



**PITT COUNTY**  
Council on Aging

MARCH 2021  
NEWSLETTER



**Saturday, April 17, 2021**

**Plants, yard décor, home décor,  
jewelry, gifts, and much more!**

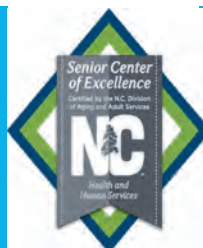
---

**Vendor Spots available!**

---

**Email: [cshimer@pittcoa.com](mailto:cshimer@pittcoa.com)  
for information and registration**

**Rich Zeck**—Executive Director  
**Bill Newill**—Chair  
**Chris Woods**—Vice Chair  
**Ray Franks**—Treasurer  
**Sue Tidd**—Secretary



Council on Aging & Greenville Senior Center  
4551 County Home Road, Greenville, NC 27858  
Phone: 252-752-1717  
Fax: 252-752-9365  
[www.pittcoa.com](http://www.pittcoa.com)



March 2021

**Rich Thoughts from the Executive Director**



Greetings family and friends,

I say it every year but I love spring. It represents so much of who we are as people. We go through times of ups and downs, darkness and cold, years like 2020 and yet, we look ahead to something positive, new and fresh like spring 2021.

This spring there is much to be excited about here at the Council on Aging. I am optimistic we'll be breaking ground on our facility expansion that will allow more older adults to participate in our programs and services. I am optimistic that those who experienced the winter blues and blahs will be encouraged that hope springs eternal. I am optimistic that those seeking comfort and support will continue to find it here. Lastly, I am optimistic that heat and humidity is just around the corner.

Take a good look at all the events happening here this month. There are so many cool and new programs that I am sure you will enjoy. If you have not liked us on Facebook or have not been on in a while, take a moment to check it out. We have almost 2,000 people who follow us and keep up on the constantly changes programs and events. Social media is the fastest way for us to communicate with people quickly. We are also on Twitter, Instagram and YouTube.

We know for many of you it has been a rough year and I wish we could make it go away but only time can heal. We take one day at a time and do the very best we can with the resources we have. We appreciate your continual support and probably, most importantly, the grace you show us. From our COA family to yours, we are here for you if you need us.

Have a great day!

*Rich*

Rich Zeck



## CAREGIVER Corner

### Learning to be an Effective Caregiver

### Sleep Strategies for Caregivers

Some caregivers struggle to get a good night's sleep. This may occur due to the stress of caregiving or being woken up by the care recipient, or other reasons. Why is good sleep essential? Having enough sleep is important to help you concentrate, be more patient with the care recipient, improve your mood, and help you be more productive.

Here are a few strategies to help you sleep better:

- Consider having a regular sleep routine such as reading or doing a quiet activity before bed
- A dark, quiet, room, which is slightly cool, has been shown to promote sleep. Consider using a baby monitor to help you monitor care recipient if needed.
- If needed, set aside time, prior to bedtime, to write a 'to do' list for the next day or journal about your concerns (to avoid thinking about this at night).
- Avoid large meals prior to your bedtime
- Reduce caffeinated beverages
- Try to get some incorporate physical activity each day into your caregiving routine.

#### ~Healthy Aging Tip~

A great way to stay healthy is to modify your home to help compensate for aging changes. There are numerous positive aging benefits to modifying your home such as:

**Preventing falls and reducing the fear of falling**

**Improving safety and quality of life**

The Council on Aging works with experts that can install grab bars on a variety of surfaces and locations.

We can also install stair hand railings and/or may be able to assist or provide resources for other modifications. Give us a call and ask to speak to an Aging Services Specialist about modifying your home today!

## Journey Classes



### Wills and Trusts



April 7, 2021

3-4pm

**A FREE Workshop on the basics of wills and trusts**

Presented by Charlotte-Anne Alexander

Seating is limited

Call 752-1717, x201 to register

Charlotte-Anne T. Alexander has been licensed in North Carolina since 1996 and currently practices with the Greenville law firm of Colombo, Kitchin, Dunn, Ball & Porter, LLP, focusing primarily on elder law, estate planning/administration, asset protection,

### **Gardening Class:**

Dig It! -

A Gardener's Guide to Soil Testing



Wednesday, March 17 2021

2:00-4:00pm

Call 752-1717, x201 to register.

