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Certified as a *Senior Center of Excellence* by the
NC Division of Aging & Adult Services



The Point

VOLUME 17, ISSUE 1
January 2017



Featured here are some of the WWII Veterans who are pictured on the quilt and calendar.

If you would like to purchase a 2017 WWII calendar featuring the WWII Veterans that were pictured on the recent WWII quilt project the cost is \$10.00. ALL Profits Raised through the Purchase of the World War II 2017 Calendars will go to the "Family Caregiver Support Respite Program."

The Family Caregiver Support Program is under the umbrella of the Moore County Department of Aging and offers respite care to family caregivers. It provides a caregiver from a licensed & bonded home care agency to sit with their loved one for a few hours so the family caregiver can attend doctor's appointments, go shopping, or have lunch with a friend. The service is thought of as a luxury. Please call 215-0900 or stop by the Moore County Senior Enrichment Center if you would like to purchase a calendar.

**Calendars available through:
Jan. 15, 2017**



Henry Dewitt



James Sherman



John Jameson



Wyatt Potter



Jack Dauner



Fletcher Ritter



Ed Black pictured with his wife Dot

**DEPARTMENT OF
AGING STAFF**

Terri Prots
Director

Emily Tostado
Administrative Assistant II

Lynne Drinkwater
Program Coordinator

Rhonda Priest
Care Manager

Yarona Thomas
Family Caregiver Advisor

Chris Pevia
Fitness Room Coordinator

Vacant
RSVP Director

Karen Beckerman
Office Assistant IV

Debbie Hickman, RN
Quality Assurance Supervisor

Jennifer Thomas
Lead Aide

Diane Barber
April Fox

Linda Johnson

Lisa Kennedy

Brenda Maness

Tarsha McBryde

Alveda Person

Marie Savannah

Kristin Sinclair

In Home Aides

Cathy Burgess
Nutrition Coordinator

Kathie Lewis
Diner's Club Manager

Sandy Gerdes
Processing Assistant III

Tricia Allbrooks
Custodian

Moore County Senior Enrichment Center
8040 US Hwy 15-501, 2 miles north of the Pinehurst traffic circle
Monday, Wednesday, & Friday 7am - 5pm Tuesday & Thursday 7am - 10pm Saturday 8am - 1pm
910-215-0900

Our newsletters and monthly activity calendars are available online at:
<http://www.moorecountync.gov/index.php/mnu-aging>

Nutrition & Transportation Programs Available

The Nutrition program includes both congregate meals (Diner’s Club) and home delivered meals. Both of these programs are provided Monday through Friday. The congregate meals are served at two locations in the county: the Davis Community Center in Robbins; and the Senior Enrichment Center building. Daily activities include exercise and programs such as health, nutrition, bingo, arts and crafts, etc. Eligibility criteria for the nutrition programs are the client has to be a resident of Moore County; 60 years of age or older; and homebound for home delivered meals. Home delivered meals are provided in the West End/Seven Lakes, Robbins, Carthage, Eagle Springs, Cameron, Vass, Whispering Pines, and Taylortown areas.



The Transportation program provides medical transportation (local and out of county) to doctor or physical therapy appointments.

Transportation is also provided to the Diner’s Club/Congregate program at either the Davis Community Center in Robbins or the Senior Enrichment Center, Monday - Friday. We contract with Moore County Transportation Services (MCTS).



For more information, please contact Rhonda Priest, Care Manager 910-215-0900.

The Department of Aging is in need of volunteers to help with any of the Home Delivered Meal routes in the Moore County area.

Homebound seniors all over Moore County depend on the kindness of our volunteers to deliver a hot lunch and a bit of cheer. We desperately need volunteers and it only takes two hours to make a difference. Volunteers can choose to deliver weekly, every other week or monthly. If interested, please contact Rhonda Priest at 910-215-0900.



Reiki I

Friday, January 20 & Saturday, January 21

9:00am-1:00pm

Taught by Reiki Master Ms. Kitty Fehr

Cost \$40

Call 215-0900 to register

Seating is limited

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing.

