

The Greene County Senior Gazette October 2017 “News for Folks Age 60+ & Family Caregivers”

From the Director’s Desk: Looking at the Schedule, the month of October is going full swing! October contains Breast Cancer Awareness Month, National Fire Prevention Week, the Alzheimer’s Memory Walk, and State Fair Senior Citizen's Day. The Senior Center is offering Flu Shots on Oct. 6th, and this season according to reports will start earlier, with a more aggressive strain of flu. Rescheduled from September, due to the threat of Hurricane Irma, our Shred A Thon is on October 10th, and our Hot Dog/Bake Sale for Alz. NC is on October 11th. A new program, Passport to our International Neighbors will feature a series of sessions on other countries & cultures on Thursday Afternoons starting October 5th. Last but not least, Open Enrollment for 2018 Medicare Part D Prescription Drug Plans begins on October 15th and lasts through December 7th. The Senior Center is also assisting with a survey conducted by the Division of Aging on Senior Centers through October 16th. Your input will be very important! Please check our calendar for times and dates of services and activities. *S. Harrison-Director*



The Medicare Annual Election Period to check and/or change your 2018 Medicare Part D Prescription Drug Plans is: October 15th-December 7th, 2017



The **Greene County Senior Center** can compare 2018 plans, enroll you in a Part D Medicare Prescription Plan, or help you **apply for Extra Help** to pay for your Part D premiums, deductibles, & copays. **Call 252-747-5436 for an Appointment-no walk-ins.**

News about Family Caregiver Support Programs

Eligible Program Participants:

The following specific populations of family caregivers are eligible to receive services: 1) Adult family members or other informal caregivers age 18 and older providing care to individuals 60 Years of age and older; 2) Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's Disease and related disorders 3) Grandparents and other relatives (not birth or adoptive parents) 55 years of age and older providing care to adults age 18-59 with disabilities The Caregiver receiving Respite or Supplemental services must be taking care of **someone who is frail**, which means: 1) The person receiving care is unable to perform at least 2 activities of daily living with substantial human assistance, including verbal reminding, physical cueing, or supervision or 2) Due to a cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to another individual.



North Carolina Family Caregiver Support Program
Completing the Care

Programs & Services: Monthly Family Caregiver Support Group Meetings-4th Fridays at 1:30-(**October Support Group Luncheon on Friday October 27th at 12:00PM**), Caregiver directed Vouchers for Respite Services, Caregiver Training Programs including Powerful Tools for Caregivers, Home Safety Devices-Door Alarms

***Services accessed through the Greene County Senior Center. For more information call 252-747-5436.**

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PICTURES OF OUR ACTIVITIES!
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SENIOR CENTER
& SERVICES ON
FACEBOOK!**



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SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER

*Alzheimer's & Family Caregiver Support Group 4th Fri at 1:30PM

Family Caregiver Lending Library available

*TOPS-Weight Loss Support Group-FRIDAYS at 10AM

VOLUNTEERS for September 2017:

Home Delivered Meals Volunteers: Snow Hill Presbyterian Church
Pete Miller, Patty Miller, Bobby Glossip, Rebecca Pate, Chasity McCormick,
Ruby Cannon, Verona Chisolm, Van Willoughby, Jeanie Bowen, Linda
Jones, Roy Miller, Fred Perry, Jeff Sugg, Cindy Beaman, April Jones, Mag-
gie Whitmore, Lou Ann Price, Ana Edwards, Henry Grant, Allen Shirley,
Sheri Harris, Doris Connor, Russell Corbett, Joyce Corbett, Beth Moyer

Volunteers at the Senior Center: Sandra Thomas, Melinda Waters, Joan
Wade, Ada Rodgers, Janice Moyer, Roger Monroe, Gwen Johnson, JE Davis,
Lee Taylor, Yvonne Ramos, Travis Sugg, Dwight Moore, Elliotte Ashburn,
David Freeman, James Waters, Shirley Rouse, Chris Miller, Sheila Brann,
Ada Ashburn, Cliff Bryant, David Jones, Sheila Brann, David Freeman,
Chris Miller, Elaine Morgan, & Dianne Morris

Thanks for Volunteering!

VOLUNTEER OPPORTUNITIES at the Senior Center-Fall 2017:

Dining Room Assistant, Frozen Meals Delivery, Office Assistant & Receptionist,
Activities Assistant, Grounds Assistant, Aging Advisory Committees

*Persons interested in volunteering will need to complete a volunteer application with
confidentiality statement and take orientation training for volunteers. Please see
someone in the business office for an application, and to schedule orientation.

