



AGING CONNECTIONS

NCEA: Elder Abuse Get Involved!

WHAT is Elder Abuse?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. *In many states, younger adults with disabilities may qualify for the same services and protections. Physical abuse; neglect; emotional or psychological abuse; financial abuse and exploitation; sexual abuse; and abandonment* are considered forms of elder abuse. In many states, *self-neglect* is also considered mistreatment.

WHO is at risk?

Elder abuse can occur *anywhere*

-in the home, in nursing homes, or other institutions. It affects seniors across all socioeconomic groups, cultures, and races. Base on available information, women and "older" elders are more likely to be victimized. Dementia is a significant risk factor. Mental health and substance abuse issues-of both abusers and victims-are risk factors. Isolation can also contribute to risk.

WHAT should I DO if I suspect abuse?

REPORT YOUR CONCERNS!

Most cases of elder abuse go undetected. Don't assume that someone has already reported a suspicious situation. The agency receiving the report will ask what you observed, who was involved, and who they can contact to learn more.

You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

- **To report suspected abuse in the community,** contact your local Adult Protective Services agency. For state reporting numbers, visit www.apsnetwork.org, visit the NCEA website at www.ncea.aoa.gov or call the *Eldercare Locator* at 1-800-677-1116 (eldercare.gov).
- **To report suspected abuse in a nursing home or long term care facility,** contact your local Long-Term Care Ombudsman. For reporting numbers, visit www.ltombudsman.org, visit the NCEA website at www.ncea.aoa.gov or call the *Eldercare Locator* at 1-800-677-1116 (eldercare.gov).

<https://ncea.acl.gov/>

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Special points of interest:

- Elder Abuse: Does someone you know-a senior or adult with a disability-display any warning signs of mistreatment?
- The FCG program offers lots of fun & education workshops!
- Volunteers are still needed and much appreciated!
- Join the GSC for fun filled days!
- If you need assistance with your Medicare Part D plan call (910) 592-4653

NCEA
National Center on Elder Abuse

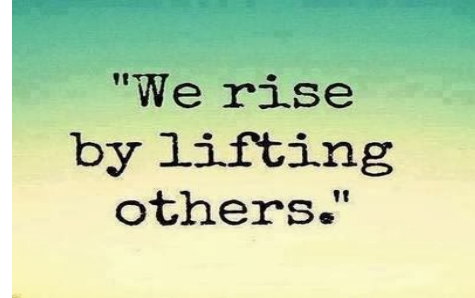
Seniors
Matter 
Support Elder Abuse Awareness

VOLUNTEER!
Start where you are,
Use what you have,
do what you can!

A volunteer is a person who remembers to do the things that make others happy, who takes the loneliness out of the alone by giving their time, who is concerned when others are unconcerned and who do not necessarily have the time but have the heart! The Sampson County Department of Aging is in need of volunteers like you in all program areas, no matter the length of time or the duration of the task! We are in grave need of volunteers in our Home Delivered

Meals Nutrition Program mainly at our Butler Court Senior Center here in Clinton.

For more information on volunteering at the Butler Court Senior Center call Lorie Joyner at (910)592-5604 between the hours of 9 AM and 2 PM and for information on volunteering in other areas throughout Sampson County call Linda Armwood at (910) 592-4653 between 8 AM and 5 PM



SHIIP: Seniors' Health Insurance Info.

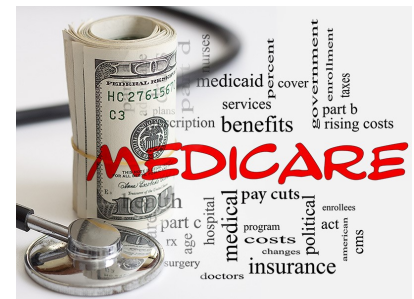
Do you or your loved ones have a Medicare Part D or Medicare Advantage Plan?

Review Plans Annually

October 15-December 7

SHIIP can help you compare Plans and determine if a change is needed.

By appointment only: Call Sampson County Department of Aging at 910-592-4653 and ask for Angela Faircloth to set-up and appointment.