ALZHEIMER'S CONNECTION

Monthly Telephonic Alzheimer's Caregiver Support Group



Educate * Support * Connect

When:
Fourth Tuesday of
Each Month
1:00—2:30pm

Call:
910-947-4402

This group provides a positive and supportive environment for Alzheimer's caregivers. This is a telephone-based forum where caregivers can share their stories, reflect on their experiences, voice their concerns,

provide resources and connect with others undergoing similar experiences. Guest speakers will participate in some monthly meetings. For more information please call Family Caregiver Advisor Yarona

Thomas at (910)215-0900.



Learn effective strategies to better handle the unique challenges you may face as a caregiver.

**January 11-February 15
Wednesdays, 2-4:30pm**

Moore County Senior Enrichment Center*

*Jan 25 & Feb 1, class will be held in
Van Dusen Hall rm 207

Sandhills Community College

For more information contact Yarona Thomas at
215-0900.

Sponsored by the Moore County Dept. of Aging
and Sandhills Community College.

Cooking With Mamie

Thursday, January 12

10:00am-12:00pm

**Participants are chosen
by lottery.**

**Call 215-0900 to enter your
name into the "hat".**

This month volunteer Mamie Bennett will be leading her class in making simple yet elegant meal of ham slices with rice, peas and collards and black forest chocolate pudding.



Neck Pain and Headaches

Presented by:

**Karen Backall, PT with
Appalachian Physical Therapy**

Thursday, January 19

4:00-5:00pm

Call 215-0900 to register



Explore common causes of neck pain and headaches and learn tips to relieve the pain and when it may be necessary to contact your doctor.

Memory Monday

Monday, January 30

4:00-5:00pm

Call 215-0900 to register

Memory Monday is a monthly lecture presented by a professional from Pinehurst Neuropsychology. This month's lecture topic is post operative mental confusion in older adults: Are you at risk?



East Carolina University student Meghan Davis completes her internship at the Moore County Department of Aging/Senior Enrichment Center!



East Carolina University student Meghan Davis recently graduated on December 16, 2016 with a Bachelor of Science in Public Health with a concentration in Community Health after completing a 560 hour internship with the Moore County Department of Aging/ Senior Enrichment Center. During her internship Meghan wore many hats and shadowed every position in the department. Her internship required that she complete two specific responsibilities of the National Commission on Health Education, credentialing seven areas of responsibility and competency for entry-level health educators. Meghan’s chosen responsibilities were to serve as a health education resource and to conduct evaluation and research related to health education. To serve as a health education resource Meghan created an infographic for the Senior Center that not only creates awareness and advertisement for the Senior Center but it also educates individuals on all the dimensions of health and examples of what they look like. Meghan also conducted a sexual health survey for older adults. The purpose of this evaluation and research was to look at older adults behaviors, knowledge, perceptions and awareness in regards to sexual health of older adults throughout Moore County. (Check out the results of the anonymous sexual health survey below.) Meghan expressed her gratitude about all she learned during her internship with the following statement, “I’m so thankful for the opportunities interning at the SEC has provided me. To be surrounded by accepting, caring staff and amazing, loving members, it can’t get much better. Everyone involved here at the SEC has made this experience memorable and one I won’t forget. Glory be to God. Love y’all!”

Sexual Health Survey Findings Conducted by ECU Intern Meghan Davis

43 people age 55+ anonymously participated in this sexual health survey

Did this survey make you feel uncomfortable? Yes 7% Kind of 12% No 81%	Is sex important to you? Yes 30% No 63% Not sure 7%	Are you aware of the rise of sexually transmitted diseases in the older adult population? Yes 53% No 47%	Do you long for intimacy? Yes 39% No 49% Not Sure 12%
Do you think Moore County has an issue with sexually transmitted diseases in the older adult population? Yes 9% Maybe 19% No 9% Not Sure 63%	Do you think sex education should be provided in residential communities due to the rise of sexually transmitted diseases in the older adult population? Yes 68% No 9% Not Sure 23%	Do you think sexually transmitted diseases are an issue public health educators should worry about with the older adult population? Yes 46% Maybe 33% No 7% Not Sure 14%	Have you ever had a sexually transmitted disease? Yes 23% No 77% If so, was it contracted with in the past 10 years? Yes 9% No 91%
How many partners have you had in the last 5 years? 0) 45% 1) 50% 3) 2% 4+) 2%	How many partners have you had in your lifetime? N/A) 2% 1-3) 58% 4-6) 12% 7-9) 7% 10+) 21%	How often do you get tested for sexually transmitted diseases? Never 63% 1 time per year 37%	In the past year, on average, how likely were you to use some type of protection during sex? Always 12% Almost Always 5% Sometimes 7% Almost Never 4% Never 72%
On average how often do you think about sex? Less than or once a week 58% 2-3 times weekly 25% 4-5 times weekly 12% 6-7 times weekly 5%	On average how often do you have sex? Less than or once a week 89% 2-3 times weekly 9% 4-5 times weekly 2%	What best describes your living situation? Alone 42% With Family 53% Retirement Community 5%	Age: 55-65) 26% 66-75) 37% 76-85) 33% 86-95) 5% Marital Status: Single 5% Married 44% Divorced 16% Widowed 35% Sex: Female 86% Male 14%

