

**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

May/June 2011

## Summertime's Calling Us

Summer officially begins June 21! The Senior Center has scheduled many exciting events and celebrations over the next two months and we encourage you all to join us!

May has been declared Older Americans Month. Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. Pamlico County Senior Services is joining the festivities with special activities and events.

The Senior Center will be celebrating throughout the month of May, including a cook out on May 12, 2011. At this time, we will also recognize our volunteers and celebrate our Seniors. Mark your calendar and make sure to attend this event.

We still have openings for our trips. Fun is had by all who have been on any of our trips. Mark your calendars and make plans to travel with us on one of our trips.

OAM 2011



**Older Americans:**  
connecting the community

**Linda Potter**  
Director

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

**Julia Hudgins**  
Case Manager, Social  
Worker II, CAP/DA, Com-  
munity Alternatives Program  
for Disabled Adults.

**Vacant**  
Case Manager,  
Care Management  
Program, Senior  
Companion Program,  
Family Caregiver Support  
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Information and Referral,  
Small Home Repairs Pro-  
gram, Newsletter Editor

**Genevieve Borden**  
Transportation Aide

**George Hackney**  
Transportation Aide

**Pamlico Senior Services**  
**Hours:**

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



# Older Americans Month

## Older Americans: Connecting the Community

Once again, this May, people around the Country will come together to celebrate the enormous contributions of older Americans. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. Pamlico County Senior Services is joining the festivities with special activities and events.

The theme of this year's celebration—*Older Americans: Connecting the Community*—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for inter-generational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits. Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact Pamlico County Senior Services at 745-7196 to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing assistance, sponsor social and civic activities, and more.

We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

# 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 Julia Hudgins at 745-7196 for more information.

Below are the meeting dates for May—August, 2011

- May:                    May 2, 2011  
                              May 16, 2011
- June:                   June 6, 2011  
                              June 20, 2011
- July:                    **July 4, 2011 (No Meeting)**  
                              July 18, 2011
- August:                August 1, 2011  
                              August 15, 2011



## Are You Prepared?

It seems that the cold weather and snow are finally behind us but we need to prepare for the possibility of our summer storms. Hurricane Season officially starts on June 1 and continues through November 30. Don't wait until the last minute to get prepared.

Are you on our Special Needs Registry? Pamlico County Sr. Services maintains a Special Needs Registry which is entered into a County-wide database. In the event of a hurricane, you will be contacted as to what your intentions are (will you go to a shelter or a family members house) and after the storm is over, you will be contacted to insure that you are safe.

To be placed on the Special Needs Registry, call the Senior Center at 745-7196. Also, please come by the Senior Center and pick up a detailed copy on how to properly prepare for a Hurricane. This document will include Supplies needed, suggestions on evacuations, a list of shelters in Pamlico County, and other information needed in case of an emergency.





## Senior Center Happenings



Come join us in the fun during the months of May and June, 2011

### May/June Lunchtime Specials

Got an idea or opinion? Come share and give input. Bring your suggestions to the Senior Center Site Meeting on May 12th and again on June 9th at 10:00 a.m. in the Dining Room.

A Table Scavenger Hunt will be held on May 5th at 11:00 a.m. Fill your biggest bag or purse with usual and unusual items and bring it to the Sr. Center. You never know which of these items you might need to win.

A Mother's Day Celebration will be held on May 9th at 10:30 a.m.

May is the month to celebrate many things — Mother's Day and Memorial Day. Did you know that May is also Older Americans Month! To celebrate Older Americans Month as well as recognize our volunteers, we are having a cookout. There will be hot dogs, hamburgers, and much more. There will also be outside and inside activities. Please plan on spending the day with us on May 12th, 2011.

April Showers brought us May flowers. Time to go crazy with the "Best Floral Outfit" contest on May 19th. Wear your craziest, zaniest, floral shirt, outfit, pants, hat or shoes. Prizes for the brightest, most floral and unusual will be given. Judging is immediately after lunch.

Have you got a May or June Birthday? Come join us as we celebrate the May and June Birthdays at the end of the month. Celebrations will be May 31st and June 30th at 12:00 p.m.

