

Havelock Senior Center

October – December 2017

Volume 2, Issue 4

Top Ten Concerns of Seniors

Special points of interest:

- Free Dental Clinic
- Welloween
- New Staff
- Advance Care Planning
- Project Christmas Care

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Senior citizens carry a variety of concerns around with them these days. Issues vary from one person to another. Here are the top **10 concerns for one senior.**

Here it is:

- To **stay healthy.**
- To **be financially secure.**
- To encourage **love** in my life.
- To **worry less and be happy more.**
- To **enjoy my spouse, family and my own person**

every day.

- To be **open to new adventures.**
- To be **kind, thoughtful and caring** to others.
- To **have a reason to be.**
- To **feel safe.**
- To **discover and sustain contentment in my life.**

While it may not speak for you, why not make your own list? It might be a

good exercise for seniors to identify the **top ten concerns** in one's life. Post it somewhere prominently so you are reminded of it and allow it to open a window to your soul. Use your own

words. Explore your own deepest desires and wishes. Discuss it with trusted friends and family members.

Check on yourself now and again to be sure

you are addressing your list of concerns as completely as possible. Change it, modify it, rework it as necessity and insight de-



MY Top Ten Concerns

Find the Undercover Man!

Can you spy the spy? The undercover man is hiding somewhere in the newsletter text. Be one of the first three to spot him and receive a prize! In order to claim your prize (and braggin'

rights) you must circle the undercover man and turn it in to one of the staff at the senior center in the office.

Hint: He looks like that guy ----->





From the Director

Greetings all! I have come to find the most enjoyable times at the senior center for me are the fall, winter and spring seasons. Besides the cooler temperatures, it's wonderful to have those who are away during the summer back with us once again. Further, there are so many fun and wonderful holidays and I look forward to celebrating them with you all. Another happening I'm excited about is the new grant we have been awarded this year to aid our family (informal/unpaid) caregivers. To be considered a family caregiver, the individual must meet one (or more) of the following criteria:

Address: 103 Trader Ave,
Havelock, NC 28532
Phone: (252) 444-6445
Email:
seniorcenter@havelocknc.us

Senior Center Staff

Ginger Sims: 444-6445

Director — Senior Center

Jeanne Butcher: 444-7119

Meal Services Coordinator

Kaylee Garcia: 444-6445

Custodian

- Caregivers caring for older adults (60+) with neurological and organic brain dysfunctions, as well as Alzheimer's Disease and related disorders.
- Older caregivers (60+) with greatest social and economic need (with particular attention to low-income, minority, rural, and limited English proficiency).
- Relative caregivers (55+) caring for children with severe disabilities.
- Grandparents or other relatives (55+) caring for a grandchild or a child of a relative by blood, marriage or adoption
- Caregivers of an adult of any age with severe disabilities.

Some of the projects that are to be funded by this grant are:

- ◇ Project Christmas Care for Caregivers: (see page #4 for more details)
- ◇ Powerful Tools for Caregivers: A 6 week (1x time a week) evidence-based program proven to increase self-care in caregivers, management of emotions that arise as a caregiver, increase confidence in their ability to care for their loved one, and increase utilization of available resources. There has not been a date set for this class yet but is tentatively planned for Spring 2018. More details will be provided later.

This year will be the first time our community has received funding to help our caregivers and I am eager to begin the projects and classes. I truly believe these programs are a start to creating lasting and positive contribution to our community.

Thank you,
Ginger Sims

IF YOU WOULD LIKE TO BE ADDED TO OUR EMAIL LIST, PLEASE STOP BY THE OFFICE, CALL OR EMAIL US.

OUR MISSION

THE HAVELOCK SENIOR CENTER PROVIDES SERVICES, ACTIVITIES AND SOCIALIZING OPPORTUNITIES THAT EMPOWERS OLDER ADULTS TO REMAIN ACTIVE AND CONNECTED, ENABLING THEM TO LEAD QUALITY LIVES OF INDEPENDENCE.

Meet the New Staff Member— Kaylee Garcia



We welcome a new staff member— Kaylee Garcia as our custodian! She moved to North Carolina in November of 2016 to be with her husband, Lance Garcia, who is working full time as a Marine Aviation Radar Technician. She was born and raised in a small town in Nebraska where she managed the local movie theatre for four

years. To further her education, she is currently taking online classes to get her Business Administration Certificate. While she's not at work she is taking care of her husband, as well as her dog Pepper. Kaylee enjoys discovering new adventures and activities, as well as, reading a good book, and finding new things to craft.

Senior Gold

All of our exercise classes require that you sign a Senior Gold registration form for each session. Sessions run on a 3 month time line. Classes are free to those age 60 and older. ID must be presented at registration.

