



PITT COUNTY

Council on Aging

SEPTEMBER 2020
NEWSLETTER



-MIND-BODY-SPIRIT
-COMMUNITY-

National Senior Center Month

SEPTEMBER 2020



Rich Zeck—Executive Director
John Minges—Chair
Chris Woods—Vice Chair
Michael Aichinger—Treasurer
Sue Tidd—Secretary



Council on Aging & Greenville Senior Center
4551 County Home Road, Greenville, NC 27858

Phone: 252-752-1717
Fax: 252-752-9365
www.pittcoa.com

September 2020

Rich Thoughts from the Executive Director

Greetings family and friends,

Here we are getting ready to kick off the fall season. Under the circumstances, I hope you had a restful and healthy summer. Summer for us was non-stop and it appears there is no letup in site.



We have very methodically and cautiously begun to reopen the Greenville and, most recently, the Farmville Senior Nutrition Sites. We have done everything humanly possible to make sure EVERY person is safe at our facilities. The health, safety and well-being of all people is our priority. We have families, children, grandchildren and loved ones that we must make sure are equally safe as well. We are extra vigilant on following the necessary protocols for disinfecting and sanitizing.

During the last 6 months, between 500+ meals on wheels clients, 200+ volunteers, 300+ client, staff and visitors, we have not experienced one single reported case of COVID. That can change in the blink of an eye. We take the pandemic seriously but are at the point that many of our seniors are suffering from a wide range of mental and physical health related issues from staying in place. It is time to offer the opportunity for seniors to participate in programs with small numbers of people.

The isolation has led to many seniors experiencing depression. Many are not eating well because they do not feel like eating. Many cognitive skills have slipped as the lack of human contact and interaction has blunted their ability to be challenged and think critically. Physical flexibility and simple activities like walking have become a real struggle.

There is no pressure for anyone to come back or participate in any activity but if they choose to do so, we can assure them we will do everything we can to protect them as best we can from the virus. Please continue to lift up our seniors in your thoughts and prayers as we begin reintroducing them back to their home away from home.

Have a great day.

Blessings,

Rich

Rich Zeck
Executive Director



Powerful Tools For Caregivers

An educational program designed to help family caregivers take care of themselves while caring for a friend or relative



Wednesdays
September 2-October 7, 2020
10:00-11:30am

This is a virtual class. You can participate from the safety and comfort of your own home, via Zoom. A reliable internet connection is required.

For more information or to register call: Tamyra Jovel at 252.974.1837 or Brandie Garner at 252.974.1854

Dementia Care Station Rotation

Rotate through 4 stations, each giving resources and strategies for caring for someone living with dementia.



Wednesday, September 23, 2020
2:00-3:00pm
Call 752-1717, x201 to register.



CAREGIVER CORNER

Preventing Falls When Caregiving

National Falls Prevention Week is September 21-25, 2020 (NCOA, 2020). Approximately 1 in 4 adults age 65 and over fall each year (NCOA, 2020). Fall risk factors can occur in both the care partner and care recipient. The good news is most falls are preventable! Strategies to help reduce fall risk include talking with your healthcare provider about possible fall risk factors for yourself and/or your loved one, informing them of any foot problems/pain, inquiring about proper footwear, asking them about medications side effects linked to falls, and finding out about possible exercises/activities to improve balance/leg strength (CDC, 2018; NCOA, n.d.).

It's also important to ensure both you and your loved one have your eyes checked at least once a year and make the home safer by:

- Improving lighting throughout the home
- Reducing clutter, especially where you or your loved one walk
- Removing/securing throw rugs
- Adding grab bars by the toilet, tub/shower
- Having sturdy hand railings installed by all entrances/stairs

(CDC, 2018; NCOA, n.d.).

The Council on Aging has services to reduce fall risk, including home safety assessments and home modifications such as the installation of grab bars and stair hand railings. For more information, call the Council on Aging (252-752-1717) and ask to speak to an Aging Specialist or complete a referral form on their website (www.pittcoa.com).



