kinston *1pm Painting with Maner	17 9am Line Dance - La Grange 9am-12pm Billiards 12pm Ceramics Fathers Day Cookout 12:30pm- RSVP to Courtney by 6/15
20 1pm-4pm Bridge Buddies 3pm Chair Aerobics- La Grange	21 9am Aerobics w/ Betsy 9am-4pm Billiards 10am Line Dance— La Grange 10am Devotion 10:30am Crafts w/ Maner Pinochle 12:30pm-4pm *1pm Chair Aerobics Kinston	22 9am-4pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance -- Kinston 3pm Computer/phone help 3pm Chair Aerobics La Grange	23 9am Aerobics w/ Betsy 9am-4pm Billiards 12pm Juneteenth Activity TBA Pinochle 12:30pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner	24 9am Line Dance- La Grange 9am-12pm Billiards 12pm Ceramics Trip to Raleigh Farmers Market* Seats limited- RSVP to Courtney
27 1pm-4pm Bridge Buddies 3pm Chair Aerobics- La Grange	28 9am Aerobics w/ Betsy 9am-4pm Billiards 10am Line Dance - La Grange 10am Devotion *10:30 Tea w/ Chuki Pinochle 12:30pm-4pm *1pm Chair Aerobics - Kinston	29 9am-4pm Billiards 9:30-11:30am Crochet Pinochle 12:30pm-4pm *1pm Tai Chi *2pm Line Dance -- Kinston 3pm Chair Aerobics La Grange	30 9am Aerobics w/ Betsy 9am-4pm Billiards 11 am BINGO Pinochle 12:30pm-4pm 1pm Chair Aerobics - Kinston *1pm Painting with Maner	July 1 9am Line Dance- La Grange 9am-12pm Billiards 12pm Ceramics

SPECIAL EVENTS THIS MONTH

CAREGIVER SUPPORT GROUP

Thursday, June 9, 2022

5:00-6:30 p.m.

112 E. Blount Street - Kinston

Please RSVP to Betsy Griffin

(252) 527-1545 ext. 223

JUNETEENTH BINGO

Thursday, June 23, 2022

12:00 Noon

Learn about this important landmark celebration of freedom and have some fun in the process. No RSVP necessary.

FATHERS DAY COOKOUT

Friday, June 17, 2022

12:30 p.m.

Please RSVP by 6/15/22 to Courtney

Are you a father? Betsy will be grillin' hot dogs and hamburgers to celebrate the fathers among us!

TRIP TO RALEIGH FARMERS MARKET

Friday, June 24, 2022

Leave at 9:00 a.m. and return by 3:30 p.m.

Seats are limited.

Please RSVP by 6/20/22 to Courtney

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AVAILABLE

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HURRICANE/DISASTER PREPAREDNESS



Hurricane season officially starts June 1st and can bring many effects that can disrupt your life and put you in danger. Storm surge, strong winds,

tornadoes and flooding are just a few we could experience should a hurricane take aim at our community. Do you know what to do? Here are some ways you can prepare yourself for the uncertainty these events can bring.

Find out if you live in an evacuation zone and plan several routes out should you be ordered to leave.

Assemble a “Go Bag” with supplies you may need.

If you have property insurance, check with your agent so you know what is covered and under what circumstances. Keep a copy of your policy and agent contact information in your Go Bag.

Do you own your home? Consider flood insurance.

Prepare your home by covering windows, secure loose items such as lawn furniture, flower pots, etc. Trim trees. Secure all your doors. Move your car to a safe location.

Check on your neighbors who might need help (if you can). Are they prepared to evacuate? Do they need help leaving? Check on them after the storm.

Communicate your plans with loved ones.

Before the storm/event, stay tuned to your local news channels (radio and TV) for information about the storm/event, shelter locations, evacuation orders, and other relevant information.

Emergency Supply Kit

Power can go out at any time, and often takes days to restore after a disaster event. FEMA recommends the following for your Basic Emergency Supply Kit

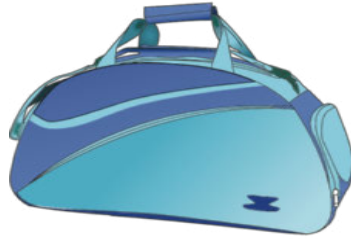
- Water and non-perishable food for several days. Consider one gallon of water per person per day
- Extra cell phone battery or charger (charge them thoroughly before the storm event)
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask (filters contaminated air) and plastic sheeting and duct tape for sheltering in place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities (know where your water and gas turn-offs are)
- Can opener
- Local maps (your cell phone and GPS services may be interrupted during major storms)
- Fire extinguisher



HURRICANE/DISASTER PREPAREDNESS

What's in a "Go Bag?"

Before a storm or other possible disaster event, you should prepare a bag or other container with items you will likely need if you must leave your home. Here are some essential items you may need:



- Prescription medications, glasses, and any other assistive devices/equipment
- Infant formula and diapers/wipes if you are caring for a baby
- Pet food, water and supplies for pets
- Important family documents (insurance policies, ID cards, bank account records) in a portable waterproof container
- Cash and change – ATMs won't work if the power is out
- First aid reference material
- Sleeping bag or warm blanket for each person
- Complete change of clothing (or two), including a long sleeved shirt, long pants, and socks/shoes.
- Matches in a waterproof container
- Personal hygiene supplies (feminine products, toothbrush/toothpaste, soap) and hand sanitizer
- Mess kit items – paper plates/cups, disposable utensils, paper towels
- Paper and pencil/pen
- Books, games, puzzles, or other activities (for children and for you!)