### Conversational Spanish

March 11-April 15, 2021

6:30-7:30 Cost: \$15



If you've completed our first class, or have had a little Spanish and want to learn more,

This is the class for you!

Call today to register:

752-1717, x201

### **"Financial Planning in Retirement"**

Wednesday, March 10, 2021

6:30-8:00pm

- Social Security Maximization
- Health Care Costs in Retirement
- Aging in Place
- Choosing Eldercare professionals
- Estate Planning Essentials
- Special Needs planning
- Safeguard Your Digital Estate

Presented by Randy Moorehead, Wealth Advisor with LEVEL FOUR Wealth Management

Call 752-1717, x201 to register.



## **Beginning Wood Carving**

Master Wood Carver, Leo Trujillo, teaches you the fundamentals of wood carving. All supplies are included.



**Tuesdays, April 13-May 18**  
**3:30-5:30pm**  
**Cost: \$35**



**THE BLOOD CONNECTION**  
*Your Community Blood Center*

**Blood Drive**  
**Thursday, March 11**  
**8am-1pm**  
**Call 752-1717, x201**  
**to reserve your spot!**

The Blood Connection makes a donation to our home delivered meals program every time you donate blood.

## **SPREAD THE WORD:**

**A Thriving, Vibrant  
Community Matters**



**Support Our  
Advertisers!**

There's a lot to love here.

We have a continuum of care and wellness choices in your neighborhood.

Assisted Living | Alzheimer's & Dementia Care

Brookdale West Arlington Boulevard - 252-758-9155

Brookdale Dickinson Avenue - 252-353-2400

brookdale.com



### **PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM**



**\$29.95/MO**  
**BILLED QUARTERLY**

**PLUS  
SPECIAL  
OFFER**

**CALL NOW! 1.877.801.5055**  
**WWW.24-7MED.COM**



#### **Together We Can Home Care Agency**

We offer full time and part time services with:  
Personal Care | Light Meal Preparation  
Light Housekeeping | Errands | Safety Sitter  
Companion | Caregiver Relief and more

*Our caregivers are certified*  
**Call Us Today at 252-228-8146**

We accept Private Pay, Medicaid and Veterans Insurance  
Serving all of Eastern North Carolina

## March 2021 Screenings



### **Mental Health Screening**

Tuesday, March 2, 10am-12pm



### **Blood Pressure Screenings**

Tuesday, March 9 and 23  
10am-12pm



### **Hearing Screening**

Wednesday, March 17  
10am-12pm



### **Physical Therapy Screenings**

Thursday, March 18  
10-11:30am

## Time for Sewing!

### Master Your Sewing Machine

Wednesdays,  
March 3-17  
10am-12pm  
Cost: \$39

### Quilt Prep:

### Rotary Cutting 101

Wednesday, March 24  
10am-12pm  
Cost: \$15

Call 752-1717, x201 to register.



## **Advance Care Planning and Education Clinic**



Join us for **FREE Advance Care Planning & Education Clinics**  
to aid you & your family in planning for your future medical care.

The educational presentation will provide information about the advance care planning process and the importance of making your medical choices known. Certified Respecting Choices© facilitators and notaries will be available during the clinic to assist in the preparation of living wills & healthcare power of attorney documents.

**Tuesday, March 9, 2021**  
**1pm Education | 2pm Clinic**

**Picture identification required to complete documents. \*Registration Required**

For more information or to register, call: 752-1717, x201

## "Final Answers"

for those hard to ask questions  
about end of life planning



Lewis Cahoon, Advance Planning  
Director, Wilkerson Funeral Home

Wednesday, March 3, 2021  
2-3pm

Call 752-1717, x201 to register.

## Jewelry Class

Wednesday

March 24, 2021, 2-4pm

Cost: \$5



Call 752-1717, x201 to register.

## Road to Resources

A Guide to Services for Older Adults

### Should I Stay or Should I Go:

*A Workshop for Housing Options as We Age*

Considering a change  
for you or a parent?

**Come explore the  
options available.**

**Monday, March 15**

**3:00-4:00pm**

**Class is free, but  
seating is limited.**



Call 752-1717, x201 to register.