Summer begins June 21. We are going to open it with a Luau Party on June 8th from 10:30 a.m. until 1:00 p.m. There will be food, activities, and music for all. There will also be a judging for the best Luau outfit after lunch.

Flag Day is June 14th. Come celebrate and get a history lesson on our flag.

June also brings in the heat. That means **ICE CREAM!** Yes, we are having an ice cream social on June 15th at 12:00 noon.

We cannot forget that Father's Day is June 19th. We will have a celebration for all fathers on June



## ***CELEBRATE NATIONAL WOMAN'S HEALTH WEEK MAY 8-14, 2011***

The U.S. Department of Health and Human Services, Office of Women's Health has designated May 8 - 14 as the 12th annual celebration of National Women's Health Week (NWHW). During this week, communities, businesses, government, health organizations, and other groups come together to promote women's health.

The theme for 2011 is ***"It's Your Time."*** It emphasizes the National Women's Health Week goal of empowering women to make their health a top priority. The theme also encourages women to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

1. Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
2. Eating a nutritious diet
3. Visiting a health care professional to receive regular checkups and preventive screenings
4. Avoiding risky behaviors, such as smoking and not wearing a seatbelt
5. Paying attention to mental health, including getting enough sleep and managing stress

We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, children, and parents before their own. As a result, women's health and wellbeing becomes secondary.

It is also now easier than ever before for women to take charge of their health, thanks to the Affordable Care Act, a landmark health care reform law enacted last year. This law gives Americans greater choice and better control over their own health care and includes changes that are especially meaningful to women. For instance, new plans must cover recommended preventive services, including mammograms, colonoscopies, immunizations, and well-baby and well-child screenings without charging deductibles, co-payments, or co-insurance. It also assures women the right to see an OB/GYN without having to obtain a referral first.



May 8-14, 2011

**Family Caregiver Camp Retreat**  
**Tuesday, May 31, 2011 (9:00 a.m.—4:00 p.m.)**  
**Pine Knoll Shores, NC**

Join us for the Family Caregiver Retreat. This event is sponsored by the Family Caregiver Support Program and Carteret Care Partners.

Respite care is available on site or at home for the person for whom you care. If you would like to exercise this option, please indicate so when you register. Someone will work with you to make arrangements.

Activities Include:

Massage Therapy — Relax with the help of a licensed massage therapist.

Beach Stroll — Let the sound of the ocean calm your nerves and remind you of what it is like to be at peace.

Bird Watching — Relax by the pond and observe the many species of beautiful coastal birds.

Crafts — Join Rev. Sally White in creating a project to take home.

Labyrinth — Take a journey of Spiritual Discovery in the labyrinth.

Prayer — Let Rev. LaVera Parato join you in prayer to release the burden of your concerns.

Empower and equip yourself to support another person as they become more dependent in later years. Learn about choices and experiences which you may have in store in the future.

With this retreat, you will experience Relaxation. A healthy caregiver is a good caregiver. Get on track to practice better self care. Learn the benefit of attending to **YOUR** needs by joining us in exercises of replenishment and nourishment.

There is no cost to attend the retreat. Unpaid, family caregivers may call or e-mail Mineko Holloway at mholloway@eccog.org or call 252-638-3182, ext 3011. **Registration is required.**

*REST*

*LEARN*

*RELAX*



## Charleston Escape May 18 – 20, 2011



3 days and 2 nights in historic Charleston, SC. This package includes:  
 2 Night accommodations  
 2 Breakfasts at your hotel  
 2 Dinners to including one aboard the *Spirit of Carolina*

The 3 hour cruise offers breathtaking views of Charleston Harbor and includes live entertainment and a 3 course gourmet meal, tableside service and your favorite beverage. If you love history, you'll love the guided tour which includes the site where the Civil War began, historic antebellum homes and gardens. And lets not forget SHOPPING! There will be plenty of time to for shopping at the Old City Market.

All standard taxes, baggage handling, meal gratuities and deluxe motor coach transportation are included.

