MISSION:

TO PROMOTE AND IMPROVE THE WELL-BEING OF OLDER ADULTS AND TO DEVELOP AND PROVIDE APPROPRIATE FACILITIES AND SERVICES TO ENHANCE THEIR QUALITY OF LIFE.

Services Offered:

Home Delivered Meals
Congregate Meal
Telephone Reassurance
Transportation
Senior Companions
Information & Referral Legal Services Family Caregiver Support Program

Senior Health Insurance Information Program

Home Mobility Assistance
Health Promotion & Screenings, Wellness Checks, Senior Games & Silver Arts
Classes:
Acrylic Painting, Crafts,
Basket weaving,
Adult Basic Education,
Stained Glass
Arthritis Exercise Program
Activities:
Trips, Singing, Line Dancing, Bingo, Cards and Puzzles, checkers , Supper Clubs, Concerts, Movies, Seminars,

TOPS Clubs:
50+ Club
55+ Club

Young At Heart Club
Special Needs Registry

"We are Here to Serve" "Senior Centers

Pamlico County Senior Services
A NC Certified Senior Center of Excellence

Pamlico News & Solutions

November / December 2016

Be a Santa for Seniors

It's easy to make the holidays merry for a senior who may not expect any gifts for the coming holidays.
Santa for Seniors accepts new donated goods from the generous "Santa's," packages last year, over 100 gift bags were delivered to participants in the Senior Services' programs, including Home Delivered Meals, Senior Companions, and in Home Care recipients.
With your help, we hope to make the holidays merry for our seniors. Gift suggestions include personal care items such as moisturizing soap, lotions, shampoo; clothing such as gloves, socks and slippers, canned grocery items (no glass), flashlights, towels, pre—packaged cookies and crackers, large—print books, word search books, and similar items. Bring unwrapped gifts to the Senior Center in Alliance. Monetary donations are, will be accepted to purchase fresh fruit and other items as needed. For more information, call Beth Hardison or Violet Ollison at 745-7196.

Thank You

We appreciate all the support and donations and Memorials that are made to the Pamlico Senior Services. Many thanks for this year 2016.

Charlie's Restaurant	Eugene Gaskins
Priscilla Barnes	David Bailey (OVB)
Pamlico Pharmacy	Little Italy
Bayboro Pharmacy	Sharon Hand
50+ Club	Barbara Alligood
Piggly Wiggly	Ivia Nathaniel
Annie Dixon	Mildred Squires
J & S Catering	Thomas Squires
Pamlico Human Services Center	Joy Baker
Antioch United Church of Christ	James Mason
Mt. Olive Missionary Baptist Church	Wal Mart
Pamlico County Foundation for the Aged	Food Loin
Mr. Olah	Wanda Williams
Mable Bordon	Genevieve Bordon
Peletah Ministries Food Distribution	Ruth Midyette
Bayboro Fire Department	Charlie Cummings

Thank You

William Jones **Carl Ollison**

Aggies **Hardison Tire**

Steve Hardison **Emily Simlor**

All Meals on Wheels Volunteers **Bill Smith**

Jean White **Food Bank**

All Volunteers that devotes their time to the Senior Center

Please forgive me if I did not mention your name or business. You can let me know and I will put you in our next Newsletter. Again I'm sorry if I didn't mention you. Pamlico Senior Services wants to send a big thank you for all that you do and care for Pamlico Senior Services.

Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan?

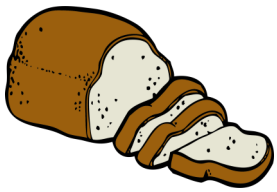
Review Plans Annually
October 15—December 7

Is a change needed?
SHIIP can help you compare Plans.
Call 1-800-443-9354 or 252-745-7196

November 6, 2016

Sunrise and sunset will be abut 1 hour earlier on November 6th, 2016 than the day before. There will be more <u>light in the morning.</u>

November 23rd—Tie One On Day—The purpose of this day is to give from the heart on the day before Thanksgiving by wrapping a loaf of bread or other baked goods in an apron and tuck a prayer or note of encouragement in the pocket and give it to someone.



ALZHEIMER's / DEMENTIA CAREGIVER SUPPORT

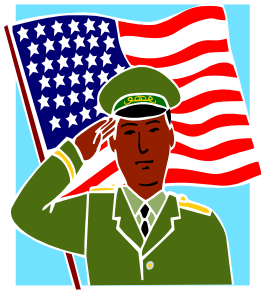
Are you, or someone you know, caring for a loved one with Alzheimer's or Dementia? This can be very challenging, and there is support available. You are invited to the Alzheimer's / Dementia Caregiver Support Group Meeting at the Pamlico County Senior Center. We meet the first and third Monday of the month at **2:00 p.m.** We are here to provide support and let you know that you are not alone. If your loved one needs care so you can attend the meeting, please call Beth Hardison at 745-7196 for more information.

Below are the meeting dates for November—December, 2016

November November 7th, 2016
November 21st, 2016

December December 5th, 2016
December 19th, 2016

We remember their love when they no longer remember.



