

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 Meals

Telephone Reassurance

Senior Companions

Care Management

Medicaid CAP/DA & CAP/C

Medication Assistance

Information & Referral

Legal Services

Tax Assistance

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

Activities:

Trips, Singing, Line Dancing, Bingo, Bridge, Supper Clubs, Concerts, Movies, Seminars, TOPS

Clubs:

50+ Club and 55+ Club

Special Needs Register

Notary

“We are Here to Serve”

“Senior Centers Work”

Pamlico County Senior Services

Senior News & Solutions

July/August 2010

Special Needs Registry

Do you or someone you know have a special physical or medical need that would require specialized medical treatment in the event of an evacuation? Having a Registry form on file with us can make it easier to evacuate and get the specialized care you need in a disaster. So how do you know if you need to be listed in the Registry? If you have a chronic disease, are on oxygen, have dialysis or any other condition that requires long term care being registered is a good idea. These forms are free and easy to complete with information such as medical and physical needs, contact information and your plans in the event of a natural or manmade disaster. For more information or to request a form, please call the Senior Center at 745-7196.

Don't forget to prepare for hurricane season by updating your Hurricane Kit. Things to add are non perishable foods, water, medicine and cash.

Operation Fan/Heat Relief 2010

We now have fans available to help older adults keep their cool. The requirements this year are:

- Must be at least 60 years old or have a disability
- No working Air Conditioning or a home situation where extended high temperatures can threaten your health and well being.

If you or someone you know could benefit from a fan, please call the Senior Center at 745-7196 or stop by.

Linda Potter
Director

Ila Leary
Administrative Assistant

Elizabeth Tolson
Case Manager, Social
Worker III, CAP/DA,
Community Alternative Pro-
gram for Disabled Adults,
Notary Public

Rhonda Breed
Case Manager, Social
Worker II, CAP/DA

Jane Lee
Case Manager, RN,
Care Management
Program, Senior
Companion Program,
Family Caregiver Support
Program, Level III in Home
Aide Program

Rita Lupton
Nutrition Director,
Home Delivered Meals,
Congregate Meal Program,
Nutrition Supplements

Kelly Hooker
Medication Assistance,
Medicare Part D,
SHIP Coordinator,
Family Care Giver Support
Group Coordinator, Small
Home Repairs Program

Genevieve Borden
Transportation Aide

George Hackney
Transportation Aide

Sharon Smith
Senior Center Aide

Pamlico Senior Services
Hours:

Monday - Friday
8:00am - 5:00 pm
252-745-7196



Safe Driving For Seniors

July 27, 2010 at 11AM

Safe Driving for Seniors is a short seminar in an open classroom setting designed to address specific concerns for senior citizens. A PowerPoint is utilized to accompany an open forum in a casual, informal atmosphere that allows input from participants. Discussion will include, but is not limited to, speed issues, yield violations, mechanical issues, blind spots, accident causes, physical and mental limitations as well updates on laws and tips on how to continue to be a safe driver in today's society. This program typically will require 1-2 hours depending on member participation and there is no book work involved.

The North Carolina Highway Patrol is very interested in taking a proactive approach to keep our seniors safe and provide an avenue of communications to insure they are included in the overall goal of highway safety.

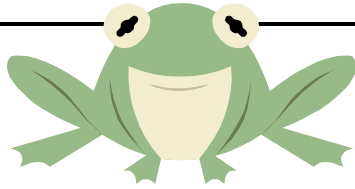
The program will be presented by Trooper J. S. Collins, Traffic Safety Information Officer with the North Carolina Highway Patrol from Troop A Headquarters in Greenville, NC. For more information, please call the Center at 745-7196

New York City Trip

November 30—December 3

Deposits are Now Due

We had an incredible response for this trip and it promises to be a great adventure for all. Currently, we have a waiting list, so if you want to join us, please call today to have your name added. And remember your deposit is due by July 16, 2010 with your final payment due on or before September 30, 2010.