**Zumba Gold** is designed for active  
older adults, with original  
Zumba moves at a lower intensity.

**Join us Fridays at 5:30!**

**Registration required.**

**Call 752-1717, x201**

**Or virtually at [gerishare.com](http://gerishare.com)**



*Honoring the Life and Memory of Your Loved One*



605 Country Club Drive | Greenville, NC  
**252.752.2121**  
[www.SmithFCS.com](http://www.SmithFCS.com)



## Community Calendar

Monday	Tuesday	Wednesday
<b>1</b>	<b>2</b>	<b>3</b>
<p><b>12:00-4:00pm</b> Scrapbooking  <b>1:00-3:30pm</b> Billiards ET Group  <b>7:00-8:00pm \$6</b> Line Dancing</p>	<p><b>9:00am-12:00pm</b> *Beginner's Bridge  <b>10:00am-12:00pm</b> Mental Health Screening  <b>1:00-3:00pm</b> Knit &amp; Crochet Group  <b>1:00-5:00pm R \$25</b> Memoir Writing Class  <b>2:00-3:00pm</b> Virtual Silver Sneakers**  <b>2:00-5:00pm</b> Card Games &amp; Billiards  <b>3:30-5:00pm R \$35</b> Wood Carving  <b>6:30-9:00pm R \$60</b> Watercolor Class</p>	<p><b>9:00-11:30am</b> Beginner's Chess  <b>10:00am-12:00pm</b> Billiards  <b>10:00-11:00am R \$39</b> Mastering Your Sewing Machine  <b>11:00am-3:30pm</b> Billiards ET Group  <b>1:00-4:00pm</b> American Mahjong  <b>2:00-3:00pm R</b> Final Answers</p>
<b>8</b>	<b>9</b>	<b>10</b>
<p><b>12:00-4:00pm</b> Scrapbooking  <b>1:00-3:30pm</b> Billiards ET Group  <b>7:00-8:00pm \$6</b> Line Dancing</p>	<p><b>9:00am-12:00pm</b> Threads of Love  <b>10:00am-12:00pm</b> Blood Pressure Screening  <b>9:00-11:00am R</b> Advance Care Planning  <b>1:00-3:00pm</b> Knit &amp; Crochet Group  <b>1:00-5:00pm R \$25</b> Memoir Writing Class  <b>2:00-3:00pm</b> Virtual Silver Sneakers**  <b>2:00-5:00pm</b> Card Games &amp; Billiards  <b>3:30-5:00pm R \$35</b> Wood Carving  <b>6:30-9:00pm R \$60</b> Watercolor Class</p>	<p><b>9:00-11:30am</b> Beginner's Chess  <b>10:00-11:00am R \$39</b> Mastering Your Sewing Machine  <b>10:00am-12:00pm</b> Billiards  <b>11:00am-3:30pm</b> Billiards ET Group  <b>1:00-4:00pm</b> American Mahjong  <b>6:30-8:00pm R</b> Financial Planning in Retirement</p>
<b>15</b>	<b>16</b>	<b>17</b>
<p><b>11:30am-1:30pm</b> AARP  <b>12:00-4:00pm</b> Scrapbooking  <b>1:00-3:30pm</b> Billiards ET Group  <b>3:00-4:00pm R</b> Road to Resources  <b>7:00-8:00pm \$6</b> Line Dancing</p>	<p><b>9:00am-12:00pm</b> *Beginner's Bridge  <b>10:00-11:00am</b> Volunteer Training  <b>1:00-3:00pm</b> Knit &amp; Crochet Group  <b>2:00-3:00pm</b> Virtual Silver Sneakers**  <b>1:00-5:00pm R \$25</b> Memoir Writing Class  <b>2:00-5:00pm</b> Card Games &amp; Billiards  <b>3:30-5:00pm R \$35</b> Wood Carving  <b>6:30-9:00pm R \$60</b> Watercolor Class</p>	<p><b>9:00-11:30am</b> Beginner's Chess  <b>10:00-11:00am R \$39</b> Mastering Your Sewing Machine  <b>10:00am-12:00pm</b> Billiards  <b>10:00am-12:00pm</b> Hearing Screening  <b>1:00-3:30pm</b> Billiards ET Group  <b>1:00-4:00pm</b> American Mahjong  <b>2:00-4:00pm R</b> Gardening Class</p>
<b>22</b>	<b>23</b>	<b>24</b>
<p><b>12:00-4:00pm</b> Scrapbooking  <b>1:00-3:30pm</b> Billiards ET Group  <b>7:00-8:00pm \$6</b> Line Dancing</p>	<p><b>10:00am-12:00pm</b> Blood Pressure Screening  <b>1:00-3:00pm</b> Knit &amp; Crochet Group  <b>1:00-5:00pm R \$25</b> Memoir Writing Class  <b>2:00-3:00pm</b> Virtual Silver Sneakers**  <b>2:00-5:00pm</b> Card Games &amp; Billiards  <b>3:30-5:00pm R \$35</b> Wood Carving  <b>6:00-7:30pm</b> Alzheimer's Support Group ++  <b>6:30-9:00pm R \$60</b> Watercolor Class</p>	<p><b>9:00-11:30am</b> Beginner's Chess  <b>10:00am-12:00pm</b> Blood Pressure Screening  <b>10:00-12:30 R \$15</b> Rotary Cutting  <b>10:00am-12:00pm</b> Billiards  <b>1:00-3:30pm</b> Billiards ET Group  <b>1:00-4:00pm</b> American Mahjong  <b>2:00-4:00pm R \$5</b> Jewelry Class</p>