Honoring All Who Served

Veterans Day

By Rod Powers, About.com Guide

Many Americans mistakenly believe that Veterans day is the day America sets aside to honor American military personnel who died in battle or s a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside

Veterans Day, on the other hand, honors All American Veterans, both living and dead. In fact, Veterans Day is largely intended to thank LIVING Veterans for dedicated and loyal service to their county. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made in their lives to keep our country free.

Pamlico Senior Services will be closed the following dates
&
no meals will be served

November —- 11th
November —-24& 25
December —- 23 & 26 & 27

From The Director's Desk

As of 2016 draws to a close, its time to remember and give thanks for all the blessings in our lives. Here, at Senior Services there are no greater blessings than the army of volunteers who make a difference in the lives of the older adults in this county. Because of their unselfish gifts of time, love and service we can build ramps, make telephone reassurance calls, offer classes, help with Medicare part D, provide caregiver support, offer companionship, deliver meals, get input from the community through our Advisory Committees. It is with deep heartfelt gratitude that I say, "Thank You!" to all those who have made a difference in someone's life this year. Your acts of kindness have made a difference.

This year has meant great changes for everyone. The economic crisis has forced us all to take a long hard look at our lifestyles. At a time when so many need assistance, the amount available has been drastically cut. We continue to meet most of the needs of our community through volunteerism and generous donations. As we look forward to 2016 and beyond, we will continue to rely on the kindness of the community to help us fulfill our mission of providing services that will enhance the quality of life of our older adults in Pamlico County.

As we gather with family and friends during the upcoming joyous season, please remember all who give so much for so many.

Happy Holidays!
Merry Christmas

Volunteers don't get paid, not because they're worthless, but because they're priceless.

Sherry Anderson

Senior Center Happenings

Come join us in the fun during the months of November and December, 2016

<u>November / December Lunchtime</u>

Got an idea or opinion? Come share and give input. Bring your suggestions to the Senior Center Site Meeting on November 3rd at 10:00 am and again on December 1st at 10:00 am in the Dining Room.

November 9th— a table scavenger hunt will be held at 9:00 am. Fill your biggest bag or purse with usual and unusual items and bring it to the Senior Center. You never know which of these items you might need to win.

November 11th— is Veterans Day—we will be closed to honor our Veterans.

November 18th, - Young at Heart is having their Thanksgiving dinner celebration. Happy Thanksgiving

November 10th, Shelia Stancberry will be here at 10:00am to speak on the L.I.E.A.P. Program—Low Income Energy Assistance.

Have you got a November or December Birthday? Come join us as we celebrate the November and December Birthdays at the end of the month. Celebrations will be November 30th and December 30th at 12:00p.m.

December 5th—9th is Cookie Exchange Week. Bring in your favorite cookie cutter and lets bake.

December 9th, Christmas Card Day — the record of the first Christmas cards happened on this day in 1843 when Sir Henry Cole of Great Britain hired artist John Horsley to make cards for him.

December 14th—The Young at Heart will be going to Mikes Farm for dinner and hayride.

Christmas Caroling at Grantsbrooks on December 12th at 2:00.

Going out and sight seeing Christmas lights and decorations around the county.

The Young at Heart will have a Christmas Float in the Christmas parade on December 17th at 4:00.

December 21st, First Day of Winter

December 20th the Young at Heart will be baking, they will be making and baking cookies and candy.

December 22nd the Young at Heart is having their Christmas dinner celebration. Merry Christmas

The whole month of December, the Young at Heart will be playing Christmas games, such as Christmas Bingo, Pantry Bingo, left—right game and much more. And don't forget the food and partying.

December 30th—a Noon Year's Eve Party.

NATIVE AMERICAN HERITAGE MONTH

About National Native American Heritage Month

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the “First Americans” and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994.

Pamlico Senior Center Central Calendar November 2016

Mon	Tue	Wed	Thu	Fri
Monday NA 7:00 — 8:30 First Wednesday of every month	1 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basketry Class 1:00 Cards 5:30 Tops Meeting	2 10-12 Crocheting & Knitting	3 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2 Arthritis Exercise Class 1-2 Stain glass class	4 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts
7 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2 Arthritis Exercise Class	8 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basketry Class 1:00 Cards 5:30 Tops Meeting	9 10-12 Crocheting & Knitting	10 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2 Arthritis Exercise Class 1-2 Stain glass class	11 **Closed for Veterans' Day**
14 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2 Arthritis Exercise Class 2:00 Alzheimer's / Dementia Support Group	15 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basket Class 1:00 Cards 5:30 Tops Meeting	16 10-12 Crocheting & Knitting	17 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2 Arthritis Exercise Class 1-2 Stain glass class	18 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts
21 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2 Arthritis Exercise Class	22 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Cards 5:30 Tops Meeting Wicker Basketry Class on break till January 7th, 2014	23 10-12 Crocheting & Knitting	24 Closed for Thanksgiving NO MEALS Happy Thanksgiving 	25 Closed for Thanksgiving NO MEALS Happy Thanksgiving
28 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2 Arthritis Exercise Class	29 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Cards 5:30 Tops Meeting	30 10-12 Crocheting & Knitting	Mondays 1st American Legion American Legion Monday (after 3rd Sunday) Thursdays (Week 1) 6:00 Honor Guard Thursdays (Week 4) 7:30 DAV	9:00 The Coffee Corner Open every morning 7:30-5 Exercise Rm. Open every day Monday—Friday 10-12 ABE Class Monday—Thursday