Venditti Recognized for Service by CAC

By Judie Luse

Thirteen turned out to be lucky, at least for residents living in long term care facilities in Moore County. This year Barbara Venditti, chairman of the Moore County Nursing/Adult Care Home Community Advisory Committee (CAC) celebrated her 13th year as a member, 12 as chairman, leading her team to successfully advocate for long term care residents and to earn a reputation as one of the best CACs in the region.

The primary function of the CAC is to maintain the rights of residents living in adult care, family care homes and nursing facilities. Members serve as the link between the community and the facilities seeking to increase community involvement and promoting community education and awareness of resident needs.

An outgrowth of the Older Americans Act, the state mandated, county appointed volunteer committee receives training and technical assistance from the Regional Ombudsman Program, Area Agency on Aging headquartered in Raleigh.

According to Carolyn Pennington, Regional Ombudsman for Moore County Venditti has earned credibility in Moore County as the go-to person when someone has questions about long term care. "She either has the answer or knows the person who does. She is well respected by her peers and facility administrators, as well as county officials," said Pennington during the annual luncheon which honored Venditti and installed new officers.

According to Pennington, the committee's success is due to Venditti's methodical training of new members, which keeps the committee cohesive and focused on the residents. "Quite honestly, she has made my job easier because I know that she and her well-trained committee are visiting the facilities, acting as my eyes and ears when I cannot be there."

For over 35 years, Venditti has developed an extensive background in healthcare focusing on older adults. She began her career as Recreational Manager for Senior Day Care in Georgia then moved into recruiting and marketing for the Visiting Nurse Association in New Jersey to serving as a commissioner in Connecticut where she also served as an EMT for the Emergency Medical Service. Prior to moving to Pinehurst, she performed healthcare facility risk management and assessment at Hartford Insurance Company.

In 2003, she joined the CAC committee and within six months was elected chairman. Recruitment efforts produced enough volunteers to make more than the quarterly visits required by the state. Today the committee has 18 volunteers, many with a decade or more of service. At a recent public meeting, Mary Meindel, Pinehurst, was recognized by Moore County Commissioners for 17 years service while Sue McDuffie, Robbins, will hit the 20 year mark in 2017. According to the CAC's 2016 Annual Report, CAC members racked up more than 1,463 service hours.

The committee originally had 2 branches - Nursing Home and Adult Care Homes. In order to better serve the community, Venditti spearheaded a program to combine the two committees resulting in cohesiveness, more facility visits and educating volunteers about both aspects of senior living.

With the help of her growing team, Venditti also scheduled educational programs for volunteers and the public, created information packets for those seeking placement, attended family council meetings, and served on community panels. She also served as the committee's public speaker and organized the first Culture Change conference in Moore County.



Continued on next page...

...Venditti continued

Barbara’s compassion is evident when she visits residents to make sure their rights are upheld. If something concerns her she follows through, regardless of the time involved. She has exceeded the CAC requirements with her above and beyond attitude,” noted Pennington.

Otis Ritter, the Moore County Commissioner who serves as liaison to the CAC, agrees. “The Committee members are a valuable asset to our county and the older community that has helped this county be as great as it is,” he said. “They are proof that God has angels here in Moore County.”