# SUPPORT THE **ADVERTISERS** THAT SUPPORT OUR COMMUNITY



## March 2021

Thursday	Friday	Saturday
<b>4</b> <b>10:00am-12:00pm</b> Acrylic Painting Class <b>10:00am-2:00pm</b> Canasta or Hand & Foot <b>11:00-3:00pm</b> *Rosie's Cards <b>12:30-5:00pm</b> Quilting Group <b>2:00-3:00pm</b> Virtual Silver Sneakers**	<b>5</b> <b>1:00-3:00pm</b> Card Games Spades <b>1:00-4:00pm</b> Billiards Drop In <b>2:00-3:00pm</b> Chair Yoga ** <b>5:30-6:30pm</b> R Zumba Gold**	<b>6</b> <b>9:00am-4:00pm</b> Scrapbooking Group
<b>11</b> <b>8:00am-1:00pm</b> Blood Drive <b>10:00am-2:00pm</b> Canasta or Hand & Foot <b>11:00am-3:00pm</b> * Rosie's Cards <b>12:30-5:00pm</b> Quilting Group <b>2:00-3:00pm</b> Virtual Silver Sneakers** <b>6:30-7:30pm</b> R \$15 Conversational Spanish	<b>12</b> <b>10:00am-12:00pm</b> Knit & Crocheting Class <b>1:00-3:00pm</b> Card Games Spades <b>1:00-4:00pm</b> Billiards Drop In <b>2:00-3:00pm</b> Chair Yoga ** <b>5:30-6:30pm</b> R Zumba Gold**	<b>13</b> <b>9:00am-4:00pm</b> Quilting Group
<b>18</b> <b>10:00am-11:30pm</b> PT Screening <b>10:00am-1:00pm</b> Busy B's Crafts <b>10:00am-2:00pm</b> Canasta or Hand & Foot <b>12:30-5:00pm</b> Quilting Group <b>2:00-3:00pm</b> Virtual Silver Sneakers** <b>6:30-7:30pm</b> R \$15 Conversational Spanish	<b>19</b> <b>1:00-3:00pm</b> Card Games Spades <b>1:00-4:00pm</b> Billiards Drop In <b>2:00-3:00pm</b> Chair Yoga ** <b>5:30-6:30pm</b> R Zumba Gold**	<b>20</b> <b>9:00am-4:00pm</b> Scrapbooking Group
<b>25</b> <b>10:00am-2:00pm</b> Canasta or Hand & Foot <b>11:00am-3:00pm</b> * Rosie's Cards <b>12:30-5:00pm</b> Quilting Group <b>2:00-3:00pm</b> Virtual Silver Sneakers** <b>6:30-7:30pm</b> R \$15 Conversational Spanish	<b>26</b> <b>10:00am-12:00pm</b> Knit & Crocheting Class <b>1:00-3:00pm</b> Card Games Spades <b>1:00-4:00pm</b> Billiards Drop In <b>2:00-3:00pm</b> Chair Yoga ** <b>5:30-6:30pm</b> R Zumba Gold**	<b>27</b> <b>9:00am-4:00pm</b> Quilting Group
	<i>Drop in any day for Arts &amp; Crafts, Billiards, Cards, Mahjong, or to use the Media Center.</i>  ++Call Amanda Biggs 252.414.3230	*For Rosie's Cards and Beginners Bridge, please call in advance 902-8240 Key: \$ = Fee R = Registration Required **Register for Virtual Classes at Gerishare.com

**DID YOU KNOW?**

**The COA rents space for your events!**  
**Family reunion, shower, birthday, reception, business meeting?**  
**Call 752-1717, x205**

**Make A Difference**



The COA is currently recruiting for volunteers to assist in our office. We need volunteers for front desk, our new tax assistance program, and general clerical duties. Sound interesting?  
**Call 752-1717, x205**

**Does Your Loved One Need Grab Bars?**



We can have one of our experts conduct a home safety falls risk assessment. We work with contractors who install grab bars and stair hand railings to make the home safer.