Pamlico Senior Center Central Calendar December 2016

Mon	Tue	Wed	Thu	Fri
Monday NA 7:00 – 8:30 First Wednesday of every month Mondays 1st American Legion American Legion Monday (after 3rd Sunday) Thursdays (Week 1) 6:00 Honor Guard Thursdays (Week 4) 7:30 DAV	9:00 The Coffee Corner Open every morning 7:30-5 Exercise Rm. Open every day Monday—Friday 10-12 ABE Class Monday—Thursday		1 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 10:00 Site Meeting 1-2:00 Arthritis Exercise Class	2 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts
5 9-12 Center Volunteers Paperwork 1-2:00 Arthritis Class 2:00 Alzheimer's / Dementia Support Group	6 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basketry Class 1:00 Cards 5:30 Tops Meeting	7 10-12 Crocheting & Knitting	8 1-2:00 Arthritis Exercise Class 1-4 Stain glass class	9 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts
12 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2:00 Arthritis Class 9-12 Acrylic Painting	13 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basketry Class 1:00 Cards 5:30 Tops Meeting	14 10-12 Crocheting & Knitting	15 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2:00 Arthritis Exercise Class 1-4 Stain glass class	16 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts
19 9-12 Acrylic Painting 9-12 Center Volunteers Paperwork 1-2:00 Arthritis Class 2:00 Alzheimer's / Dementia Support Group	20 9:30 Line Dancing 10:30 Singing 11:00 50+club 1:00 Wicker Basketry Class 1:00 Cards 5:30 Tops Meeting	21 10-12 Crocheting & Knitting	22 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2:00 Arthritis Exercise Class 1-4 Stain glass class	23 Closed for Christmas No Meals
26 Closed for Christmas No Meals 	27 Closed for Christmas No Meals 	28 10-12 Crocheting & Knitting	29 10-10:30 Health Screening Blood Pressure ck / wt 10:30-11:30 Talk & Exercise with Beth 1-2:00 Arthritis Exercise Class 1-4 Stain glass class	30 Fantastic Friday 10:00 Bingo 1:00 Cards 2:00 Young at Heart crafts

LEGAL AID OF NORTH CAROLINA
Is a federally funded non-profit organization providing FREE legal assistance and advice to seniors.

Applications taken daily.
Monday—Friday, 9:00a.m.—2:00p.m.
Call 1-800-672-8213 or 252-637-9502

Check out PSS website at:
www.pamlicocounty.org

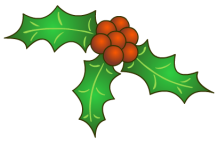
SOCIAL SECURITY ADMINISTRATION
For Assistance call toll free New Bern
1-888-491-1885 or 1-800-772-1213
www.socialsecurity.gov

Have questions about Medicare?
MEDICARE PART A, B, C, & D & Long Term Care? Call 252-745-7196 for an appointment.

Goose Creek Island Community Center
55+Club Every Thursday at 10:00 AM
Come to play and learn

FITNESS ROOM

Monday—Friday: 7:30am—5:00pm
Cost: No charge (donations are appreciated)
Our fitness room is stocked with great fitness machines that can be used by adults 60 and older at no charge. Equipment is available on a first come first serve basis.
Unfortunately our treadmills have quit and we are asking and looking for 2 to be donated to the center. If you know of someone or if you have one please call Beth Hardison at 252-745-7196 (we have tax donation forms that you can get as well) Thank you



©wonderclipart.com

Senior Pharmacy

The Senior Pharmacy's schedule is every 3rd Tuesday 9:00 am—10:30 am
Mark your calendar for these dates:

