

Kerr Tar

Area Agency on Aging

Newsletter

June 2017

June is Elder Abuse Awareness Month



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Serving Franklin, Granville, Person, Vance and Warren Counties.

Elder abuse takes many forms, and is not always immediately apparent. Types of abuse include: physical, emotional, sexual, neglect and financial. According to the North Carolina Division of Aging and Adult Services, in 2013 there were over 20,000 reports alleging the abuse, neglect or exploitation in North Carolina to County DSS offices. Of those, 70% were 60 years or older, 15% lived in a facility or shelter, and 85% lived alone or with family.

At first, you might not recognize or take seriously signs of elder abuse. They may appear to be symptoms of dementia or frailty. In fact, many of the signs and symptoms of elder abuse mimic symptoms associated with aging, but should not be ignored. Signs of neglect to watch for include: bruises, scratches, sprains or fractures, malnutrition, untreated medical condition(s), unsafe housing, mental anguish, mistrust towards others, unpaid bills, mismanaged savings, sudden change in will or power of attorney or unable to provide needed care.

“It is through events like the Elder Abuse Awareness Walk where we hope to educate the community to end or at least know the signs of abuse so we can report suspected cases and help our older adults live in their community of choice for as long as possible with improved quality of life,” says Jillian Hardin, Director, Kerr Tar Area Agency on Aging.

Please join us as we bring public awareness about how serious and widespread elder abuse is. The 3rd Annual Elder Abuse Awareness Walk is scheduled for June 15 at Southern Vance High School located on 925 Garrett Road in Henderson. Wear purple and silver to acknowledge this under reported crime.

For additional information about this event, please contact Kim Hawkins at 252-436-2040 or Vance County DSS at 252-492-5001.



ELDER ABUSE AWARENESS WALK JUNE 2017

****NEW LOCATION****

***Southern Vance High School
925 Garrett Road
Henderson, NY 27536***

Date: Thursday, June 15, 2017

Time: 9am-1pm (Registration at 8:30am)

***Program: Caring 101 and Elder Abuse
Awareness***

***Free and Open to the Public, lunch will be
provided.***

For more information call:

Kim Hawkins: 252-436-2040

Vance County DSS: 252-492-5001

***"Aging seems
to be the only
available way
to live a long
life"
-Daniel
Francois Espirit
Auber***



Directors Corner

The North Carolina House and Senate have released their versions of the state budget. The Both chambers of the General Assembly budget plan appropriate the non-recurring \$967,000 for the Home and Community Care Block Grant. While we expected this news, we still face a waiting list of more than 10,000 people who need block grant services such as Home Delivered Meals, In Home Aide services, Transportation and Congregate meals. We need the House and Senate to address the growing need to provide services to older adults in the state. The waiting list, which likely exceeds 10,000 people, has remained stagnate for several years and will continue to grow as our state population shifts.

Nationally, North Carolina ranks 9th in total population, 9th in population 60 and better and 10th in population aged 85 and better. For the first time, the state's population has exceeded 10 million. Over the next 20 years, in North Carolina, we can expect a population of more than 2.5 million people aged 60 and better. In our region, by 2035, there will be more residents aged 60+ and 0-17 years.

In March, we met with the Alliance of Disability Advocates, a Center of Independent Living. The agency serves Wake, Durham, Franklin and "surrounding areas." We are looking forward to partnering with the agency. As we know, people are living longer and our nation and state is aging quickly. The National Institutes of Health estimates that 39 million people in the United States are age 65 or older, and life expectancy at birth has reached 78.3 years. Most notable is the growth in the population of individuals age 85 and older who are at highest risk for disease and disability. Forming partnerships with existing agencies will strengthen the aging network.

During the 1990's the disability rate among people ages 18 to 59 rose with the growing prevalence of obesity. Obesity and overweight put people at increased risk for potentially disabling chronic diseases such as heart disease, diabetes, high blood pressure, stroke, osteoarthritis, respiratory problems, and some forms of cancer. In an attempt to address this issue, AAA staff are currently teaching the *Eating Healthy for Successful Living* program with more than 20 participants. The six week workshop focuses on calorie management, the importance of physical activity, nutrition label reading and salt/sugar intake. In addition to this program, we intend to partner with Alliance of Disability Advocates staff and implement the Living Healthy with Diabetes self-management program within the disabilities network.

Please don't forget to RSVP to our 2nd Annual Volunteer Lunch on June 30 in Henderson.



May—Older Americans Month



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. This year's theme, "Age Out Loud," put emphasis on the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Throughout the month, Kerr Tar Area Agency on Aging (AAA) and partners conducted activities promoting home and community-based services that support independent and healthy living. Local Senior Games brought fitness minded seniors together for fun and friendship. Healthy Eating Classes conducted by Jillian Hardin and Melissa Catlett at the Oxford Senior Center in Granville County started May 23rd to promote lifestyle changes to increase health. Lastly, Franklin County Department on Aging celebrated Older Americans Month May 25th at the Louisburg Senior Center where participants enjoyed a great grill out, fellowship and a DJ.

Operation Fan Heat Relief (OFHR)



The heat of the summer months are upon us and older adults and individuals with disabilities are at high risk for heat related illnesses. Fortunately, The Kerr Tar Area Agency on Aging (AAA) received grant funding for Operation Fan Heat Relief program (OFHR). Funded through the North Carolina Department of Health and Human Services, Division of Aging and Adult Services, fans are purchased and distributed to senior centers throughout the region. Older adults aged 60 and better, as well as adults with disabilities, may qualify for a free fan.