5th Annual OKTOBERFEST



Presented by the Greenville Jaycees & the Council on Aging

~~~~~  
Featuring German style food, live entertainment,  
and craft vendors!

All proceeds benefit the  
home delivered meals program.



Lunch Tickets  
\$15

**SATURDAY**  
**October 10, 2020**  
**10am-2pm**  
**Council on Aging**  
**4551 County Home Rd**





## 2020 Advance Care Planning and Education Clinic



**Join us for FREE Advance Care Planning & Education**  
Clinics to aid you & your family in planning for your future medical care.

The educational presentation will provide information about the advance care planning process and the importance of making your medical care choices known. Certified Respecting Choices© facilitators and notaries will be available during the clinic to assist in the preparation of living wills & healthcare power of attorney documents.

Wednesday, September 9, 2020

1pm Education | 2pm Clinic

Picture identification is required to complete documents. \*Registration Required\*

For more information, or to register, call: 752-1717, x201

## SPREAD THE WORD:

**A Thriving, Vibrant  
Community Matters**



**Support Our  
Advertisers!**

There's a lot to love here.

We have a continuum of care and wellness choices in your neighborhood.

Assisted Living | Alzheimer's & Dementia Care

Brookdale West Arlington Boulevard - 252-758-9155

Brookdale Dickinson Avenue - 252-353-2400

[brookdale.com](http://brookdale.com)



**Thrive  
Locally**



**Free  
Blood Pressure  
Screenings**

**Tuesday**  
**September 8, 2020**  
**10am-12pm**



Can you hear me now?

**FREE  
Hearing Screenings**

**Tuesday**  
**September 16, 2020**  
**10am-12pm**



**Free Physical  
Therapy Screening**

Jeff Agan, physical therapist with CORA, provides free screenings & education on the benefits of physical therapy.

**Thursday**  
**September 17, 2020**  
**10:00-11:30am**

**Who Do you Know?**

This newsletter is our primary way to communicate, to you, what is happening at the COA. Our advertisers are what makes this newsletter happen and without them we could not communicate as well as we do to almost 3,000 people each month.

Do you own a business or know someone who does that might be interested in supporting the COA's newsletter?

Please have them contact Susanne at LPI 800-477-4574. We want to make our seniors and all who enjoy the newsletter continue to receive this informative what's happening journal each month.



**Want access to classes  
without leaving home?  
Check out [GeriShare.com](http://GeriShare.com)!**



GeriShare makes it easy to participate in senior programming when you are unable to leave your home.

Go to <https://www.gerishare.com/> and register for your account.

After registering, reserve your spot in one or more of the available classes!



## Singles Club September 15, 2020

6:30-8:00pm

Call 752-1717, x201 to register.

All program dates and times  
are subject to change.

We will do our best to contact you if a class you  
have registered for is postponed or cancelled.  
Please feel free to contact us before coming to  
check on the status of a class/program.

Call: 752-1717, x201

## Jewelry Class

We'll be making a necklace  
and earring set!



September 11, 2020

2-4pm

Cost: \$10

Call 752-1717, x201 to register

# Road To Resources

*A Guide to Services for Older Adults*

## Healthy Aging and Injury Prevention

Did you know that older adult falls are largely preventable?  
Learn what causes falls in older adults and what you can  
do to protect yourself and your loved ones from a fall.

Presented by Jim Panczykowski  
Injury Prevention Services Assessor at the COA

**Monday, September 21, 2020 3:00-4:00pm**

The class is free, but seating is limited.

**Please call 752-1717, x201 to register**

Honoring the Life and Memory of Your Loved One



605 Country Club Drive | Greenville, NC

**252.752.2121**

[www.SmithFCS.com](http://www.SmithFCS.com)



## Community Calendar

| Monday                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                  | 1<br><br>9:30am-12:00pm *Beginner's Bridge<br>10:00am-1:00pm Mexican Train Dominoes<br>1:00-3:00pm Knit & Crochet Group<br>2:00-3:00pm Virtual Exercise with Linda**<br>2:00-5:00pm Card Games & Billiards                                                                                  | 2<br><br>9:00-11:30am Beginner's Chess<br>10:00am-11:30pm R Powerful Tools for Caregivers++<br>10:00am-12:00pm Billiards<br>1:00-3:30pm R Living Healthy ++<br>1:00-3:30pm Billiards ET Group<br>1:00-4:00pm American Mahjong                                                                               |