Extra Help is available for people on Medicare with limited income and assets.

Call SHIIP to apply for assistance.

1-855-408-1212

More information online at: http://www.ncdoi.com/SHIIP/SHIIP_SMP_Home.aspx.



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SAMPSON AREA TRANSPORTATION

SAT provides transportation services Monday through Friday for trips to local agencies, medical appointments, individual shopping trips and the community.

A \$1.00 fare is charged for each stop and Veterans out-of-county trips are \$5.00 for round trip.

For More Information contact:

Eartle McNeill or Lynn Adams

(910)299-0127



Older American's Month 2017: AGE OUT LOUD!

Please Join us in celebrating during the month of May: Older American's Month for all senior adults!

No matter race, no matter financial status, no matter where you live **NO ONE EXCLUDED!**

AGE OUT LOUD!



Marie's Corner Garland Senior Center



Greetings from the Garland Senior Center-
"Where great things happen".

Greatness continues to grow at the Garland Senior Center. Much has happened since we last entered our newsletter- a lot of new faces, lots of programs and activities. January as well as February was filled with MLK Jr. celebrations as well as food tasting for the Black History Month. Mr. Larry Sutton did several Black History Month programs. We are gearing up for the local Senior Games-opening ceremony is April 19, 2017. As you know Marie Faircloth is our newly elected ambassador for Sampson County. Let the games begin!

Computer classes are in session, seats will soon be available for the summer session.

Free tax services are available every Friday 2:00 until. For more information call Marie Faircloth at (910)529-3931.

Emily Carlyle with Eastpointe will present on March 16, 2017 at 12:30.

On May 1, 2017 the nursing students at Sampson Community College will do a mini health fair at Garland Senior Center.

We are all excited that we received the Green Thumb Garden grant, now we just need volunteers!

Come join us at the Garland Senior Center where great things happen! Don't forget May is Older American's Month! May 29, 2017 the GSC will be having their Older American's Month celebration there will be fun, food, education as well as good fellowship-vendors welcome!

Thank you!

Marie Faircloth



AGE OUT LOUD!

Wellness on Wheels

Sampson Community College Nursing Programs & Sampson Regional Medical Center will be conducting Wellness on Wheels from 9:00 AM-2:00 PM at our Nutrition/Senior Center sites on the following dates:

April 10, 2017- Butler Court

April 24, 2017-Westbrook

May 1, 2017-Garland

These wellness screenings will include:

- Blood pressure screenings
- Cholesterol screenings
- Glucose screenings
- Risk factor assessments
- Health education

For more information contact your local Senior Center or Mrs. Wanda Capps @ (910)592-8081 ext 6510



Adult Day Health Care Center

Hello from the staff of Adult Day Health Care Center. We would like to wish all of you who had Birthdays in the month of March clients & Staff a "Happy Birthday," Mr. Joseph Pridgen.

We have did many exciting activities during the month of March. We have taken the clients to Fayetteville shopping and out to eat. Our clients also had the chance to enjoy our St. Patrick's day celebration, with cookies

from the ladies from Grove Park. Thanks to Mr. Bob for the yummy donut treats he brought in to us. We greatly appreciate it. They also engaged in many fun activities with coloring and puzzles. Our clients have been engaging more in their devotions with songs and scriptures.

May God Continue to Bless us all as we continue to work together to care for your loved ones.

- ADHCC Staff



Ins & Outs: Family Caregiver Program

The Family Caregiver Support Program sponsors 3 Educational Support Groups each month.

The Grand-Families Support Group meets the 3rd Monday of each month at 12:30 PM at the Garland Senior Center.

The Alzheimer's Support Group meet the 2nd Tuesday of each month at 2:00 PM at Sampson County Department of Aging.

Grand-Families Support Group meets the 3rd Wednesday of each month at 10:30am at Sampson County Department of Aging.

Please visit the Family Caregiver Support Program sponsored Library at the Garland Senior Center, books of all types are

FCG Support specialist, Lesia Henderson offers several different educational and fun workshops month to month, for more information through out the month on any upcoming workshops/trainings please call Lesia Henderson at (910)592-4653.