November 15th

December 20th

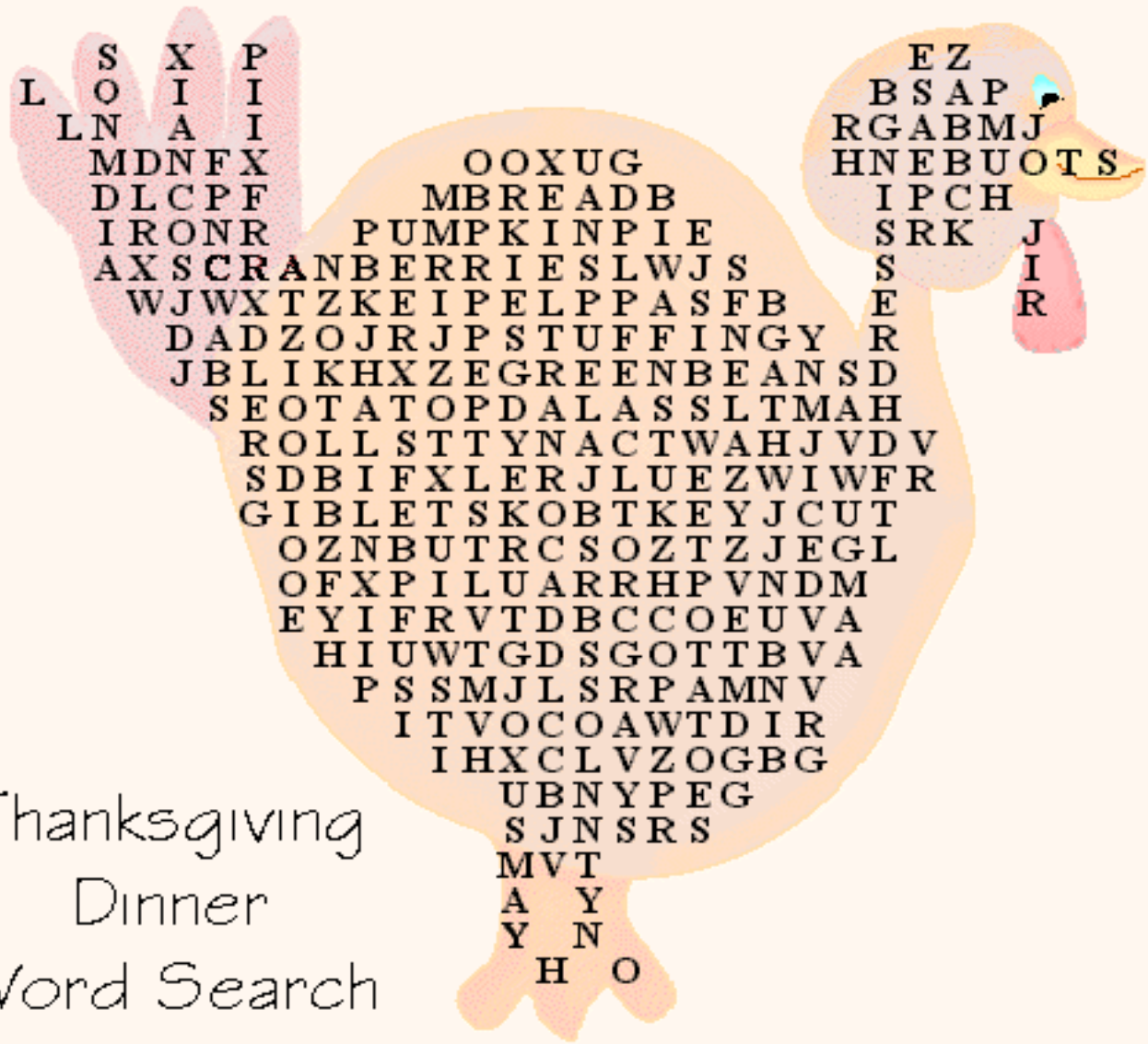
PANTRY BINGO

Friday, November 18, 2015—10:00am and Friday, December 16, 2016
Sponsored by: Pamlico Senior Services
RSVP by: November 14th and RSVP by: December 12th

Win items you can actually use at this event. Open to adults 60 and older. No children please.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."
-William Arthur Ward

"Be grateful for small things, big things, and everything in between. Count your blessings, not your problems."
-Mandy Hale



Thanksgiving
Dinner
Word Search

apple pie
bread
corn
cranberries
dressing
giblets
gravy
green beans
ham
peas
potatoes
pumpkin pie
rolls
salad
stuffing
sweet potatoes
turkey
yams

©akidsheart.com

VOLUNTEERS NEEDED in Pamlico County:

Learn to Prepare Taxes and Make a Difference in Pamlico County. How can you make a difference? Simple. Help your community in preparing taxes free of charge by becoming a volunteer with the Volunteer Income Tax Assistance (VITA) group.

VITA provides free tax help for low –to—moderate income families who need assistance preparing their tax returns. Over 90,000 people said yes to making a difference during the 2015 filing season and prepared over 3.7 million returns at thousands of tax sites nationwide.

For the first time in over 5 years we will have a VITA site in Pamlico County at the Senior Center in Alliance. This will be a satellite site of the VITA site which has been located at Christ Church in New Bern for over 25 years. The site will be open one day per week, on Wednesdays 9am—3pm, February 1—April 12, 2017.

As a volunteer you will be thoroughly trained to prepare tax returns using software provided by the IRS. You will work hand in hand with experienced volunteers, as a team, to provide accurate Federal and North Carolina Tax returns to our clients.