| 7<br><br>                                                                                                                                        | 8<br><br>9:00am-12:00pm Threads of Love<br>10:00am-12:00pm Blood Pressure Screening<br>10:00am-1:00pm Mexican Train Dominoes<br>1:00-3:00pm Knit & Crochet Group<br>2:00-3:00pm Virtual Exercise with Linda**<br>2:00-5:00pm Card Games & Billiards                                         | 9<br><br>9:00-11:30am Beginner's Chess<br>10:00am-11:30pm R Powerful Tools for Caregivers++<br>10:00am-12:00pm Billiards<br>10:00-12:00pm R Wreath Making class<br>1:00-3:00pm R Advance Care Planning<br>1:00-3:30pm R Living Healthy ++<br>1:00-3:30pm Billiards ET Group<br>1:00-4:00pm American Mahjong |
| 14<br><br>11:30am-1:30pm AARP<br>1:00-3:30pm Billiards ET Group<br>7:00-8:00pm \$4 Line Dancing                                                  | 15<br><br>9:30am-12:00pm *Beginner's Bridge<br>10:00-11:00am Volunteer Training<br>10:00am-1:00pm Mexican Train Dominoes<br>1:00-3:00pm Knit & Crochet Group<br>2:00-3:00pm Virtual Exercise with Linda**<br>2:00-5:00pm Card Games & Billiards<br>6:30-8:00pm R The 'One'der Years Singles | 16<br><br>9:00-11:30am Beginner's Chess<br>10:00am-11:30pm R Powerful Tools for Caregivers++<br>10:00am-12:00pm Hearing Screening<br>10:00am-12:00pm Billiards<br>1:00-3:30pm Billiards ET Group<br>1:00-3:30pm R Living Healthy ++<br>1:00-4:00pm American Mahjong                                         |
| 21<br><br>1:00-3:30pm Billiards ET Group<br>3:00-4:00pm R Road to Resources: Healthy Aging and Injury Prevention<br>7:00-8:00pm \$4 Line Dancing | 22<br><br>10:00am-1:00pm Mexican Train Dominoes<br>1:00-3:00pm Knit & Crochet Group<br>2:00-3:00pm Virtual Exercise with Linda**<br>2:00-5:00pm Card Games & Billiards                                                                                                                      | 23<br><br>9:00-11:30am Beginner's Chess<br>10:00am-11:30pm R Powerful Tools for Caregivers++<br>10:00am-12:00pm Billiards<br>1:00-3:30pm R Living Healthy ++<br>1:00-3:30pm Billiards ET Group<br>1:00-4:00pm American Mahjong<br>2:00-3:00pm R Dementia Care Rotation                                      |
| 28<br><br>1:00-3:30pm Billiards ET Group<br>7:00-8:00pm \$4 Line Dancing                                                                         | 29<br><br>10:00am-1:00pm Mexican Train Dominoes<br>1:00-3:00pm Knit & Crochet Group<br>2:00-3:00pm Virtual Exercise with Linda**<br>2:00-5:00pm Card Games & Billiards                                                                                                                      | 30<br><br>9:00-11:30am Beginner's Chess<br>10:00am-11:30pm R Powerful Tools++<br>10:00am-12:00pm Billiards<br>1:00-3:30pm R Living Healthy ++<br>1:00-3:30pm Billiards ET Group<br>1:00-4:00pm American Mahjong                                                                                             |



# September 2020

## Looking For A Space For your Event?

Family Reunion?  
Reception? Shower?



Call now to  
book your room.



Do you have a desire to  
teach a class, share a skill,  
or help in our office?

Your help is needed!  
Call 752-1717, x205

Do you give to the United Way?  
Let your contribution help enhance  
the lives of the seniors in Pitt County.  
Earmark your contribution for the  
Council on Aging.



We need **YOU** to help deliver  
meals to homebound adults  
in our community!



Tuesday, September 15, 2020  
10:00am

Please contact Susan at 252-752-1717, 204



## Greenville Center Regular Activities

### Monday

9:00-9:30am Coffee & Conversation  
9:30-10:30am Bible Study  
11:30am-12:00pm Lunch

### Tuesday

9:00-9:30am Coffee & Conversation  
10:15-11:15am Bingocize/Fun and Fit  
11:30am -12:00pm Lunch

### Wednesday

9:00-9:30am Coffee & Conversation  
10:30-11:30 Music  
11:30am -12:00pm Lunch

### Thursday

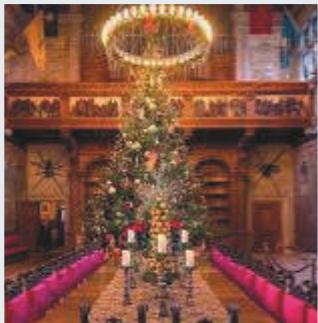
9:00-9:30am Coffee & Conversation  
10:15-11:00am Fun & Fit Exercise  
11:30am -12:00pm Lunch