March 21- NCBAM: Reducing Stress as we age & skirting a train wreck

March 28-Normal/Not Normal Aging: our very own Lesia Henderson presented this workshop and she did an amazing job, it was a wonderful learning experience for all who attended!

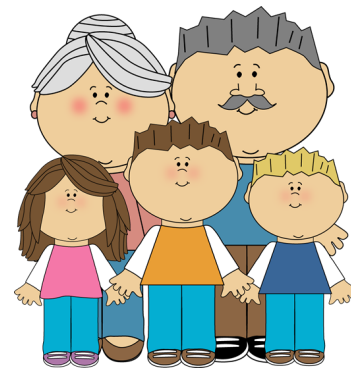
April 4-Alzheimers North Carolina: Free Community Workshop

Please come join us for some fun & education at the same time, we hope to see you soon!

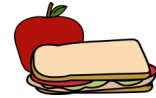
available to check out and enjoy.

More Information about the Family Caregiver Support Program contact Lesia Henderson at (910)592-4653

Lesia Henderson Family caregiver support specialist is now A Positive Approach Certified Trainer with Teepa Snow for Families living with Dementia!



Healthy Living: Nutrition Services Program



As the saying goes, you are what you eat. If you want to age well, this old adage might be your motto. Older people who maintain a diet that contains lots of fruits, vegetables, fish and whole grains with minimum amounts of fat and little or no red meat have increased resistance to illness and disease, higher energy levels and better all-around health. They feel and look good. Their minds are sharp, their bodies strong and they enjoy their independence. For them, healthy eating isn't about dieting and sacrifices. It's about putting together meals that are colorful, varied and wholesome, and then savoring every morsel. One other secret of their nutritional health: they make sure not to eat

alone. Eating in the company of others is as important to healthy aging as vitamins

www.nyc.gov

Sampson County Nutrition Sites:

Butler Court (Senior Center): 501 Byron
Butler Court Clinton, NC 28328
(910)592-5604

Garland Senior Center: 91 N Church Avenue
Garland, NC 28441 (910)529-3931

Harrells: 183 Bland School Rd. Harrells,
NC 28444 (910)532-4090

Roseboro: 206 NE Railroad St Roseboro,
NC 28382 (910)525-5706

Westbrook: 4431 Newton Grove HWY
Newton Grove, NC 28366 (910)567-6074

Mingo: 1358 Mingo Church Rd Dunn, NC 28334
(910)567-2950

Turkey: 30 Market St Turkey, NC 28393
(910)592-9349

For more information contact Linda Armwood
(910)592-4653

Home Repairs Program

The Sampson County Department of Aging has a Home repairs program.

This program only works on MINOR home repairs, builds wheel chair ramps, hand rails and grab bars.

To apply for this program the only qualification is that you are 60 and older and live in Sampson County.

There is a waiting list but do not be discouraged, we can help you!

For More Information or to Apply:

Angela Faircloth- Information and Referral Specialist at
(910)592-4653 ext 5308



Home Repairs Coordinator

Steven Wilson



**Sampson County
Department of
Aging**

405 County Complex Road
Suite 140
Clinton, NC 28328



Phone: 910-592-4653
Fax: 910-590-2142
E-mail: srich@sampsonnc.com

We're on the Web

www.sampsonnc.com

Our Services Include:

- CAP/DA
- PCII
- Home Repairs
- Transportation
- Nutrition
- Adult Day Health Care
- Seniors Centers
- Information & Referral/Options Counseling



We are a United Way funded organization

Sampson County Department of Aging is an arm of the county government. Our purpose is to research, evaluate, implement, and administer a coordinated system of services for older adults, family caregivers and in some instances, handicapped and very low income citizens in Sampson County, in the most cost-effective manner possible.

It is the intent of Sampson County Department of Aging to enhance the quality of life for Sampson County citizens through services, as well as providing education opportunities about being healthy as we age.

In Memory of:

**Any & All Department of Aging clients that
have made their departure to heaven!**