If you are interested in this rewarding and challenging volunteer opportunity, for more details please contact:

Alice Petree

703-628-8123

aap2007mailbox-orders@yahoo.com

VITA
Volunteer Income Tax Assistance
TCE
Tax Counseling for the Elderly
Providing Community Service to Millions

Holiday Safety Tips

With the holiday season upon us, most people are preoccupied with the details of holiday plans and shopping. Unfortunately, the safety precautions which we normally take The Police Department wants this to be a SAFE holiday season for all, so we are reminding you to follow these safety tips and enjoy the season. Let's work together to keep the holiday season safe and fun—don't let a "Grinch" ruin your holiday!

Celebration Safety:

- **Place hot objects like pans out of the way**
- **Wash hands regularly to prevent the spread of holiday germs**
- **Stick to regular schedules to ensure you and your family are well—rested and not too stressed**
- **Cover and store leftovers properly**
- **Never drink and drive; Santa would call a cab**

Decorating Safety:

- **Check lights to make sure there are no frayed wires or empty sockets**
- **Turn off lights when you go to bed or leave the house**
- **Buy only "fire resistant artificial trees, and keep live trees watered"**
- **Keep trees away from heat sources like radiators and fireplaces**
- **Avoid sharp or breakable decorations**

When You're Out Shopping:

- **Stay alert to your surroundings & the people around you**
- **Shop with a friend, there's safety in numbers**
- **Carry only the credit card and identification you need, record the numbers for each of the credit cards you own. This will facilitate reporting the theft or loss of the card**
- **Avoid carrying large amounts of cash, If you must carry a large sum of money, divide the cash between your purse, pockets and wallet**
- **Have your car keys ready in your hand before leaving the store**
- **Know how to get to your destination by the most direct and safest route**
- **Travel on populated, well lit streets. If possible, travel with a friend**
- **When driving, keep your doors locked and the windows closed. Make sure the gas tank is full and maintain your car in good working order to avoid breakdowns**

When You're in Parking Lots:

- **Don't tempt a burglar by leaving valuables (wallets, phones, money, etc) visible in your car. Hide them before you get to the store parking lot**
- **Park where you can easily see if someone is loitering near your car**
- **Make sure you park in a well lit area of the parking lot if you shop at night**
- **Walk briskly, confidently, and directly through the parking lot**
- **Ask store security to walk you to your car if you are uncomfortable**
- **Be cautious of people handing out fliers or asking questions in the parking area**
- **If you suspect someone is following you, report it to store security immediately**

Keep Your Home Safe:

- **If you're going away on for the Holidays you can request the Sheriff's Extra Patrol to conduct a Vacation Home Check**
- **Keep the outside of your home well lit with doors and windows locked**
- **Don't display gifts beneath a Christmas tree which can be seen from windows**
- **After the holidays don't announce your new high-dollar purchases-break down the boxes of TV's, stereos, computers, etc. before putting them in the trash**

Enjoy the Holidays, and do your part to keep them Fun and Safe!!!!

Christmas

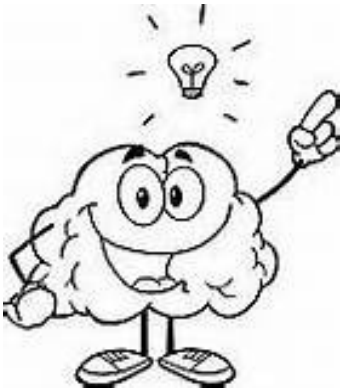
F L O T R P H G I E L S A D L
G E L O P H T R O N T P W T R
N U R Y I R J E N E W H R T A
I R A S G G E N V G T J S C N
K E T M I G O S A A N F L E H
C F S E T Y R D E M S N O W E
O S F N E I E R O N W A T W O
T H O L L Y W G A W T O I E T
S S U A L C A T N A S S N O R
V H E N A C Y D N A C H R S E
L E N W R O R N A M E N T W E
A O W G E P N S D N N S S O I
D R Y R E I N D E E R E J U A
N F E X E E N L I G H T S H L
E C C O L S Y O T F O G A B R

Word List

Presents • Candy Cane • Ornament
Elf • Snowman • Tree • Sleigh
Lights • Star • North Pole • Stocking
Bag of Toys • Holly • Santa Claus
Snow • Wreath • Reindeer

Challenge Yourself

"Fitness For Your Brain"



Creativity
Memory
Concentration
Movement

And Fun!!!!

Pamlico County Senior Services
800 Main St. Alliance, 28509
11/08/16 and 11/22/16 and 12/05/16 and 12/19/16
10:00—11:00 am

For details, contact Devarus Smith
Cell # 252-375-0316
Email: Devarus.Smith@riinternational.com

Funding made possible by
Trillium Health Resources

Dear Volunteers,
A lot of time and effort goes into Pamlico Senior Services to help the seniors and community. Pamlico Senior Services is doing well, but there is still so much to be done. That's why we're writing to request: to ask you if you could spare some time to work with us as a volunteer teacher.

There's no special expertise required, and you don't have to have a degree. All you need is the belief that Pamlico Senior Services is worth working for, and that volunteers are the most important part of Pamlico Senior Services. There's a lot to do, and we need your help.