### Friday

### Saturday

## September Meal Calendar

| Monday                                                                                                                         | Tuesday                                                                                                                                   | Wednesday                                                                                                              | Thursday                                                                                                                                                | Friday                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                | 1                                                                                                                                         | 2                                                                                                                      | 3                                                                                                                                                       | 4                                                                                                                                                             |
|                                                                                                                                | Meatballs w/Italian Tomato Sauce<br>Rotini Pasta w/Parsley<br>Greens<br>Carrots<br>Dinner Roll<br>100% Apple Juice<br>2% Milk (half-pint) | BBQ Pork Chop<br>Baked Potato<br>Green Beans w/Onions<br>Wheat Bread<br>Cinnamon Applesauce<br>2% Milk (half-pint)     | Tex-Mex Taco Filling w/Flour Tortilla<br>Black Bean & Corn Salsa<br>Shredded Cheddar Cheese<br>Brown Rice<br>Warm Spiced Peaches<br>2% Milk (half-pint) | Chicken Salad w/Lettuce & Tomato, Pasta Salad<br>Cucumber, Onion & Tomato Salad<br>Citrus Fruit<br>Wheat Bread<br>Vanilla Wafer Cookie<br>2% Milk (half-pint) |
| 7                                                                                                                              | 8                                                                                                                                         | 9                                                                                                                      | 10                                                                                                                                                      | 11                                                                                                                                                            |
|                                               | Turkey Tetrazzini<br>Peas<br>Carrots<br>Wheat Bread<br>Mixed Fruit<br>2% Milk (half-pint)                                                 | Beef Franks w/Hot Dog Bun<br>Baked Beans<br>Cabbage<br>Marble Cake<br>2% Milk (half-pint)                              | Scrambled Egg & Sausage Hash<br>Broccoli<br>Wheat Bread<br>100% Orange Juice<br>Streusel Coffeecake<br>2% Milk (half-pint)                              | Beef Stroganoff<br>Rotini Pasta w/Parsley<br>Greens<br>Wheat Bread<br>Cinnamon Apples<br>2% Milk (half-pint)                                                  |
| 14                                                                                                                             | 15                                                                                                                                        | 16                                                                                                                     | 17                                                                                                                                                      | 18                                                                                                                                                            |
| Seasoned Baked Fish<br>Mac & Cheese<br>Cole Slaw Vinaigrette<br>Corn<br>Wheat Bread<br>Mandarin Oranges<br>2% Milk (half-pint) | BBQ Pulled Chicken<br>Succotash<br>Citrus Fruit<br>Wheat Bread<br>Banana Cake<br>2% Milk (half-pint)                                      | Chicken Teriyaki<br>Brown Rice<br>Irish Blend Vegetables<br>Dinner Roll<br>Fudge Brownie<br>2% Milk (half-pint)        | Ham<br>Sweet Potato Soufflé<br>Cauliflower<br>Brussels Sprouts<br>Wheat Bread<br>2% Milk (half-pint)                                                    | Turkey w/Lettuce & Tomato<br>Potato Salad<br>Diced Pears<br>Wheat Bread<br>Pumpkin Spice Cake<br>2% Milk (half-pint)                                          |
