



AGING CONNECTIONS

**“Aging is not lost youth but a new stage of
opportunity and strength”
-Betty Friedan**



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Special points of interest:

- Get Moving! Check out Tai-Chi for Arthritis and Falls Prevention!
- Disaster Assistance for those in need is available!
- Volunteers are still needed and much appreciated!
- Join the GSC for fun filled days!
- If you need assistance with your Medicare Part D plan call (910) 592-4653

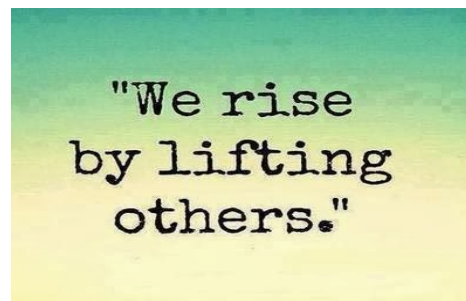


VOLUNTEER!
Start where you are,
Use what you have,
do what you can!

A volunteer is a person who remembers to do the things that make others happy, who takes the loneliness out of the alone by giving their time, who is concerned when others are unconcerned and who do not necessarily have the time but have the heart! The Sampson County Department of Aging is in need of volunteers like you in all program areas, no matter the length of time or the duration of the task! We are in grave need of volunteers in our Home Delivered

Meals Nutrition Program mainly at our Butler Court Senior Center here in Clinton.

For more information on volunteering at the Butler Court Senior Center call Lorie Joyner at (910)592-5604 between the hours of 9 AM and 2 PM and for information on volunteering in other areas throughout Sampson County call Linda Armwood at (910) 592-4653 between 8 AM and 5 PM



SHIIP: Seniors' Health Insurance Info.

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

Review Plans Annually

October 15-December 7

SHIIP can help you compare Plans and determine if a change is needed.

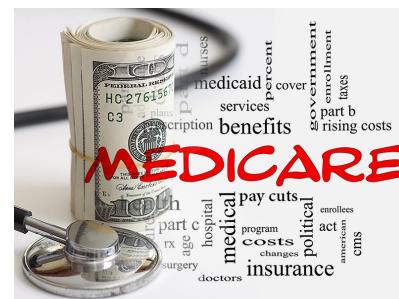
By appointment only: Call Sampson County Department of Aging at 910-592-4653 and ask for Angela Faircloth to set-up and appointment.

Extra Help is available for people on Medicare with limited income and assets.

Call SHIIP to apply for assistance.

1-855-408-1212

More information online at: http://www.ncdoi.com/SHIIP/SHIIP_SMP_Home.aspx.



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SAMPSON AREA TRANSPORTATION

SAT provides transportation services Monday through Friday for trips to local agencies, medical appointments, individual shopping trips and the community.

A \$1.00 fare is charged for each stop and Veterans out-of-county trips are \$5.00 for round trip.

For More Information contact:

Eartle McNeill or Lynn Adams
(910)299-0127



Tai Chi for Arthritis and Falls Prevention

Based on the Sun style, Tai Chi for Arthritis is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability, and fitness levels with any form of arthritis. Tai Chi for Arthritis is also proven to help reduce the prevalence of falls among older adults.

Benefits include:

- Increased range of motion, strength & flexibility
- Improved balance
- Better breathing
- More energy
- Feel better

CLASS INFORMATION:

Dates:

October: 12, 13, 19, 21, 26, 28

November: 2, 4, 9, 10, 17, 18

Time: 11:00 A.M. -NOON

Hosted by:

Bellamy Center

Activity Room

500 Pierce Street

Clinton, NC

Register by calling

(910) 299-4900 ext. 3072

Fee: No Cost- Voluntary contributions accepted

Instructors:

Angela Faircloth, Certified Tai Chi for Arthritis Instructor

Tracy Davis, Certified Tai Chi for Arthritis Instructor

Program presented by:

Mid-Carolina Area Agency on Aging

P O Drawer 1510 * Fayetteville, NC 28302

Phone: 910-323-4191 * Website: www.mccog.org

In partnership with:

Sampson County Department of Aging * Clinton Parks & Recreation



Marie's Corner Garland Senior Center



Greetings from the Garland Senior Center-
"Where great things happen".

So thankful we were blessed through the storm and glad that we all here at the center were able to help others in special ways.

The seniors were fed, the thirsty had water to drink, shelter was provided for many. It was a great lesson in ministry and I was so glad to work at the Special Needs Shelter during the storm. I learned that a stitch in time saves mine!

