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

### Advocacy 101

Mary Bethel, Former Director of Advocacy at AARP North Carolina and Former Special Assistant to the Director at North Carolina Division of Aging and Adult Services (NCDAAS) presented Advocacy 101 during the last RAAC meeting on February 8. Mary's presentation reinforced the importance of advocating for older adults in our increasing aging population. It's fair to say that we all have a story to tell about a special older adult or experience that deepens our passion and compassion for the individuals we serve. Advocacy takes our stories and feelings and converts them to action.

Advocacy work that you do in your own community is essential to creating positive change for seniors. As Mary stated, if we are not at the table when it comes to aging issues, we are on the menu. The best way to become an effective advocate is to start regular, personal communications with the people who represent you in Washington, DC and with their staff who cover aging issues. Sometimes your messages will be specific such as voting on legislation, other times it's sharing our stories, experiences and ideas related to seniors in your community. You want decision makers to recognize your name and to trust your opinion.

Some additional things we can do to influence legislators are: write letters to editors, attend town hall meetings, organize a petition drive and share information with community members. Remember, building a relationship with community leaders and members of Congress puts you in a position where they may seek out your help and expertise on the topic of aging and in effect drive a positive change in the quality of life for the aging in your community.

*"Aging is not lost youth  
but a new stage of  
opportunity and strength."  
-Betty Freidan*

*Advocating for what you believe in  
is crucial – if you don't ask for it,  
people assume you don't need it!*

## Person County Senior Center—Senior Center of Excellence

Congratulations!! Person County Senior Center has been recertified as a **Center of Excellence**. This was no easy feat, but Maynell Harper, Senior Center Director and her staff and volunteers put in the hard work and made it happen. On top of that, they finally get to move to a new building in April. The new site is 17,000 square feet and will be able to accommodate all of their programs in one location. There will also be enough space to have Veteran Affairs move in and have a dedicated office for Legal Aid and SHIIP. We are looking forward to having Person County seniors enjoy their new space shortly!



**Center of Excellence**



**Drug costs hard to swallow?  
If you're on Medicare,  
call 252-436-2040**



**Kerr-Tar**  
Area Agency on Aging

**North Carolina**  
DEPARTMENT OF INSURANCE | *Seniors' Health Insurance Information Program*

### Check Us Out!

If you're driving North on US1 in Franklin County, make sure to look up when you approach Franklinton. We have a billboard to publicize the Senior's Health Insurance Information Program (SHIIP) Extra Help Program which can provide assistance with paying for Medicare Part D Prescription Drugs. Qualified individuals can receive help for paying their annual deductibles, prescription co-payments, and monthly premiums. The federal government Centers for Medicare and Medicaid Services as well as Social Security are coordinating this program for low income beneficiaries. The phone number on the billboard is the Kerr Tar AAA and callers will be directed to Colleen Puceta who is SHIIP Counselor. She can help answer Medicare related payment and billing questions. Many people qualify for the savings from Extra Help but unfortunately don't even know it. Our hope is that the billboard will help spread the word in our region. On average, the program will provide up to \$4000 per year for medical bills, health care costs and Medicare prescription drug plan. Last year, in our five county region, more than 1,830 beneficiaries were counseled. Nearly \$563,000 is the amount of dollars saved by these individuals. Across the state, the SHIIP program helped North Carolina Medicare beneficiaries save \$53 million in Medicare coverage and prescription drugs.

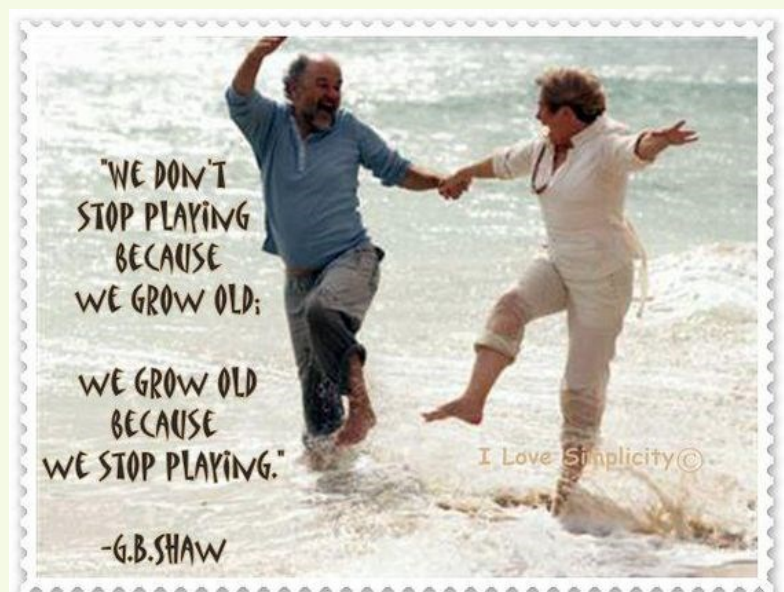
## Volunteers Needed!! - Region K 2017 Senior Games, Something For Everyone