| 21                                                                                                                             | 22                                                                                                                                        | 23                                                                                                                     | 24                                                                                                                                                      | 25                                                                                                                                                            |
| Roast Beef w/Gravy<br>Mashed Potatoes<br>Green Beans<br>Wheat Bread<br>Fudge Brownie<br>2% Milk (half-pint)                    | BBQ Pulled Chicken<br>Lima Beans<br>Okra w/Tomatoes<br>Wheat Bread<br>100% Orange Juice<br>2% Milk (half-pint)                            | Pork Chop w/Gravy<br>Brown Rice<br>Grilled Zucchini Squash<br>Dinner Roll<br>Warm Glazed Apples<br>2% Milk (half-pint) | Creamed Chicken<br>Macaroni w/Parsley<br>Beets<br>Wheat Bread<br>Warm Spiced Peaches<br>2% Milk (half-pint)                                             | Au Gratin Potatoes with Turkey<br>Greens<br>Wheat Bread<br>Orange<br>2% Milk (half-pint)                                                                      |
| 28                                                                                                                             | 29                                                                                                                                        | 30                                                                                                                     |                                                                                                                                                         |                                                                                                                                                               |
| Turkey ala King<br>Mashed Potatoes<br>Corn O'Brien<br>Cabbage<br>Wheat Bread<br>2% Milk (half-pint)                            | Meatballs w/Italian Tomato Sauce<br>Rotini Pasta w/Parsley<br>Greens, Carrots<br>Dinner Roll<br>100% Apple Juice<br>2% Milk (half-pint)   | BBQ Pork Chop<br>Baked Potato<br>Green Beans w/Onions<br>Wheat Bread<br>Cinnamon Applesauce<br>2% Milk (half-pint)     |                                                                                                                                                         |                                                                                                                                                               |



## Christmas at the Biltmore Estate

**This 3 day/2night package is only \$429 per person based on double occupancy.**  
Includes: One holiday dinner at the estate; Candle Light Tour of the Biltmore House; Guided Tour of Asheville; Admission to Biltmore Estate Garden and grounds; Asheville Christmas Wonderland Lights Display; and Wine Tasting at the Biltmore Winery. A Fabulous way to start your holiday season!

**Call Cyndi at 752-1717, x205 for more information.**

**Coming April 20-22, 2021!**

## Visit Pennsylvania Dutch Country!



3 Days/2 Nights, includes: 2 breakfasts at your hotel, 2 wonderful dinners including an Amish Style Feast, Sight & Sound Theater production of Queen Esther, guided tour of Amish Farmlands, a visit to Kitchen Kettle Village, shopping at an Amish Farmers' Market, the Great American Chocolate Tour at Hershey's Chocolate World! *Only \$419 per person-double occupancy*

***Call Cyndi @752-1717, x205 for more information!***

## Dementia Friends

By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. Attend this *virtual* class to learn how to be a dementia friend.

**Tuesday October 6, 2020**

**2:00-3:00pm**

**Call 752-1717, x201 to register**



## **Fall Wreath Class**



Cooler weather, falling leaves, crisp apples, and pumpkin spice!