The total cost of the trip is \$299.00 per person double occupancy. Travel insurance is available at \$51.00 per person and should be purchased at the time of your initial deposit. **For more information or to make a reservation please call Linda Potter at 745-7196.**



## Washington, DC September 13– September 16, 2011



Join us on a Fabulous 4 day/3 night trip to our Nation's Capitol.

Included in this package is:

- 3 Breakfasts and 3 Dinners
- Entertainment at a Landmark Dinner Theater
- Guided Tour of Washington DC to include The Supreme Court, Capitol Building, Library of Congress, Smithsonian Institution, Washington Monument, Lincoln Memorial, Vietnam and Korean Veterans Memorials, Jefferson Memorial and Newly Dedicated World War II Veterans Memorial.
- Visit to Arlington Cemetery
- Illuminated night tour of DC's Monuments
- White House Photo Opportunity.

The total cost of the trip is \$409 per person (Double Occupancy). Travel Protection can be purchased at \$51.00 per person and should be purchased at the time of your initial deposit. **For more information or to make a reservation, please contact Linda Potter at 745-7196.**

## Canada & New England Cruise October 6-15, 2011



We're cruising again; this time to the New England coast and Canada. We'll be setting sail on October 6th 2011 from Baltimore Harbor aboard the *Enchantment of the Seas*. Our ports of call include, Portland, Maine, Bar Harbor, Maine, The Bay of Fundy, Halifax, Nova Scotia and then back to Boston, Massachusetts. Finally, we'll have one day of pure cruisin' to enjoy the shipboard amenities before disembarking back at Baltimore Harbor and heading home.

This 10 day/9 night cruise is being offered at:

\$1179 per person	Inside Cabin	Cat N
\$1229 per person	Inside Cabin	Cat M
\$1259 per person	Inside Cabin	Cat L
\$1399 per person	Outside Cabin	Cat I
\$1429 per person	Outside Cabin	Cat H
\$1459 per person	Outside Cabin	Cat G
\$1929 per person	Balcony	Cat D2

The fine print:

- Travel protection is available based on your cabin selection and must be purchased at the time your deposit of \$250 is made.
  - Final payment is due before July 2, 2011/All prices are based on double occupancy
- To guarantee your choice of cabin, please make your deposit early!  
**For more information, please call Linda Potter at 745-7196**



## Biltmore Estate — Asheville, NC November 30—December 2, 2011



Join us on a fabulous Holiday trip to The Biltmore Estate in Asheville, North Carolina. Recapture the magic of the season during Christmas at Biltmore. Enjoy America's largest home decorated with dozens of Christmas Trees, hundreds of wreaths, bows, and poinsettias.

Your 3 day/2 night package includes:

- 2 Night Hotel Accommodations
- 2 Breakfasts/1 Holiday Dinner at the Biltmore Estate
- 1 Festive Holiday Buffet Lunch at Deerpark Restaurant
- Self-Guided Candlelight Tour of the Biltmore House
- Admission to Biltmore Estate and Gardens
- Wine Tasting at the Famous Biltmore Estate Winery and more!

The total cost of the trip is \$339.00 per person (Double Occupancy). Travel Protection can be purchased at \$51.00 per person and should be purchased at the time of your initial deposit. **For more information or to make a reservation, please contact Linda Potter at 745-7196.**



## We're On-Line!! Are You?



The current issue our newsletter, as well as our monthly Activity Calendars, are available on our website [http://www.pamlicocounty.org/Departments\\_SeniorServices.aspx](http://www.pamlicocounty.org/Departments_SeniorServices.aspx). Our newsletter is published bi-monthly and is delivered via US Mail and e-mail. If you are on-line, please help us reduce the cost of printing and mailing by opting to receive the newsletter electronically.

Please contact Linda Potter at 745-7196 if you wish to start receiving the newsletter via email or you can email your request to [linda.potter@pamlicocounty.org](mailto:linda.potter@pamlicocounty.org)

Thank you for your continued support of Senior Services!

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## DID YOU KNOW??

Did you know that we have nearly 142 Volunteers at Pamlico Sr. Services. This includes 60 volunteers who helped deliver our Home Delivered Meals, 28 volunteers who help with our congregate meals, 30 Caring Carpenters, our various committee members, and others who volunteer their time to enrich the lives of the Seniors of Pamlico County.