Call the COA 752-1717

**We need YOU to help deliver meals to homebound adults in our community!**

**Volunteer Training: Tuesday, March 16th at 10:00am**

*Please contact us at 252-752-1717*



**Greenville Center Regular Activities**

Monday	Tuesday	Wednesday
9:00-9:30am Coffee & Conversation 9:30-10:30am Bible Study 10:30-11:30am Music 11:30am-12:00pm Lunch	9:00-9:30am Coffee & Conversation 10:15-11:15am Bingocize/Fun and Fit 11:30am -12:00pm Lunch	9:00-9:30am Coffee & Conversation 9:30-10:15am Spanish Class 10:30-11:30am Music 11:30am -12:00pm Lunch
Thursday	Friday	Saturday
9:00-9:30am Coffee & Conversation 10:15-11:00am Fun & Fit Exercise 11:30am -12:00pm Lunch	9:00-9:30am Coffee & Conversation 10:00-11:00am Bingo \$1 per card 11:30am -12:00pm Lunch	

## March Meal Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Jumbo Cheese Ravioli Italian Tomato Sauce Peas Wheat Bread 100% Orange Juice 2% Milk (half-pint)	Beef Stew Carrots Bread Stewed or Glazed Apples Sugar Cookie 2% Milk (half-pint)	Chicken Fried Rice Irish Blend Vegetables Bread Fruit 2% Milk (half-pint)	Ham w/Gravy Sweet Potato Soufflé Cauliflower Bread 2% Milk (half-pint)	Beef Patty w/Green Pepper & Onion Gravy Mashed Potatoes Cabbage Bread Cinnamon Apples 2% Milk (half-pint)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Fish Fillet Mac & Cheese Creamy Coleslaw Corn Bread 2% Milk (half-pint)	BBQ Pulled Chicken Cajun Potatoes Brussels Sprouts Hamburger Bun Cinnamon Applesauce 2% Milk (half-pint)	Fried Chicken Breast w/Gravy Maple Mashed Sweet Potatoes Grilled Zucchini Squash Dinner Roll 100% Orange Juice 2% Milk (half-pint)	Creamed Chicken Macaroni w/Parsley Beets Bread Fruit 2% Milk (half-pint)	Chili Con Carne w/Beans Carrots, Brown Rice Corn Chips Strawberry Banana Yogurt 2% Milk (half-pint)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Creamed Turkey Mashed Sweet Potatoes Corn O'Brien Cabbage Dinner Roll 2% Milk (half-pint)	Italian Meat Sauce Macaroni w/Parsley Cauliflower & Carrots Dinner Roll 100% Apple Juice 2% Milk (half-pint)	Pork Chop Mashed Potatoes Green Beans & Onions Greens Bread Oatmeal Cookie 2% Milk (half-pint)	Fajitas w/Sauteed Peppers & Onions Flour Tortilla Rice & Pinto Beans Salsa (Mild) Warm Glazed Apples 2% Milk (half-pint)	Ham w/Pineapple Glaze Peas Black-eyed Peas Bread Fruit 2% Milk (half-pint)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Roasted Turkey Breast w/Gravy Bread Dressing Beets Corn 100% Orange Juice 2% Milk (half-pint)	Chicken Parmesan Macaroni w/Parsley Peas Carrots Dinner Roll Vanilla Pudding 2% Milk (half-pint)	Stuffed Green Pepper Broccoli Wheat Bread Fudge Brownie w/Powdered Sugar Topping 2% Milk (half-pint)	BBQ Chicken Mac & Cheese Peas & Corn Apple Blueberry Oat Crisp 100% Orange Juice 2% Milk (half-pint)	Tuna Salad w/Lettuce & Tomato Potato Salad Cucumber, Onion & Tomato Salad Fruit, Bread Sugar Cookie 2% Milk (half-pint)
<b>29</b>	<b>30</b>	<b>31</b>		
Jumbo Cheese Ravioli Italian Tomato Sauce Peas Wheat Bread 100% Orange Juice 2% Milk (half-pint)	Beef Stew Carrots, Bread Stewed or Glazed Apples Sugar Cookie 2% Milk (half-pint)	Chicken Fried Rice Irish Blend Vegetables Bread Fruit 2% Milk (half-pint)		