Things are doing well here at the Garland Senior Center. We are encouraging everyone to exercise your right to vote on November 8, 2016.

Upcoming Events:

Carolina Foot Care- November 3, 2016 10:00 AM

Christy Cashwell with Southwood Nursing home-
November 15 10:00 AM

Sampson Community Nursing Home November 10

10:00 AM

November 1 kicks off open enrollment for affordable health care. For assistance or information call (910)529-3931. A representative from Legal Aide of NC will be at the GSC from November 1, 2016 to January 7, 2017 at various times.

We are still trying to help people that were hit hard by Hurricane Matthew. If anyone is in need please call or stop by the Garland Senior Center. We will try to help in any way we can we may be able to help with clothes, cleaning supplies, or personal hygiene items. Little is much in a time of need! We believe that charity starts at home at spreads.

Feel free to join us for fun filled days here at the center. Together we stand-divided we fall! Grandparents support group meeting is held here every 3rd Monday at 12:30.

Alzheimer's Support group meeting every 2nd Tuesday at 6:00 PM.

A trip is in the making to Fayetteville on November 17, 2016.

Remember shuttle shopping 1st and 3rd Friday, come to Clinton for most of your monthly needs.

Continue to make memories with loved ones especially the elderly, they have so much wisdom and knowledge,

Marie Faircloth

Hurricane Matthew-October 2016

Hurricane Matthew struck North Carolina on October 8, 2016, leaving destruction in it's path. Matthew's death toll in the U.S. climbed to 38, half of them in North Carolina. Flooding in North Carolina from Hurricane Matthew has caused \$1.5 billion in damage to 100,000 homes, businesses and government buildings, authorities estimate.

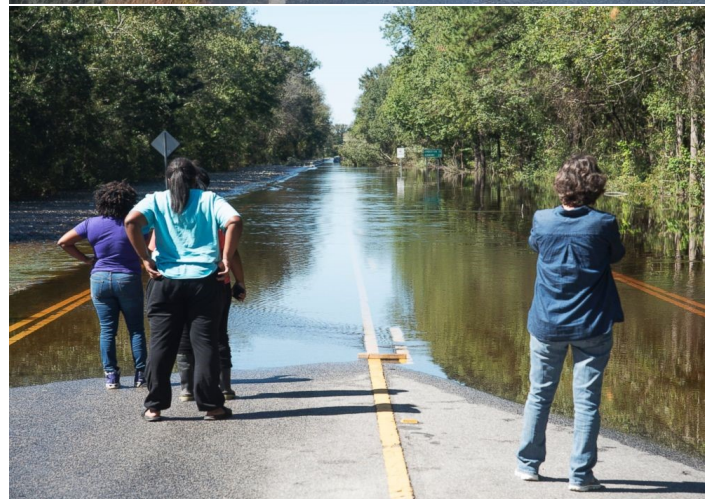
More than a dozen counties have been approved for individual assistance from the federal government and 34 counties had received orders for federal public assistance, which will help local governments with repairs, McCrory said in a press conference. "Already, the federal government has dispersed \$2.6 million to disaster survivors," McCrory said, adding that 14,000 residents had registered for federal aid. The federal government has released \$5 million in early release highway funds to help with road repairs. The crisis, however, is not over as rivers continued to rise in parts of the state. "North Carolina is resilient, our people are strong and we are going to get through this together," McCrory said. "This storm is still impacting people in a big way. You have got to see it to believe all the devastation that has occurred."

Fema Assistance:

By phone: 1-800-462-7285

Online: www.disasterassistance.gov

The disaster recovery center is currently located at the Sampson County Department of Social Services (910)592-7131



Adult Day Health Care Center

Hello from the staff of Adult Day Health Care Center. We would like to wish all of you October Birthday clients a "Happy Birthday," Miss Dorothy S. We celebrated Miss Dorothy's birthday with party cupcakes, and candy boxes. We have had a whirlwind of an October, Hurricane Matthew came to visit Sampson County and we were open as a Special needs shelter. We were very fortunate that no one lost their life or homes. We did crafts such as squirrels

holding nuts out of pine cones. We done more puzzles to frame to decorate the center. The clients really enjoy making fall decorations. May God Continue to Bless and Keep us all safe. Be safe this Fall.

Ensure is sold on Mondays and Thursday ONLY!

\$22.00 Regular

\$24.00 Plus

\$36.00 Glucerna

\$27.00 Plus Bottles

8:00 a.m. — 4:00 p.m.