In addition to Venditti, outgoing officers include Ginny Whiting, Whispering Pines, who served six years as vice chair and Carol Matuza, Pinehurst, who served seven years as secretary.

New officers are Sandy Nusbaum, Southern Pines, chairman; Judie Luse, Pinehurst, vice chair and Lesa Riddle, Pinehurst, secretary.

Anyone interested in volunteering for the CAC Committee should contact Sandy Nusbaum at 910-684-8246.

Journey to San Francisco

Carthage, NC San Francisco, CA
2,010 Miles = 34,170 Laps



Two ways to JOIN the challenge!!!

Team Challenge

- ⇒ 4 members per team
- ⇒ All laps will be combined to reach San Francisco.
- ⇒ 1st team to reach San Francisco will win the **GRAND PRIZE!**
- ⇒ The next 2 teams to finish will receive a prize.

Individual Challenge

- ⇒ Each person will compete individually.
- ⇒ All laps will be combined to reach San Francisco.
- ⇒ First individual to reach San Francisco will win the **GRAND PRIZE!**
- ⇒ The next 5 individuals will receive a prize.

The challenge will begin November 1st. All participants regardless of challenge need to register at the front desk. Weekly progress charts will be displayed to show progress of all teams and individual participants.

Participants can join at any time! Participation is FREE!

Disclaimer: Participants may NOT participate in both challenges. You may choose to make/ join a team or compete individually in this challenge.

Fitness Classes

Syner Stretch

Tuesdays 10:00am
Leader: Paul Newnam
Fee \$2.00

Beginner to intermediate level.

This class practices isometric agonist contraction/relaxation to encourage muscle release. Regular stretching improves balance and range of motion. Standing, chair & mat.

Yoga—Gentle Flow

Thursdays 9:45am

Instructors: Michelle Kaiser & Cindy Boals of Southern Pines Yoga Company \$4.00 Fee
Beginner with intermediate to advanced level.

This class will help you stretch out the lines of the body then flow slowly, rhythmically and mindfully from one traditional yoga posture to another. Breath, body alignment and relaxation will be emphasized. Standing, chair & mat.

Stretch Breath Relax

Wednesdays 11:30am

Leader: Maureen Bertelozzi
Fee \$2.00

Beginner level.

Practice stretching using different breathing techniques and gravity for relaxation. Hatha yoga postures may be introduced. Regular practice improves flexibility and strengthens muscles that support the spine. Mostly mat.

Circuit Training alternate with Cardio Core

Wednesdays 10:30am

Instructor: Chris Pevia
Fee: \$2.00

Beginner to intermediate level.

This class is designed for all exercise enthusiast looking to building muscle and burn calories in a fun environment. The class consist of both muscle conditioning and endurance training exercise stations in which participants exercise at each station for an allotted amount of time. Come and join the fun and feel the burn.

Silver & Fit

Fridays 10:30am
Instructor: Chris Pevia
Fee: \$2.00
Beginner level.

This gentle on the joints class is designed to increase flexibility, balance, muscular strength and endurance with plenty of friendly fun. This is a chair-based class that will incorporate basic strength and cardiovascular exercises to help build strong hearts and bones, followed by a series of balance and stretch exercises to help increase joint stability.



Walk With Ease

An Arthritis Foundation Certified Program
Mondays, Wednesdays & Fridays 2:00pm
Beginning January 23

Instructor: Elaine Yamato
Free!

Beginner Level.

Call 215-0900 to register, seating limited.

This fitness program can help reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. Try it, you'll like it :).

Tabata

Mondays 10:30am
Instructor: Chris Pevia
Fee: \$2.00

Intermediate to Advanced Level.

This class is high energy with fast paced music. We complete 5 Tabatas of 4 minutes each. During the 4 minutes we perform 8 different exercises for 20 seconds each, the first 7 are followed by a 10 second rest period with the 8th having a 1 minute rest period. Mostly standing some mat and ball.

Sometimes last minute changes are made to our schedule. Please call 215-0900 to inquire about a particular class.



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Council**

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Happy New Year From Your Friends at the Senior Center!



Our Mission: To Provide Services that Promote the Well-being of Older Adults.

The Point

Moore County Department of Aging
8040 Hwy 15-501
P.O. Box 487
Carthage, NC 28327
910-215-0900