# 2021 COA Trips



3 Days/2 Nights in **Pennsylvania Dutch Country**, Sight & Sound Theater Production of Queen Esther, Amish Farmer's Market, Tour of Hershey's Chocolate World and more!  
April 20-22, 2021      Only \$419/Person -Double Occupancy



6 Days/5 Nights in **Boston/Cape Cod/Martha's Vineyard**. Ferry ride/tour of Martha's Vineyard, tour of Boston, explore Faneuil Hall and Quincy Market, tour Hyannis, Plymouth, historic Newport Rhode Island, just to name a few!  
June 1-6, 2021      Only \$899/Person-Double Occupancy



3 Days/2 Nights at **Dover Downs Hotel and Casino**. Headline entertainers, state of the art gaming, poker, and luxurious South Pacific-inspired full-service spa. Casino bonus package of 2 buffet breakfasts, 1 buffet dinner, 2 \$50 in FREE slot plays, gift from Santa, and tickets to a show (based on availability)  
July 20-22, 2021      Only \$329/Person-Double Occupancy



4 Days/3 Nights **West Virginia Train Adventure!** Includes dinner and a show at the Gandy Dancer Dinner Theater, Scenic Railway Journey onboard the New Tygart Flyer and the Cass Scenic Railway, Greatest Show on Rails performance  
September 20-23, 2021      Only \$729/Person-Double Occupancy



9 Day/8 Night trip **Rhine Getaway River Cruise** on board the Viking Longship "Gersemi." A lifetime experience includes roundtrip airfare, all onboard meals, visiting 4 countries and 10 ports, 6 included shore excursions, visit 5 UNESCO World Heritage Sites and so much more!  
November 3-November 11, 2021  
Starting at \$3099/Person-Double Occupancy



4 Day/3 Night Christmas in **New York City!** Trip includes orchestra seating for a fabulous Broadway Show, NYC Guide Service, visit to the Rockefeller Center featuring the Christmas tree, visit the 9/11 Memorial & Museum, Chinatown, Little Italy, and shopping in NYC!  
December 8-11, 2021      Only \$679/Person-Double Occupancy

**Contact Cyndi @752-1717, x205 for more information**



## **Medicare's Coverage of FDA-approved COVID-19 vaccines**



### **Your costs in Original Medicare**

You pay nothing for this vaccine if you have Medicare Part B (Medical Insurance) or you're enrolled in a Medicare Advantage Plan (Part C). Be sure to bring your Medicare card so your health care provider or pharmacy can bill Medicare.

If you have Medicare Part A (Hospital Insurance) only, you pay nothing for this vaccine, but some providers or pharmacies may still charge an administration fee for giving you the shot. Check with the provider or pharmacy who gives you the vaccine to see if they charge this fee.

### **Things to Know:**

- Be sure to bring your red, white, and blue Medicare card so your health care provider or pharmacy can bill Medicare. You will need your Medicare card even if you're enrolled in a Medicare Advantage Plan.
- If you fill out a form to get the vaccine, you may be asked for your insurer's group number. If you have Part B, leave this field blank or write "N/A." If you have trouble with the form, talk with your vaccine provider.
- Medicare also covers [COVID-19 tests](#), [COVID-19 antibody tests](#), and [COVID-19 monoclonal antibody treatments](#).

Source: [www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine](http://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-vaccine)



## **Your health Your home Our touch**

You deserve to be in caring hands 24/7, especially when recovering at home. Count on Vidant Home Health & Hospice, with an award-winning home health team that's certified by Medicare and accredited by The Joint Commission. It's the locals' choice.

252-847-2000 | 800-227-3894

[VidantHealth.com/HomeHealth](http://VidantHealth.com/HomeHealth)



# Capital Campaign Pledge Form

Please join us as we enlarge our walls to better serve the seniors of Pitt County!