We're ready for fall!

**Join us as we create  
beautiful fall wreaths!**

**Wednesday, September 9, 2020**

**10:00am-12:00pm**

**Call 752-1717, x201 to register  
and get a supplies list.**



# **Your health Your home Our touch**

You deserve to be in caring hands 24/7, especially when recovering at home. Count on Vidant Home Health & Hospice, with an award-winning home health team that's certified by Medicare and accredited by The Joint Commission. It's the locals' choice.

**252-847-2000 | 800-227-3894**

**VidantHealth.com/HomeHealth**



## PLANS CHANGE. SO CAN YOUR NEEDS.



Medicare.gov

### ***Don't Forget to Compare 2021 Medicare Plan Options***

- Speak with Medicare staff 24/7 by calling 1-800-633-4227 or use the Medicare Plan Finder tool located at [www.Medicare.gov](http://www.Medicare.gov)
- Call the NC Department of Insurance **SHIIP** (Seniors' Health Insurance Information Program) at 1-855-408-1212 to speak with a counselor or to find SHIIP counselors in your county. The SHIIP call center is open Monday-Friday from 8am to 5pm.
- Pitt County residents may contact the **Pitt County Council on Aging** at (252) 752-1717 ext. 208 to request an appointment with a trained SHIIP counselor. [Appointments required.](#)
- Check with your pharmacy to see if they are providing assistance with open enrollment.

### ***Medicare Open Enrollment (October 15th–December 7th)***

*Medicare Counseling in Pitt County is made possible with grant funding from the Vidant Health Foundation and SHIIP.*



## **Living Healthy at Home Chronic Disease Self Management**



This virtual AT-HOME workshop will help you learn ways to improve your health from the comfort and safety of your own home.

**Join us weekly for this 6-week series via Zoom to connect with people just like you who deal with chronic conditions such as diabetes, arthritis, and high blood pressure.**

You will receive a TOOL KIT by mail that includes:  
The Living a Healthy Life with Chronic Conditions Book, Relaxation CD, & Exercise DVD

**Wednesday afternoons  
beginning September 2, 2020 1:00-3:30pm**

**To register call: 752-1717, x201**



## Senior Fan Program



### To be eligible for a fan:

- You must be over 60.
- Have no air condition or are unable to afford utilities.
- Have not received a fan from us in the last two years.
- Picture ID is required.



## Money Smarts for Older Adults

**Money Smarts for Older Adults** raises awareness among older adults and their caregivers on how to prevent elder financial exploitation and encourages advance planning and informed financial decision-making.

Take advantage of this *virtual* opportunity to arm yourself with knowledge to prevent a financial crisis in the future.

**Tuesday September 22, 2020**

**2:00-3:00pm**

**Call 752-1717, x201 to register**

### **ADT-Monitored Home Security**

Get 24-Hour Protection  
From a Name You Can Trust



- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

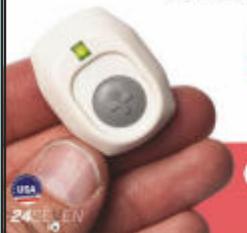


Authorized Provider

SafeStreets

1-855-225-4251

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► Reach the Senior Market

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[www.4LPI.com/careers](http://www.4LPI.com/careers)

## Thank you to all the COA donors!

Barry Manseau

Mary Tyson

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Robin & Donna Poyner

Charlotte Ann Alexander

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SHIIP Volunteers

Senior Center Volunteers

Home Delivered Meals

Volunteers

Diane Craig

Patricia Dunn

Lisa Driver

Jane Patton

Alice Stancil Huggins



## 2020 Council on Aging Holidays & Closings

Please note that on these days **ALL** Senior Centers will be closed and Meals on Wheels will **NOT** be delivered.

**September 7** Labor Day

**November 11** Veteran's Day

**November 26, 27** Thanksgiving



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[www.pittcoa.com](https://www.pittcoa.com)



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[Instagram.com/pittcountyseniorcenter](https://instagram.com/pittcountyseniorcenter)

*Our mission is to enhance the quality of life for adults by providing access to a continuum of services, programs & resources that promote healthy living and independence.*

*The COA does not support or endorse any advertiser in the newsletter.*