Another tip: Write down important telephone numbers (family, friends, physicians, other emergency numbers) and keep them in a water-proof container.

Additional Resources

If you use a smart phone, consider downloading the FEMA App:



[Get it on Google Play](#). You can also download the app via text messaging on an Android device:

Text **ANDROID** to **43362** (4FEMA)



[Download on the Apple App Store](#). You can also download the app via text messaging on an Apple Device:

Text **APPLE** to **43362** (4FEMA)

Features in the App:

- Receive **real-time alerts** from the National Weather Service for up to five locations nationwide.
- **Share** real-time notifications with loved ones via text, email and social media
- Learn **emergency safety tips** for over 20 types of disasters, including fires, flooding, hurricanes, snowstorms, tornadoes, volcanoes and more.
- Locate open emergency **shelters** and **disaster recovery centers** in your area where you can talk to a FEMA representative in person.
- Prepare for disasters with a customizable **emergency kit checklist, emergency family plan, and reminders**.
- Connect with FEMA to register for **disaster assistance** online.
- Toggle between **English** and **Spanish**.
- Follow the **FEMA blog** to learn about the work FEMA does across the United States.

Visit www.ready.gov for additional information about preparing for disasters (including wildfires, tornadoes, flooding, etc.)


June Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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
6 Cheeseburger Glazed Carrots Baked Beans Pineapple Cup Bun, Milk	7 BBQ Chicken Broccoli & Cheese Fiesta Rice Sliced Apples, Bread Cookies, Milk	8 Salisbury Steak & Gravy Green Peas Mashed Potatoes Peaches, Roll, Milk	9 Ham Okra & Tomatoes Yams Applesauce Roll, Milk	10 Lasagna w/ Meat Sauce California or Normandy Mix Pears, Roll, Milk
13 Swedish Meatballs Peas Rice Cinnamon Apples Roll Milk	14 BBQ Pork Cabbage Baked Beans Orange Juice Bun, Cookie Milk	15 Roasted Chicken Succotash Roasted Red Potatoes Pears Cornbread Milk	16 Spaghetti w/ Meat Sauce Green Beans Applesauce Bread Milk	17 Chopped Steak w/ Demi Au Jus Mixed Vegetables Mashed Potatoes Peaches Roll, Milk
20 Country Steak Sandwich Okra & Tomatoes Corn, Apple Juice Bun, Milk	21 Chicken & Wild Rice Dill Carrots Pears Roll Cookie, Milk	22 Baked Ziti Green Beans Noodles Sliced Peaches Garlic Bread, Milk	23 Roasted Pork Peas & Carrots Roasted Red Potatoes Stewed Apples Bread, Milk	24 Chicken Marsala Roasted Vegetables Noodles Cinnamon Applesauce Roll, Milk
27 Fish Patty Mixed Vegetables Macaroni & Cheese Orange Cup Bun, Milk	28 Oven Roasted Chicken Breast Field Peas w/ Snaps Roasted Potatoes Pears, Roll Cookie, Milk	29 Italian Sausage w/ Peppers & Onions Cabbage Spaghetti Noodles Applesauce Bread, Milk	30 Chili w/ Kidney Beans Broccoli Rice Peaches, Cornbread Milk	1 Roasted Turkey Egg Noodles Green Peas Roll Milk

ADT-Monitored Home Security

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- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

Gathering Spot Happenings

Tuesday	Wednesday	Thursday	Friday
	1 Shuffleboard	2 Puzzles 12:00 Bingo	3 10:30 - Hurricane Awareness w/ Kelly
7 10:00 - Devotion 11-12 - Digital Resource Rover	8 TV Time	9 9:30 - Crafts w/ Charlene 12:00 - Bingo	10 Cookies & Cream
14 10:00 - Devotion 10:30 - Tea w/ Chuki National Flag Day	15 Games	16 Movie Day 12:00 - Bingo	17 Father's Day Cookout
21 10:00 - Devotion 10:30 - Crafts w/ Maner	22 Adult Coloring	23 Juneteenth Activity TBA	24 Music
28 10:00 - Devotion 10:30 - Tea w/ Chuki	29 Shuffleboard	30 11:00 - Bingo Birthday Celebration	



PROJECT FAN HEAT RELIEF

We have fans available for those age 60 or better who live in Lenoir County and have a heat-related home situation that presents a threat to health/well-being.

Fans can be picked up at the Skinner Center. One fan per household.

Please call Andi at the Skinner Center (252-527-1545 ext. 224) for more information.

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Lenoir County Council on Aging

A Beautiful Day at the Pine Knoll Shores Aquarium



STAY SAFE THIS SUMMER

Prepare yourself for the high temperatures.

According to the [Centers for Disease Control and Prevention](#) (CDC), sickness from the heat occurs when your body cannot compensate and properly cool you off. However, heat-related illness and death are preventable.



- Stay in an air-conditioned location as much as possible.
- Drink plenty of fluids, even if you do not feel thirsty.
- Take several breaks from the heat, especially midday when the sun is hottest.
- Wear loose, lightweight, light-colored clothing, and sunscreen. Reapply sunscreen as indicated.
- Take cool showers or baths to cool down.
- Check on friends or neighbors during extremely hot days and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



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

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Executive Board

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



Advisory Board

Kathy Brown
Wayne Bryant
Becky Landrum
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

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Medicare costs hard to swallow? SHIP can help.

Lenoir County
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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