Ins & Outs: Family Caregiver Program

The Family Caregiver Support Program sponsors 3 Educational Support Groups each month.

The Grand-Families Support Group meets the 3rd Monday of each month at 12:30 PM at the Garland Senior Center.

The Alzheimer's Support Group meet the 2nd Tuesday of each month at 6:00 PM at Sampson County Department of Aging.

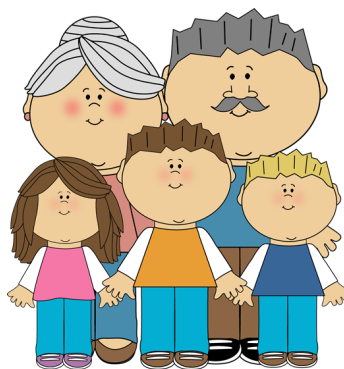
Grand-Families Support Group meets the 3rd Wednesday of each month at 10:30am at Sampson County Department of Aging.

Please visit the Family Caregiver Support Program sponsored Library at the Garland Senior Center, books of all types are

available to check out and enjoy.

More Information about the Family Caregiver Support Program contact Lesia Henderson at (910)592-4653

Lesia Henderson Family caregiver support specialist is now A Positive Approach Certified Trainer with Teepa Snow for Families living with Dementia!



Any individuals, agencies or churches that would like to adopt grandchildren being raised by their senior grandparents for Christmas please contact Lesia Henderson at (910)592-4653



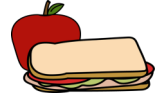
Volunteers Carolyn Parrish and Sandra Moore with the Family Caregiver Support Program working in the clothing closet to organize clothes for those in need!

Thank you both for all you do!

"We rise by lifting others!"



Healthy Living: Nutrition Services Program



As the saying goes, you are what you eat. If you want to age well, this old adage might be your motto. Older people who maintain a diet that contains lots of fruits, vegetables, fish and whole grains with minimum amounts of fat and little or no red meat have increased resistance to illness and disease, higher energy levels and better all-around health. They feel and look good. Their minds are sharp, their bodies strong and they enjoy their independence. For them, healthy eating isn't about dieting and sacrifices. It's about putting together meals that are colorful, varied and wholesome, and then savoring every morsel. One other secret of their nutritional health: they make sure not to eat

alone. Eating in the company of others is as important to healthy aging as vitamins

www.nyc.gov

Sampson County Nutrition Sites:

Butler Court (Senior Center): 501 Byron
Butler Court Clinton, NC 28328

(910)592-5604

Garland Senior Center: 91 N Church Avenue
Garland, NC 28441 (910)529-3931

Harrells: 183 Bland School Rd. Harrells,
NC 28444 (910)532-4090

Roseboro: 206 NE Railroad St Roseboro,
NC 28382 (910)525-5706

Westbrook: 4431 Newton Grove HWY
Newton Grove, NC 28366 (910)567-6074

Mingo: 1358 Mingo Church Rd Dunn, NC 28334
(910)567-2950

Turkey: 30 Market St Turkey, NC 28393
(910)592-9349

For more information contact Linda Armwood
(910)592-4653

Home Repairs Program

The Sampson County Department of Aging has a Home repairs program.

This program only works on MINOR home repairs, builds wheel chair ramps, hand rails and grab bars.

To apply for this program the only qualification is that you are 60 and older and live in Sampson County.

There is a waiting list but do not be discouraged, we can help you!

For More Information or to Apply:

Angela Faircloth- Information and Referral Specialist at
(910)592-4653 ext 5308



Home Repairs Coordinator

Steven Wilson



**Sampson County
Department of
Aging**

405 County Complex Road
Suite 140
Clinton, NC 28328

• • • • •
Phone: 910-592-4653
Fax: 910-590-2142
E-mail: srich@sampsonnc.com

We're on the Web
www.sampsonnc.com

Our Services Include:

CAP/DA
PCII
Home Repairs
Transportation
Nutrition
Adult Day Health Care
Seniors Centers
Information & Referral/Options Counseling



We are a United Way funded
organization

Sampson County Department of Aging is an arm of the county government. Our purpose is to research, evaluate, implement, and administer a coordinated system of services for older adults, family caregivers and in some instances, handicapped and very low income citizens in Sampson County, in the most cost-effective manner possible.

It is the intent of Sampson County Department of Aging to enhance the quality of life for Sampson County citizens through services, as well as providing education opportunities about being healthy as we age.

In Memory of:

John McLean
April 28, 1940-October 15, 2016