Volunteer Opportunities in the Community: Greene County Community
Garden, Office Assistant at Cooperative Extension, Interfaith Food Bank, Greene
County Museum, SHIP Counselors, Greendale Forest Nursing Center, Cause N Dog
Rescue Animal Care Volunteers with puppies and kittens. Call 252-747-5436 for more
information.

Nutrition Matters: *Shelina Bonner, Agent*
Family & Consumer Sciences Greene County Cooperative Extension

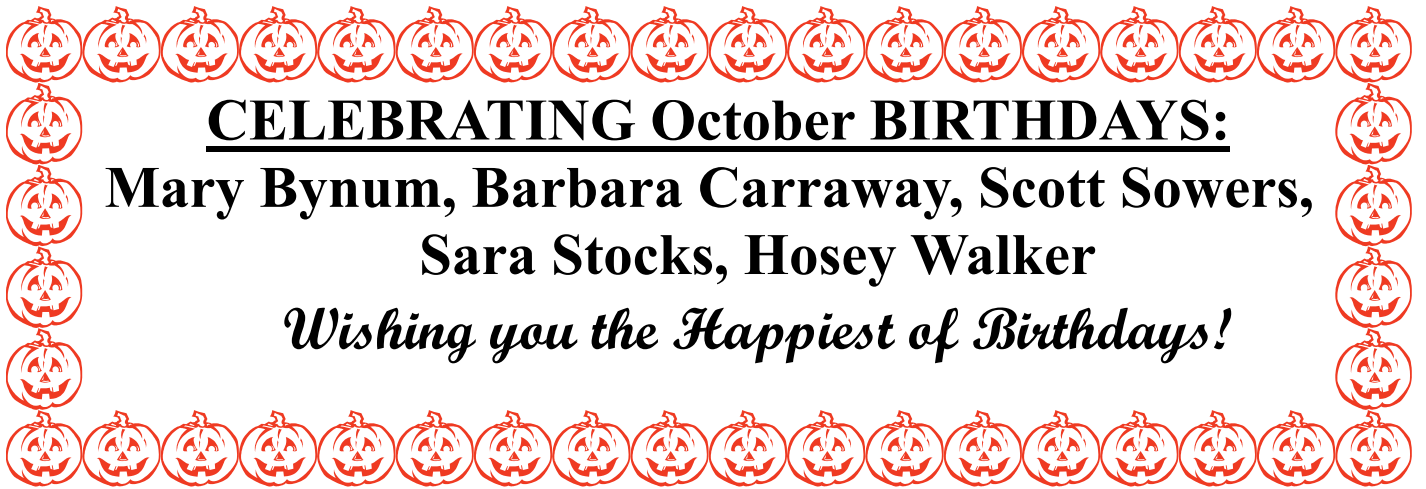
October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it is found and treated early. A mammogram is the screening test for breast cancer to help find breast cancer early when it is easier to treat. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.



How can National Breast Cancer Awareness Month make a difference? Use this opportunity to spread the word about steps women can take to detect breast cancer early. **Here are just a few ideas:** Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer. Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammogram. Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years. For additional foods, health and nutrition information, contact Shelina Bonner, Family and Consumer Sciences Agent, North Carolina Cooperative Extension-Greene County Center at (252) 747-5831.
Source:

<https://healthfinder.gov/NHO/OctoberToolkit.aspx>

<http://www.nationalbreastcancer.org/breast-cancer-awareness-month>



CELEBRATING October BIRTHDAYS:

**Mary Bynum, Barbara Carraway, Scott Sowers,
Sara Stocks, Hosey Walker**

Wishing you the Happiest of Birthdays!

HOW MANY MEALS DID WE SERVE???

August: Congregate Meals-764 Home Delivery-401

Sept: Congregate Meals-641 Home Delivery-451

Additional Meals Purchased
by Client Contributions:

August-2

Sept-1



PASSPORT TO OUR INTERNATIONAL NEIGHBORS

The Greene Co Senior Center presents a PASSPORT TO OUR INTERNATIONAL NEIGHBORS, a weekly series of talks by individuals in our community who have come here from another country or have intimate knowledge of another ethnic culture. Speakers may share a little bit about the history and culture of their homeland and even a taste of their native cuisine or a display of special arts and crafts. (We expect this series to consist of eight 1-hr sessions meeting on Thursdays at 2PM, but will continue if there are additional international participants and ongoing interest) In this informal setting, attendees are encouraged to come early enough to get a seat and to share anecdotes they may have from their own personal ethnic heritage. You won't want to miss a minute of this lively, fun event!



A sample of our program: Appropriately, we will honor the culture of Native Americans, beginning our series with Mr. Fix Cain of the "Tuscarora Nation." October 12, 2017, "Latvia" with Biruta Erdmann; October 19, 2017, "Lebanon" with Dr. Elie Osta.

***Event open to Greene County Senior Citizens age 60 and over.**