The Senior Games program consists of sports, arts, and health promotion programs for adults 50 years of age and better. We are proud to relay that nearly 300 participants are registered for this year's Region K 2017 Senior Games. Opening ceremonies will take place on Thursday March 23rd at John Graham Gymnasium in Warren County. The Silver Strider Fun Walk and basketball shooting contest will follow immediately after. None of these activities would be possible without the hard work and coordination of all our helpful volunteers. If you'd like to join us in encouraging and challenging seniors to stay healthy and active, we encourage you to volunteer. Volunteers from all areas of the community are welcome. We are also seeking sponsors to help pay for t-shirts, medals, meals and equipment. Region K local games will be held from March 23rd, 2017 through May 18, 2017 at venues throughout the five county region which includes Franklin, Granville, Person, Vance, and Warren County. Sports events include basketball shooting, billiards, bocce, corn hole, golf, horseshoes, shuffleboard, softball throw, table tennis, cycling, track and fields events, pickle ball, badminton, bowling, tennis and many more. The Silver Arts category will include events in Heritage Arts such as knitting and quilting, Visual Arts such as drawing and photography, Literary Arts such as essay and poems and Performing Arts such as dance and vocals. Anyone who is interested in becoming involved in the Senior Games program as a sponsor or volunteer, please contact Melissa Catlett, Local Games Coordinator at 252-436-2040.



*"I understand that the fellow that I'm playing today is only 94 years old, so I'm playing a youngster again. It's hard to find 100 year old tennis players around the country and, if there are any, they don't show up very much. I'd like to meet one, one of these days."*

**-ROGER GENTILHOMME, 100-YEAR-OLD TENNIS CHAMPION**





## Ombudsman Activities

### Advocacy for Residents in Long Term Care Settings

There is no mistake that an Ombudsman is one of the busiest staff in the Aging Network. We are mandated to be available to provide advocacy services to or on behalf of approximately 2,000 residents, monitor for compliance of the Resident's Bill of Rights in all of the Long Term Care Homes in a given service area (for our area there are 50 such licensed homes). In addition, the Ombudsman offers training, classes, and presentations on specific topics such as elder abuse prevention. The Ombudsman advocates on issues and services that are pertinent to Long Term Care resident, families, to the staff of these homes and the general public.

#### February and March Ombudsman Activities

Visits: 27 total inclusive of the following

- ◆ Visits for both initial and follow up visits on complaints.
- ◆ Both Nursing and Adult Care homes.
- ◆ Visits made by the Regional Ombudsman as well as CAC members

Complaints: 14 complaints total (Both Open and Closed)

- ◆ Franklin County—1 complaint
- ◆ Granville County—5 complaints
- ◆ Person County—2 complaints
- ◆ Vance County—5 complaints
- ◆ Warren County—1 complaint

#### Resident Rights In-service trainings for staff:

- ◆ The Canterbury House in Person County
- ◆ Loving Touch in Person County
- ◆ Touch of Love in Person County
- ◆ Person Memorial Hospital - Extended Care Unit (March 20<sup>th</sup>) for residents
- ◆ Brantwood Nursing (March 27<sup>th</sup>) for residents

#### Aging Sensitivity trainings:

- ◆ NCBA Workers Volunteers (March 28<sup>th</sup>)

#### Elder Abuse In-Service training:

- ◆ Person Memorial Hospital - Extended Care Unit (March 20<sup>th</sup>) for staff



## SAVE THE DATE!

Region K World Elder Abuse Awareness Day 2017

Where: Dabney Elementary  
150 Lanning Rd  
Henderson

When: June 15

Time: TBA



# **VOLUNTEERS**

## **CALLING ALL HELPING HANDS**

### **Nursing Home and the Adult Care Home Community Advisory Committees**

A crucial component to this Community Advisory Committee (CAC) is the community volunteers. Individuals are appointed by the County to serve as liaisons to County Commissioners. As a general rule of thumb there are two committees with five members each but that can vary depending on the make up of the homes for the given county. In our area we have 51 slots and ten committees (two per county). We are always looking for new people to serve. The groups are the Nursing Home and the Adult Care Home Community Advisory Committees. If you are interested please contact Kimberly Hawkins, Regional Ombudsman (252-436-2040) or your local County manager's office for details.