This year, Kerr Tar AAA partnered with Lowe's Home Improvement in Henderson to purchase more than 200 fans through the \$3,200 funds donated from Duke Energy Carolinas and Duke Energy Progress. Lowe's kindly delivered the fans to senior centers in our five county region. Take the heat seriously, and do not ignore danger signs like nausea, dizziness or lightheadedness, fatigue, confusion, labored breathing, chest discomfort, and rapid or erratic pulse.



For more details, individuals may contact their local senior centers.



Granville County Senior Center at Oxford—Senior Center of Excellence



Congratulations!! Granville County Senior Center at Oxford has been recertified as a Center of Excellence. They were once again chosen as the Northeast Region County of the Year for Medicare counseling and education. The SCOPE committee commended them on the use of their newsletter as a good tracking tool for outcomes. Additionally, the center was praised for its proactive thinking and striving for new activities and programs such as the partnership with Duke University's Lifelong Learning Panel.

SHIIP Has a New Logo

I don't believe in age. I believe in energy, don't let your age dictate what you can and can not do.

-Tao Porchon-Lymch- 97 year old yoga teacher



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

SHIIP along with the Department of Insurance has new logos. Please transition to the new logos when you are ordering any items. If you need the logos in a specific format please contact Marcia Kelly at Marcia.kelly@ncdoi.gov. Remember that any items that have SHIIP information must be approved by the PIO office before it can be ordered. SHIIP has also moved into a new location in downtown Raleigh. Below is both the mailing address and the physical address.

Mailing Address: 1201 Mail Service Center, Raleigh, NC 27699-1201

Physical Address: 325 North Salisbury Street, Raleigh, NC 27603

Senior Medicare Patrol (SMP)



Medicare Fraud: Think You Can't Become A Victim? Think Again!

Do you have 68 billion dollars to lose? Has someone called you on the phone, identifying themselves as being from "Medicare" and needed to verify your health care claim information, asking for your Medicare number? Or when reviewing your Medicare statements, you notice charges from providers you have never seen? Join us for a conversation on ways we can become "good stewards" of the benefits you worked so hard to obtain...and how we can fight back!

Stephanie Bias, the NCSMP Program Coordinator at SHIIP, with the North Carolina Department of Insurance will be hosting Medicare Fraud workshops in Franklin, Granville, Vance and Warren counties.

2017 Region K Senior Games Comes to a Close

The 2017 Region K Senior Games wrapped up on Thursday, May 18th at Oxford City Hall with the Silver and Heritage Arts competition followed by the awards ceremony. There were 237 Gold, 121 Silver and 66 Bronze medals awarded that afternoon. Oxford City Hall was packed with supporters, those in attendance were able to view beautiful pieces of artwork including paintings, pencil drawings as well as crocheted and knitted items. Performances included vocal solos, instrumentals and dancing.



Two hundred seventy one athletes age 50 and older participated in the Region K 2017 Senior Games. Of those participants, 178 qualify for state finals to be held in the fall. The games, sponsored by and in cooperation with the Kerr Tar Area Agency on Aging were held at various

venues throughout the 5 county region during April and May. The games would not have been successful without the hardworking committee members: Crystal Allen, Melissa Catlett, Tara Goolsby, Maynell Harper, Suja Jacob, Charles Jefferson, Danetta McKnight, Lisa Mizelle, Colleen Puceta, Christy Southhall, Susan Tucker and Angela Wright. Special thanks to the Senior Games Ambassadors: Nancy Cardin, Christine Green, Ellen Jenkins, Ilean Mattocks, Susan Naylor, Lea Reed, Phyllis Russell, Sylvia Starks and Beatrice Walker. Finally, thank you to all the participants who joined us for the 2017 Region K Senior Games, see you next year!

“Being part of the Region K Senior Games, and State Senior Games, has benefited me from a physical and mental perspective, perhaps more so on the mental aspect, due to having a higher degree of self-confidence and opportunity for camaraderie.”

(Kevin Rumsey, Granville County, pictured running the 1500 meter race at the 2017 Region K Local Senior Games)





Please Join us for our 2nd Annual Volunteer Appreciation Luncheon

Date: Friday, June 30th

Place: Henderson Country Club

Time: 12pm-2pm

RSVP: Colleen Puceta, 252-436-2040 or cpuceta@kerrtarcog.org by June 9.

Upcoming Events

May 23-June 27	Healthy Eating Classes, Tuesdays from 2:00-4:30 pm at the Granville Senior Center at Oxford
May 25-June 29	Healthy Eating Classes, Thursdays from 2:00-4:30 pm at the Granville Senior Center at Oxford
June 7	Extra Help Outreach, Vance County, TBD
June 13-14	NC Senior Tar Heel Legislature Meeting, Chapel Hill
June 14	Scam Jam-Roxboro
June 15	Medicare 101, 2-4 pm at the Vance County Senior Center
June 30	Volunteer Appreciation Lunch, 12-2 pm, Henderson
June 15	3rd Annual Region K World Elder Abuse Awareness Walk, Henderson
July 17-21	Healthy Eating Lay Leader Training, Warrenton
August 9	RAAC Meeting, 2-4 pm, Henderson