Give us a call today to Pamlico Senior Services (252-745-7196) if you would like to spend even a few hours a week as a volunteer. It'll be one of the most fulfilling things you have ever done.

Thank you for your time and consideration. Look forward to hearing from you.

Volunteer Teacher :
Just a view Class Ideas

- **Computer Class**
- **Ipad Class**
- **Jewelry making Class**
- **Arts and Crafts**
- **Wood Crafts**
- **Sewing Class**
- **Quilting Class**

This is to name just a few, if you have other ideas let us know.

Note: If you are interested in being a volunteer teacher you could charge you're students a small fee, but you would be a volunteer for Pamlico Senior Services.

Christmas Tree Cheese Ball

Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1 cup shredded Cheddar cheese
- 1/4 cup finely diced onion
- 1 teaspoon Worcestershire sauce

- 1 red bell pepper
- 1 bunch fresh parsley, chopped

1/4 cup chopped pecans, or as needed

Directions

1. Mix cream cheese, Cheddar cheese, onion, and Worcestershire sauce together in a bowl with an electric mixer until completely blended. Turn cheese mixture onto a sheet of waxed paper and form it into the shape of a Christmas tree. Refrigerate cheese 'tree' until firm, at least 1 hour.
2. Cut bell pepper into thin strips and 1 star shape.
3. Press parsley into cheese tree to cover. Press bell pepper strips in a row to form a 'garland'. Make another 'garland' using chopped pecans. Place bell pepper star at the top of the 'tree'. Carefully transfer 'tree' to a serving platter.

Bacon Wrapped Water Chestnuts

Ingredients

- 1 cup ketchup
- 1 cup brown sugar
- 1 teaspoon Worcestershire sauce
- 16 ounces sliced bacon

2 (8 ounce) cans water chestnuts, drained

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a saucepan, combine ketchup, brown sugar and Worcestershire sauce; heat just to boiling. Pour sauce over bacon and water chestnuts.
3. Cut bacon slices into thirds. Cut some of the bigger water chestnuts in half. Wrap chestnuts in bacon and secure with toothpicks; place in a 9x13 pan.
4. Bake in preheated oven until bacon is completely cooked, about 45 to 50 minutes.

How to Avoid Thanksgiving Stress and Christmas Stress

Are you getting stressed just thinking about the Holiday season approaching? There are quite a few reasons why Thanksgiving may give us the jitters. From the stress caused by having to plan a 3-course meal for 20+ people to being questioned again by your aunt when you will start having kids or why you've gained 10 lbs. Fortunately, there are a lot of things you can do to reduce this kind of holiday stress.

Plan as much ahead of time as you can

From getting an early head count to planning the menu well in advance, you'll feel much better knowing that you have at least one part of the day under control.

Lists are your best bet to avoid getting stressed out. Keep a master list of everything you need to do, along with smaller daily to-do lists and of course grocery lists. And then of course there's the "Honey Do" list, which brings us to…

Ask For Help

Get your family to help clean and get ready for the big day. They can run errands for you, help set the table, decorate and cook along side with you.

Ask every guest to bring a single dish. With everyone chipping in it will quickly add up. Ask those family members and friends who are "culinary challenged", to bring some chips, drinks, or even napkins and paper plates.
And, get them to help clean up afterwards.

No one expects you to handle everything on your own. If you try and feel frazzled, they'll feel uncomfortable and won't enjoy the day as much.
Are you worried about getting drilled about the same questions?

Practice in advance how you'll answer those questions. If you know you'll get questions about weight gain or your husband's lost job, prepare yourself in advance with answers.

Practice your answers to some of the questions you'll be getting. If you can repeat the answers out loud enough before the event, you'll feel more confident answering them when the time comes.

If you still feel uneasy about the event, tackle it with a friend or hang out with a like-minded family member. Or have a secret signal with your husband for "help" so he knows to come rescue you.

How to Cook the Perfect Turkey

The turkey is the central element of any good Thanksgiving meal. An otherwise perfect meal can be ruined by a dry, overcooked turkey. Since this isn't something we cook on a weekly basis, it's not easy to pull off the perfect turkey…unless you follow these tips and the recipe below.

Start with a quality turkey. Yes, you can find off brand turkeys for quite a bit less, but keep in mind that a lot of the pounds you will be paying for will be saltwater that was injected in the turkey. Go ahead and buy the good stuff – You'll be glad you did when you get all the praises for that delicious bird you fixed.

Thaw the turkey slowly in the fridge. Keep in mind during your planning stage that this will take several days. Doing this instead of submerging the bird in water is much gentler on the meat, resulting in a more tender finished product and is also much safer.

When you are ready to cook your turkey, remove the neck, giblets and anything else that may be stuffed in the chest cavity of your bird. Take some paper towels and pat your turkey dry.

Set it in a large roasting pan. If you prefer the breast meat on the dry end, place the turkey on its back. For moister breast meat, turn the turkey breast down.