Stepping Stones Still Available

Relax!!! You didn't miss your chance to own a "one of a kind" work of art made by our Stained Glass Class. We have several beautiful stones left and they're priced to move at \$25 each for the large ones and \$10 for the little guys. Stop by the Senior Center today and take one home.

Exercise Room

**open everyday from
8:00 to 5:00 for ages
60 and over except
on Tuesday afternoon.**



Caregiver Trip to The Victory Junction Gang Camp

October 7th 9AM-4PM in Randleman, NC. This is an overnigher with lots to do including massages and makeovers.

For more information or to RSVP please contact Mineko Holloway at 638-3185.

Aging Strong Classes Mark Your Calendars!

Many thanks to everyone who called and added their names to the list for these great FREE classes. We've set the dates and times and can't wait to get started. These classes will be held at the Senior Center from 2-4 pm.

Diabetes Self Management
September 14, 16, 21, 23, 28 & 30

Matter of Balance
October 5, 7, 12, 14, 19, 21, 26 & 28

Oriental Matter of Balance
Town Hall 10 AM -12Noon
September 14,16,21,23,28,30
October 5 & 7

Class size is limited to 12-15 per session. More sessions can be offered if we have interest. Call Kelly for more information at 745-7196

AARP to Meet—

1 PM July 1st
At the Center
Nina Shoaf
NC License Plate Agency

1 PM August 5th
At the Center
Ann Holton
County Commissioner



Aging Well Expo 2010

Age Strong! Live Long!

September 9, 2010

The date is set, the mascot chosen, the plans laid. We're gearing up for our 3rd Annual Aging Well Expo! This year's theme: ***Age Strong! Live Long!*** Our goal is to empower all older adults to take charge of their health and well being; to be safe, healthy and happy.

Join us again this year at the Ned Delamar Building on campus at Pamlico Community College for fun, information and a great time!

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

Travels with Santa

Ready to get away for a few days? Pick a Travel with Santa and get ready for high adventure.

Mackinac Island– September 18-26

The trip to Mackinac Island only has 6 seats available. The total cost of the trip is \$759. If you have paid your deposit, the **final payment of \$674 is due by July 14. Please make the check payable to Santa Klotz and mail to:**

197 W.S. Klotz Drive
Bayboro, NC 28515

Orlando, Florida– December 5-11

Start your December holidays with a trip to Orlando Florida. The total cost of the trip is \$535 and includes 6 nights lodging, 10 meals (6 breakfasts and 4 dinners) admission to the Holy Land Experience (Jerusalem recreated) Tiffany Chapel at the Morse Museum, Bok Tower Gardens and more.

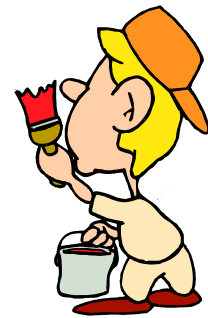
For more information or to make a reservation, please contact Santa Klotz at
252-634-8449

Volunteer Opportunities

Senior Services needs your expertise! Our Senior Services Advisory Committee is an important voice in what services are needed and how they are delivered in our County. This committee meets 4 times a year and is comprised of interested older adults who want to help improve the lives of their peers in Pamlico County. The Pamlico Foundation for the Aged also assists the Senior Center with fundraising activities. If you would like to make your voice heard, please contact Linda Potter at 745-7196 for more information.

Attention Painters! Incredible Opportunity for You at Senior Services!

For a limited time only, we are offering a sweet deal to a special painter who would like to volunteer to put a fresh coat of paint on our lobby. We supply the paint and a free lunch plus recognition for your selfless contribution to the older adults in Pamlico County. If this opportunity is for you, please give Linda Potter a call at 745-7196 today.



Are You Getting a \$250 Check from the Government?