Pitt County Council on Aging

## Capital Campaign Pledge Form

### Donor Information

Name \_\_\_\_\_

Company (if donation is not personal) \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Business phone \_\_\_\_\_

Cell phone \_\_\_\_\_ Email \_\_\_\_\_

### Pledge Information

I (we) pledge a total of \$ \_\_\_\_\_ for the Capital Campaign at the Council on Aging.

This donation will be fulfilled over  1  2  3 year(s)  other\*

quarterly  semi-annually  annually  other\*

installments of \$ \_\_\_\_\_

beginning (month/year) \_\_\_\_\_

\*Other \_\_\_\_\_

*At any time in the future, frequency of gift fulfillment may be adjusted by the donor with notice given to the Council on Aging.*

This donation will be made in the form of  check  credit card  stock

Please charge my credit card  MasterCard  Visa

Credit card number \_\_\_\_\_

Credit card security code \_\_\_\_\_ exp. date \_\_\_\_\_ / \_\_\_\_\_

I work for a company that will match my gift \_\_\_\_\_ (company name)

### Donor Recognition

Please use the following name(s) in all acknowledgements.

\_\_\_\_\_

I (we) wish to remain anonymous.

### Donor Signature(s)

Your signature & date are required to comply with recommended accounting procedures.

\_\_\_\_\_

(month/day/year)

Please mail your completed pledge form to:  
Council on Aging  
4551 County Home Road  
Greenville, NC 27858

Questions? Please contact us at:  
(252) 252-1717  
rzeck@pittcoa.com

*Donations are tax-deductible to the extent allowed by law.*



## Coming in 2021!

We are excited to show you the first picture of our new addition! The light blue shows our existing building. The dark blue indicates the upcoming addition. This addition will allow us to expand the programs and services we offer the seniors of Pitt County.



GUARDIAN  
FINANCIAL GROUP



**Medicare  
MADE SIMPLE**

CALL ME FOR  
*Easy Medicare  
Solutions*

**BECKY BUCK**

Insurance Representative

**(252) 413-8280**

110 E. Arlington Blvd., Ste. P  
Greenville, NC 27858



**WE'RE HIRING  
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)

► Reach the Senior Market

**ADVERTISE HERE**

CONTACT

Contact **Duane Budelier** to place an ad today!  
[dbudelier@4LPi.com](mailto:dbudelier@4LPi.com) or **(800) 678-4574 x2525**

ComForCare™  
HOME CARE



**Home Care Services | Personal Care | Dementia Care | Transitions of Care | Companion Care**

Wilson & Surrounding Counties • Greenville & Surrounding Counties

**(252) 243-4020**

Get online care: [comforcare.com](http://comforcare.com)



3-D-5-5

For ad info. call 1-800-477-4574 • [www.lpiseniors.com](http://www.lpiseniors.com)

14-1560

## Thank you to all the COA donors!

Barry Manseau  
Robert Bright  
Lee Ann Wright  
Mr. & Mrs. R. Seay  
Susan Hurst  
Peggy Gillette  
Angela Anderson  
Charlotte Anne Alexander  
Pauline and Robert Simonowich  
Zeta Pi Sigma-Rhoer Club  
Open Door Church  
Oakmont Baptist Church  
Anderson Chapel AME Church  
Wells Chapel Church of God in Christ  
Office Volunteers  
Home Delivered Meals Volunteers  
SHIIP Volunteers  
Senior Center Volunteers

Lisa Driver  
Ellen Vernelson  
Lisa Mills

## 2021 Council on Aging Holidays and Closings

Please note that on these days ALL Seniors Centers will be closed and Meals on Wheels will NOT be delivered.

**April 2** Good Friday

**May 31** Memorial Day

**July 5** Independence Day

**September 6** Labor Day

**November 11** Veterans Day



## Find us. Follow us. Like us.



[Twitter.com/pittcoa](https://twitter.com/pittcoa)



[Facebook.com/pittcountyseniorcenter](https://facebook.com/pittcountyseniorcenter)



[Instagram.com/pittcountyseniorcenter](https://instagram.com/pittcountyseniorcenter)

Visit our Website:  
[www.pittcoa.com](http://www.pittcoa.com)



*Our mission is to enhance the quality of life for adults by providing access to a continuum of services, programs & resources that promote healthy living and independence.*

*The COA does not support or endorse any advertiser in the newsletter.*