Cut up a peeled onion, 3 stalks of celery and a few carrots. Big chunks are fine, since these vegetables are just for flavor. Stick them in the body cavity. They will infuse the bird with flavor as it cooks.

Melt a cup of butter in the microwave. Use a turkey baster to baste the turkey with butter. Don't use all of it, just enough to get your turkey covered. Sprinkle the turkey with salt, pepper and any other seasonings you like.

Cook the turkey in a 325 degree oven. Baste it every 30 – 45 minutes with the juices that collect in the bottom of the roasting pan.

Here are some general guidelines for how long your bird should cook:

8 to 12 lbs. 2 ¾ to 3 hrs.
12 to 14 lbs. 3 to 3 ¾ hrs.
14 to 18 lbs. 3 ¾ to 4 ¼ hrs.
18 to 20 lbs. 4 ¼ to 4 ½ hrs.
20 to 24 lbs. 4 ½ to 5 hrs.

Or cook until temperature on meat thermometer reaches 180 degrees (check in the thickest part, and in a couple different places) Don't overcook or it will be dry, but do make sure it is done.

The Five Biggest Mistakes
Boomers Make When Enrolling in Medicare

(www.mymedicarematters.org) (An educational service of the National Council on Aging)

***Mistake 1: Signing up too early or too late for Medicare and its parts*—If you are aging into Medicare, your *initial enrollment period* is based on your 65th birthday. To avoid long-term penalties, make sure you know what you have to choose– and by when. You can sign up for Medicare 3 months *before* your 65th birthday, the *month of* your birthday and the *3 months after* your birthday. If you or your spouse <u>are still working</u> when you turn 65 and your insurance through your employer meets certain requirements, it may make sense for yu to delay enrollment in Parts B and D. Make sure you understand the rules associated with this initial enrollment period or you could end up paying more later on.**

***Mistake 2: Not understanding the difference between a Medicare Supplement and a Medicare Advantage policy*– If you are new to Medicare, you have a fundamental chice to make: enroll in original Medicare or opt into a Medicare Advantage plan. It is very important that you understand the pros and cons of both types of coverage.**

***Mistake 3: Guessing when picking specific plans—It can be very difficult and time*—consuming to compare all of the plans that are available to you. Many people try to do their homework, get frustrated and then "give up and guess." Choosing a Medicare plan is too important to leave to guesswork. Take the time to review your health insurance needs before your first—and every subsequent—enrollment period. Your don't have to do this on your own. You can get help from a trusted source that can help you think through your options and compare plans. Call your senior center (252-745-7196) to make an appointment with a trained SHIIP counselor (Senior Health Insurance Information Program).**

***Mistake 4: Not applying for extra help*— Millions of older adults are eligible for billions of dollars in programs that can help them pay for their prescriptions and health insurance premiums, deductibles and coinsurance. If your income in retirement is modest, you should find out if you qualify for assistance. Your local SHIIP counselors can help you with this.**

***Mistake 5: Not re-evaluating coverage every year*—Unfortunately, choosing health insurance is no longer a one—time decision for most Medicare beneficiaries. Insurance companies can make changes to policies every year. Just because your doctor and medications are covered this year doesn't automatically mean they will be covered in the coming year. Research studies show that the average consumer could save $300 or more annually if they review their Part D coverage. The best way to review your coverage is to schedule an appointment with one of your local SHIIP counselors by calling your senior center at 252-745-7196.**

Celebrating 20 Years!
SHIIP
Seniors' Health Insurance Information Program
North Carolina Department of Insurance
Jim Long, Commissioner

Medicare

L.I.E.A.P. Program
Low IncomeEnergy Assistance

Shelia Stansberry from Pamlico County DSS
Will be at Pamlico Senior Services to speak on this program. Just a little information for you now:

The LIEAP program is open for those that wish to apply you may be eligible for the program if;

- **You are 60 and above OR**
- **You are a disabled person who receives services through the Division of Aging and Adult Services (DAAS)**
- **If funds remain after January 31st anyone can apply.**

Speaker: Shelia Stansberry
Date: November 10th
Time: 10:00 am
Where: Pamlico Senior Services

A Time To Give Thanks: As we give thanks and reflect on all of our blessings this year we want to recognize and be thankful to all of the local businesses, organizations and individuals who have generously contributed to our Senior Center. We would also like to extend a special <u>Thank You to all of the Senior Center members and our Meals on Wheels Volunteers</u> who give of themselves throughout the year to make our Senior Center special.

Getting Involved!!!