The new Health Care Reform is changing Medicare Part D. Beginning this year, anyone who does NOT have extra help and reaches the donut hole will receive a check from the Government for \$250 to help cover medication expenses through the coverage gap. This assistance is only for those folks who do NOT have extra help in the form of the Low Income Subsidy, Medicare and Medicaid or help paying the Part B Medicare Premium.

Not sure if you qualify for Extra Help? Call Kelly at the Senior Center at 745-7196 or call SHIIP at 1-800-443-9354

Inside Yard Sale July 13th 8AM-5PM

Everyone loves a yard sale but its just too hot outside! Join Senior Services for Indoor Yard Sale on July 13th from 8AM—5PM. All proceeds will be used to fund Senior Center Activities.

Annual Holiday Arts and Craft Fair

November 6, 2010

Even as the temperatures soar outside, we're planning for the Annual Holiday Arts and Craft Fair here at Senior Services. We will begin taking vendor applications on Thursday, July 1, 2010. If you would like to participate, please contact Linda Potter at 745-7196 for more information.

Thank You

We appreciate all the donations that are made to the Pamlico County Senior Services . Many thanks this month to:

The Harbour Sounds
J&S Catering
Santa Klotz
Eddie Cowell

Glenda Benton
Ingrid Lolli
The GE Foundation
Pamlico County Foundation for the Aged

The 50+ Club

Mr. James Mason and Shop Quick for the generous donation of coffee. Without your generosity the coffee pot in the dining room would have run dry.

Congratulations KOPS Graduates!



The Alliance Chapter of TOPS (Take Off Pounds Sensibly) is proud to announce the newest KOPS (Keep Off Pounds Sensibly) graduates! A KOPS is someone who has reached their goal weight. The following members have reached their goals:

Erma Keeports
Lillie Pegram

Ila Leary
Penny Simpson

TOPS meets each Tuesday night at the Senior Center. Weigh in begins at 5:30 pm and the meeting begins at 6:00 pm. Come to your first meeting FREE and join in the fun and education as we learn to Take Off Pounds Sensibly!

For more information, call Linda Potter at 745-7196.

The Senior News and Solutions is changing!



Our newsletter has been a staple for over 10 years. During all these years it has been a source of information, humor and fun; all provided at no charge. Recently it became available online at www.pamlicocounty.org and by electronic subscription. As the times change so must the newsletter. Beginning with the **September/October issue, there will be a \$5 per year charge for home delivery.** In order to continue to receive the newsletter, please submit your payment beginning August 1, 2010. If you prefer, you can pick up a free copy at the Senior Center or any of these locations:

The Pamlico County Library
Pamlico Medical Center
Oriental Medical Center

Gary's Restaurant
Hobucken Marina
Visitor Center

Senior News and Solutions Subscription Request

Please submit payment beginning August 1, 2010

I am enclosing \$5 for a 1 year subscription to the *Senior News and Solutions* to cover postage for home delivery

I would like to make a donation to Pamlico County Senior Services to help a homebound older adult receive the newsletter.

I would like an electronic subscription. My email address is provided.

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Thank you for continued support of Pamlico Senior Services!

Pamlico Senior Services

800 Main Street
PO Box 184
Alliance, NC 28509



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

Email: linda.potter@pamlicocounty.org



50+ Club: Celebrating Life!

July Happenings

- | | |
|-----------|--|
| July 6th | Business and Bingo |
| July 13th | Salad Day (Everyone bring things to add) |
| July 20th | Share Recent Travel Experiences |
| July 27th | Driver Safety Class |

August Happenings

- | | |
|-------------|--|
| August 3rd | Business and Bingo |
| August 10th | Ice Cream Social |
| August 13th | Trip to the History Place, Lunch with Rodney. Leaving the Center at 10:30.
\$10 Lunch and talk, "Back to Beautiful Beaufort." |
| August 24th | LRC Game (Lots of laughs, fun, fun. Medicine of life) |
| August 31st | Film and Popcorn |