#### ***We are excited to announce our newest members:***

- \* *Kenneth Thomas - Vance County Nursing Home Community Advisory Committee*
- \* *Jason Jenkins - Granville County Nursing Home Community Advisory Committee*

#### ***The following members are in the process of completing their 15 hour or required training:***

- \* *Cathy Bailey - Person County Adult Care Home Community Advisory Committee*
- \* *Linda Byrd Russ - Warren County Nursing Home Community Advisory Committee*
- \* *Virginia Adcock - Granville County Nursing Home Community Advisory Committee*

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#### ***Current vacancies:***

*Franklin County: 11 on Nursing Home and the Adult Care Home Community Advisory Committees*

*Person County: Three vacancies on the Nursing Home Committee .Two on the Adult Care Home Committee*

*Vance County: Two vacancies on the Nursing Home Committee and one on the Adult Care Home Committee*

*Warren County: Five vacancies for the Adult Care Home Committee*

**ALL OMBUDSMAN SERVICES ARE FREE OF CHARGE TO ANYONE WHO CONTACTS THE PROGRAM .**



## Evidence-Based Health Promotion

Evidence-Based Health Promotion (EBHP) programs offer proven ways to promote health and prevent or manage chronic health conditions among older adults. A Matter of Balance (MOB) is an eight-week evidence-based class structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Colleen Puceta, Aging Project Coordinator, is using a survey that tracks participants who participated in the MOB class and its effectiveness. Participants are surveyed at six months and one year after participating in the class. Colleen has conducted two follow-up

surveys. The response shown from the data and graphs was overwhelmingly positive. Both classes were shown to decrease falls and educate in fall prevention. Our goal is to incorporate these follow up surveys in our other evidence-based programs.



## Healthy Eating

Kerr Tar Area Agency of Agency was awarded with a \$2,500 Triangle North Health Foundation Grant for Healthy Eating For Older Adults. Healthy Eating™ is a program for seniors age 60 and better who want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. Jillian Hardin and Melissa Catlett will facilitate two six week workshops beginning in May at the Granville County Senior Center in Oxford, 107 Lanier

Street. One class will be held on Tuesdays from 2:00-4:30 from May 23rd- June 27th. The other one will be held on Thursdays from 2:00-4:30 from May 25th- June 29th. Spaces are filling up fast! Call Melissa Catlett to register for the second class. In addition to the two workshops, the AAA is also calling for local Lay Leaders who are interested in leading classes in their community! If you or your staff are interested in becoming trained as a lay leader call the AAA.





# Director's Corner

## The Politics of Aging...

Our new President and Governor have unveiled their proposed budgets. On the federal level, President Trump has released his first budget blueprint, and to offset increases in defense spending, the President proposes \$54 billion in cuts to large parts of the federal government and popular programs. It seems nearly every agency will see some sort of cut, with only Defense, Homeland Security and Veterans Affairs getting an increase in funds.

Health and Human Services, the department responsible for implementing Obamacare and its planned repeal, would face more than a \$12 billion cut -- a 16% decrease. The budget does not contain many individual program line-items, currently we don't know what funding levels the President proposes for many programs—including for Older Americans Act and other aging programs within the Administration for Community Living (ACL) and Administration on Aging (AoA). Congress will have the final say.

With these major changes happening in Washington, the AAA plans to attend the National Association of Area Agencies on Aging (N4A) Aging Policy Briefing in April. It's critical that aging advocates understand and stay up to date on how policy changes will affect health care and aging programs locally.

In North Carolina, Governor Cooper's budget would expand Medicaid coverage by 624,000 people. Under Health and Human Services, the budget is designed to protect the most vulnerable and help individual's live healthy productive lives. In the Aging Network, that means supporting low-income seniors by investing in the Home and Community Care Block Grant (HCCBG) to help 1,500 citizens throughout the state to receive In Home Aide, Transportation and Nutrition services. The General Assembly will write its own spending plan.

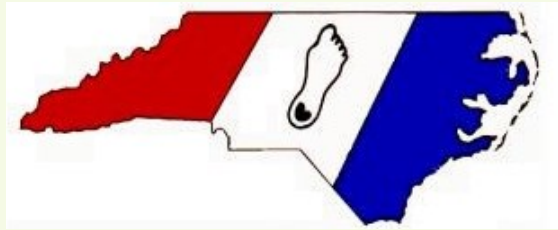
During the North Carolina Senior Tar Heel Legislature (STHL) meeting in Chapel Hill, Mary Edwards, NC Division of Aging and Adult Services (DAAS) shared statistics about the aging of North Carolina. Our state is now 9th nationally, both in total population and in the number of individuals 65 years and better. In 2025, (just eight years away) one in five North Carolinians will be 65 or better! In addition, our 65 and better population will increase in the next 20 years to 2.5 million. Also, the number of individual's age 85 and better will be the fastest growing segment beginning in 2030 (a short 13 years away) when the oldest of the Baby Boomers start turning 85.