We want to take this time to say THANK YOU!!! You ALL have made such a difference in the lives of so many of the Seniors of Pamlico County.



Pamlico County Senior Services Will be closed on  
**May 30, 2011**  
in observance of  
**Memorial Day.**

## **50+ Club: Celebrating Life!**

### **Meetings are every Tuesday at 11:00 AM**

**May 3rd, 2011**

Business and Bingo  
Mother's Day, Coffee/Cake

**May 10th, 2011**

Trip to New Bern History Museum  
(Meet at Center at 10:30 a.m./car pool leave at 11:00 a.m.)

**May 17th, 2011**

Hot Dogs,  
Bring Sides and Desserts

**May 24th, 2011**

Memorial Day  
Red, White, and Blue  
LRC

**May 31st, 2011**

Enjoy the Music of Gainesville, GA Youth Group

**June 7th, 2011**

Business and Bingo

**June 14th, 2011**

Father's Day (Patriot Day)  
Ice Cream Social (Red, White,  
Blue)

**June 21st**

Summer Picnic  
Price is Right Game  
Plan Meal

**June 28th, 2011**

Wii Bowling

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

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### **AARP Meetings**

1st Thursday of each month at 1:00 p.m. at the Pamlico Senior Center

May 5th — Ann A. Holton, Pamlico County Commissioner will be the guest speaker.

June 2nd — Luncheon Meeting. Time and Place will be decided at the May meeting



## April Showers at the Senior Center



On March 15, 2011 an April Shower was held for the Senior Center. Participants brought goods needed by the Senior Center for our everyday operation. We were fortunate enough to receive kitchen towels, plates, forks, soap, plastic tubs and more! All gifts received are very much appreciated and the Senior Center wishes to thank EVERYONE who contributed.

The Senior Center still has some items on our wish list and would certainly appreciate any donations from the public.

Our wish list includes:

Plastic Wrap  
Aluminum Foil  
Paper Plates



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## Friday Night Supper Club's Summer Dinner June 17th

Come join us on June 17th for our summer dinner! There will be lots of food, fun, and great entertainment!

Entertainment will be provided by JaZZomine who will play a variety of jazz and blue tunes. Band members include Herb and Myra Blue, Ron Lupton, Janis Rott, and Joe Rys.

Call Linda Potter at 745-7196 for more information or to make a reservation.



## *Proclaiming the Name*

### *2011 Music and Mission*

The Youth Choirs of First Presbyterian and First Methodist Churches in Gainesville, Georgia will be travelling to North Carolina to sing. Under the Direction of Michael Henry and Robin Parr, they will Present ***Proclaiming the Name; 2011 Music and Mission*** .

The Choirs will perform on the following dates:

May 29th — Centenary United Methodist Church — New Bern, NC

May 31 — Pamlico County Senior Center — Alliance, NC (10:30 a.m.)

June 1 — Trinity United Methodist Church

***Come enjoy the beautiful singing voices of these youth choirs.***

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## DONATIONS

The Senior Center would like to thank the following for their generous donations:

Pentecostal Holiness Church — Lowland NC — Donation to Meals on Wheels

In Memory of Hilda Watson from the 50+ Club

These donations are greatly appreciated as they enable us to make a difference in the life of a Senior Citizen in Pamlico County.

**Thank You!**

## Become a Subscriber Today!

Many Thanks to everyone who has subscribed to our newsletter. Your support is appreciated! If you have not subscribed but like to continue receiving *The Senior News and Solutions*, please send your payment today for \$5 for a full year, (6 issues). Electronic subscriptions are available free of charge by supplying your email address or checking our website at [www.pamlicocounty.org](http://www.pamlicocounty.org) 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

**Thank you again for your continued support of  
Pamlico County Senior Services!**

### *Senior News and Solutions* Subscription Request

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

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

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**We're on the web!**  
**[www.pamlicocounty.org](http://www.pamlicocounty.org)**

Need a Ride to the Senior Center? **CARTS** can help you. Call the Senior Center at 745-7196. If you want more information on transportation to the doctor, dentist, or even the grocery store, call **CARTS** at 636-4917