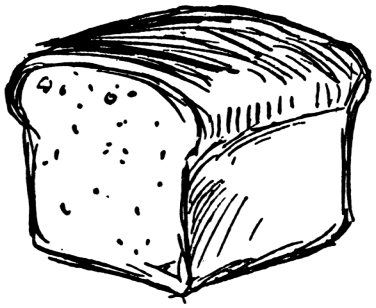
If you would like to get involved in our Senior Center, we are looking for people to serve on the following boards:

1. **Senior Tar Heel Legislator**
2. **Regional Advisory Committee**
3. **Home Community Care Block Grant**
4. **Senior Service Advisory**

If interested please call Violet Ollison @ 252-745-7196

A Look Back At What Things Used to Cost

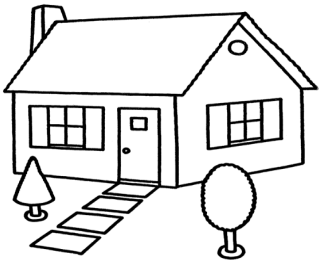
1939
Car: $750
House: $4,000
Milk: $.23
Bread: $.09
Gas: $.10

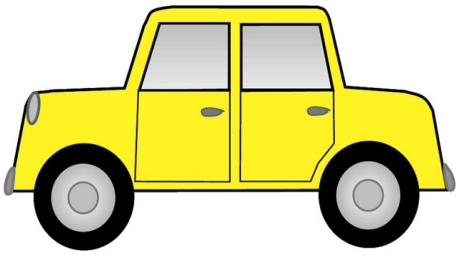


1964
Car: $3,500
House: $20,000
Milk: $.49
Bread: $.22
Gas: $.30

1989
Car: $12,000
House: $100,000
Milk: $2.30
Bread: $.61
Gas: $1.12

Today:
Car: $31,252*
House: $280,000
Milk: $3.15
Bread: $1.98
Gas: $2.59





1) *Milk*: A gallon of pasteurized, homogenized whole milk was priced around $2.75 back in 2002. But today, that same gallon of processed milk costs about $3.47, representing a **26 percent increase**.

2) *Bread*: If you typically buy bread from the store, you are likely paying **39 percent more** per loaf today than you were 10 years ago. An average loaf of bread today costs $1.41, up from $1.01 back in 2002.

3) *Peanut butter*: A 16-ounce jar of conventional peanut butter in 2002 would have cost you around $1.96. But today, that same jar would cost you somewhere around $2.75, representing a **40 percent increase**.

4) *Steak*: That juicy steak you treat yourself to every once in a while is now **41 percent more** expensive, as the average price per pound of steak has risen from $4.40 in 2002 to $6.22 in 2012.

5) *Electricity*: Unless you live off the grid, you have likely noticed your energy costs rise significantly over the past 10 years. In 2002, the average price per kilowatt/hour of electricity was $.091. Today, it is about $1.30, representing a **42 percent increase**.

6) *Apples*: Eating that apple a day to keep the doctor away is also draining **43 percent more** from your bank account. In 2002, the average price per pound of red, delicious apples was $0.94. Today, it is about $1.35.

7) *Spaghetti/Macaroni*: Pasta is still a relatively inexpensive food item. But its average price per pound has **surged 44 percent** since 2002, rising from $0.91 to about $1.32.

8) *Orange juice*: If you regularly drink orange juice every morning, you are now paying about **46 percent more** than you were back in 2002, as the price per 16-ounce jug has risen from $1.84 to $2.69.

9) *Turkey*: Thanksgiving would not be the same without a turkey. But the gathering now costs about **56 percent more**, as the price per pound of turkey has risen from $1.05 in 2002 to $1.65 in 2012.

10) *Wine*: A one-liter bottle of wine in 2002 cost about $6.23. But today, that same bottle costs about $10.03, representing a **60 percent increase**.

11) *Ground beef*: It is great for making hamburgers, casseroles, and other hearty meals. But ground beef now costs **61 percent more** than in 2002, having risen from an average price of $2.28 per pound in 2002 to $3.69 in 2012.

12) *Eggs*: In 2002, the average price for a dozen large, grade A eggs from the grocery

Charity Challenge
Make Your Cake and Donate it Too!

This event is a twist on our interactive and delicious activity - **Have Your Cake and Eat it Too** that really capitalizes on your team's creativity and sweet tooth and community service. Teams are challenged to design and decorate cakes to reflect their team, their company and more that will be donated to local Home Bound Seniors. They will be delivered to **Meals on Wheels Seniors and to the Congregate seniors -** this will be a special treat for them along with their Santa for Seniors. **Pamlico Senior Services** Challenges you to **Have Your Cake and Eat it Too.**

Please put a Christmas Card with your cake along with your company name or your department name and have them delivered to Pamlico Senior Services and from here they will be delivered through out the county. **# of cakes needed—80**

Date needed by: December 21st

Time needed by: 9:30am—to go out with their Meals on Wheels and Santa for Seniors. Thank you and God Bless

Merry Christmas

Pamlico Senior Services

800 Main Street
PO Box 184
Alliance, NC 28509

Phone: 252-745-7196
Fax: 252-745-3144

We're on the web!
www.pamlicocounty.org

Vicky Spencer

Tracy Shaw

We Wish You A Happy Thanksgiving And A Merry Christmas From Our Staff Here At Pamlico County Senior Services!!!

Violet Ollison

Genevieve Borden

Ann Hughes Thomas

Beth Hardison