The NCSTHL visited the Legislative Building in Raleigh to advocate on behalf of older adults in their communities. Mr. Charles Jefferson (Warren County) and Ms. Sandra Tubbs (Vance County) met with NC Senator Angela Bryant (District 4 - Vance and Warren Counties). The Senior Tar Heels delivered their Goldenrod sheet with its 2017 Legislative Priorities. They are: 1) Re-establish the Study Commission on Aging, 2) Increase HCCBG funding by \$7 million dollars in recurring funds, 3) Increase Funding for Senior Centers, 4) Sustain and Expand Project C.A.R.E., and 5) Strengthen and Fund North Carolina's Adult Protective Services Program (APS).

Some encouraging news, NC House Bill 248, titled Establish Aging Subcommittee, passed its first reading on March 6 and was referred to the health committee. Reach out and thank the sponsors! In our region, Representative Bobbie Richardson (District 7, Franklin County) cosponsored the bill.

- Jillian Hardin





North Carolina Senior Tar Heel Legislature Advocacy Day March 15. From left to right - Jillian Hardin, Kerr Tar AAA, Sandra Tubbs STHL Delegate (Vance County), NC Senator Angela R. Bryant (Vance and Warren Counties), Charles Jefferson STHL Delegate (Warren County), Suja Jacob, Kerr Tar AAA.

### Vacancies in Senior Tar Heel Legislature (STHL) and Regional Aging Advisory Committee Council (RAAC)

The purpose of the Senior Tar Heel Legislature is to advise and inform the North Carolina General Assembly regarding issues impacting the lives of persons aged 60 and over in North Carolina. Senior Tar Heels attend regional meetings and state meetings. The NCSTHL meets three times a year in Chapel Hill. The next meetings are scheduled for June 13-14 and October 3-4.

If you are interested in being a Senior Tar Heel Legislature click on the [link](#). All STHLs will be reappointed during the RAAC Annual Meeting in May!

*Franklin County* - Delegate, Vacant—Alternate, Vacant

*Granville County* - Delegate, Annette Parham Meyers—Alternate, Sue Bryant

*Person County* - Delegate, Robert Allen—Alternate, Vacant

*Vance County* - Delegate, Vacant—Alternate, Sandra Butler Tubbs

*Warren County* - Delegate, Charles Jefferson—Alternate, Vacant

The purpose of the Regional Aging and Advisory Committee (RAAC) is to assist the AAA staff to provide direction for programming and services for the population aged 60 and over, their caregivers and individuals with disabilities throughout the five county region. The next RAAC/STHL meeting will be Wednesday May 10 from 2:00 p.m.—4:00 p.m. at the Kerr Tar COG office, 1724 Graham Avenue, Henderson.



## Respite Vouchers Still Available for Caregivers in Need!!

Project C.A.R.E. is the only state funded, dementia specific support for caregivers who take care of loved ones with Alzheimer's Disease or related dementias. There is no age restriction for the caregiver but they can not be on Medicaid. This might be helpful for caregivers whose loved ones are on waiting lists for CAP or In Home Aide services. Caregivers receive a reimbursement for respite services upon receipt of completed signed record of respite (time sheets). Respite vouchers are issued in amounts up to \$500 per voucher with a three voucher cap per year.



Respite services may include in-home care, adult day care, group respite, institutional care, companion care or other emergency respite. The Kerr Tar AAA assisted Duke Family Support Program for two events in January, one in Granville County and one in Vance County. Twelve families received assistance in those two days.

There are around 300 vouchers left which must be used by May 15! Please refer your care givers in need to one of the Project C.A.R.E. Family Consultants: Janeli Smith or Bobbi Matchar. They can be reached at 919-660-7510 or 800-646-2028.

## Upcoming Events

March 21-23	Monitoring Visit for Granville County Senior Center, Oxford
March 21	Local Options Counseling Presentation at Roxboro Healthcare and Rehab
March 22	Local Options Counseling Presentation at Louisburg Health and Rehab Center
March 23	Local Options Counseling Presentation at Senior Citizens Home
March 23	Senior Games Opening Ceremony, Warrenton
April 5	1st Wednesday of every month Caregiver Support Group, Oxford
May 10	RAAC/STHL Annual Meeting, Henderson
May 18	Silver Arts and Awards, Oxford
May 23-June 27	Healthy Eating Classes, Tuesdays from 2:00-4:30 at the Granville Senior Center at Oxford
May 25-June 29	Healthy Eating Classes, Thursdays from 2:00-4:30 at the Granville Senior Center at Oxford
June 13-14	NC Senior Tar Heel Legislature Meeting, Chapel Hill
June 15	3rd Annual Region K World Elder Abuse Awareness Walk, Henderson
June 30	Volunteer Appreciation Lunch, Henderson