Those age 50—59 there is a nominal fee of \$30 for the entire quarter for each program (Zumba, Yoga, or Tai Chi.)

Special: Participate in two programs and get the third Free!!



Chair Exercise Walking Club

Chair exercise is held Monday—Friday at 9:00am to 10:00am in the Senior Center Library. Class is taught by a DVD instructor.

Walking Club is held at the Havelock Recreation Center at 8:30 am

Zumba

Zumba is held on Mondays, Wednesdays, and Fridays at 9:00am to 10:00am at the Senior Center on the Dance Floor.

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

Chair Yoga

Gentle Chair Yoga are held on Thursday at 10:45am to 12:00pm
Or on Friday at 10:00am to 11:00am

Tai Chi

Tai Chi is held on Thursday at 9:30am to 10:30am



Great way to stay active!

Advance Care Planning - Advance Directives

Advance Care Planning is the process of planning and recording your healthcare choices in case you were to become seriously ill or injured and unable to express your needs. Completing these documents help you decide what care you would want or not want in the event of a health crisis. Having a your advance care

documents completed also help your families make choices during times of high stress. **On Thursday, October 19th, from 2:00PM - 3:30pm** we will host a full educational session on advance care planning. Then on **Thursday, November 16th from 2-3:30** we will have the A.C.P clinic where you can complete your

paperwork and have them filed in the Vidant healthcare system if you wish. We will have a notary available in order to make your document official. (You may also take these document to you other healthcare providers to be put on file). Call the senior center to sign up!
(252) 444-6445



VIDANT HEALTH™

A Shout Out!

A huge thank you to our knitting and sewing group for their contribution to the Havelock Veteran Stand-down. They worked tirelessly to sew blankets, hats scarves, gloves and bags in which they stuffed with various hygiene items for homeless veterans. They were awarded the Certificate of Appreciation from the Veterans Employment Base Camp for their contribution.



Pictured: Knitting and Sewing group with the items they donated

Project Christmas Care for Caregivers

Caregivers give so much everyday for their loved ones and this Christmas The Havelock Senior Center wants to give back! We are distributing care baskets containing items such as subscriptions to caregiver specific magazines (i.e. Today's Caregiver), comfort items (i.e. teas, candles, bath oils), information on the senior center with literature on available resources in the area and other inspiring or supportive items. Our knitters and sewers will be fashioning hats, scarves, gloves etc. as well. Please spread the word to the caregivers you know! Feel free to contact the senior center with any questions!



Havelock Senior Center

"Getting Through the Holidays" A Four Week Series of Grief Support Workshops

"Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

Losing someone you love or care about deeply can be very painful. The upcoming holidays can especially be a difficult time for those experiencing loss in their lives. You are invited to attend a four week series of grief support workshops called "Getting Through the Holidays." The

workshops are free and will be held at the Havelock Senior Center 10:30 AM - 12 Noon on Wednesdays November 8, 15, 29, and December 6. Topics include: Dealing with Difficult Emotions During the Holidays, Survival Tips for Handling the Holidays, and Making Decisions about

Holiday Traditions and Rituals. The group will be facilitated by Rev. Barbara Bornemann, Chaplain & Bereavement Coordinator at Continuum Home Health & Hospice of New Bern. It is not required to register, but it is helpful for planning purposes. Please call the Sr. Center at (252) 444-6445 or e-mail us at: seniorcenter@havelocknc.us. For more information, contact Rev. Bornemann at (252) 638-6821.

Continuum
Home Health & Hospice



Free Dental Clinic is Coming to Our Area

Do you know someone who needs dental care but lacks insurance coverage? NC Missions of Mercy (NCMOM) is holding a FREE dental clinic October 27 and 28 in New Bern. NCMOM will provide dental equipment, supplies, personnel and volunteers to treat uninsured residents of Craven, Carteret and surrounding counties. The clinic will provide services such as removals/ extractions, fillings/ restorations, cleanings and

partials. The clinic will be held at the Epiphany School of Global Studies in New Bern. Adults over the age of 18 whose household income does not exceed 200 percent of the federal poverty guidelines and who have no dental insurance will qualify to receive the services. Only the single most urgent dental need of the patient will be addressed. Patients DO NOT need to preregister and will start being seen at 6:00 am. **ALL PARKING is stationed at Temple Baptist (enter on**

YMCA Drive, New Bern) whereby a shuttle will take groups directly to the clinic site. ALL patients MUST come via the shuttle from Temple or will not be seen at the clinic. 'Patient drop offs' at Epiphany will not be seen under any circumstance!

Free Dental Clinic
Oct. 27th and 28th
starting at 6:00am
Epiphany School
2201 Henderson Ave.
New Bern, NC

For uninsured and underinsured citizens of Craven, Carteret and surrounding counties.

