

NCSCA News Spring 2020

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Hello All,

I am sure most of us never imagined we would be living in a time of a pandemic but here we are. The great part of this situation is that we are senior center professionals. We are superheroes. We do so much each and every day to help our seniors. We protect, inform, keep them healthy and active, we listen, we learn, we laugh, we cry but, most of all we love and are loved.

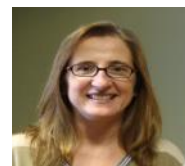
This is a very important thing we do each day--not everybody "gets it" or even tries to understand the gravity of the whole picture but, we know--yes, we do! From one professional to another--thank you for what you do each and every day.

The Spring issue of the NCSCA newsletter will be mainly devoted to information to help senior center staff as we serve our seniors during this difficult time. I have read many of your emails and looked at many of your Facebook pages and websites. I am so impressed and grateful for all of the innovative ways you are continuing to serve the seniors in your areas.

We all know the normal day to day challenges we face. As we move forward I thank each of you, again for the work you are doing to keep our seniors safe, fed, active, engaged, encouraged and secure.

Wash your hands, stay distant, stay well and stay safe!
-Sandy

Submitted by Sandy Pace, R, Chair, Dare County Senior Center



COVID-19 ASSISTANCE

Call 2-1-1 or
888-892-1162

Text **COVIDNC** to **898211**
to sign up for updates



**65+? Lonely?
Need to talk?**

NCBAM's Hope Line
is here for you!

866-578-4673



NORTH CAROLINA BAPTIST AGING MINISTRY



North Carolina Senior Center Alliance



It's time for the 2020 Census! Here is some important information that you and all of your seniors should know:

Important to Note that the Census Bureau:

never asks for your full Social Security number;

never asks for money or a donation;

never sends requests on behalf of a political party;

never requests PIN codes, passwords or similar access information for credit cards, banks or other financial accounts.

How the 2020 Census Will Invite Everyone to Respond

WHAT WE WILL SEND IN THE MAIL

On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	If you haven't responded yet:
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

We understand you might miss our initial letter in the mail.

- Every household that hasn't already responded will receive reminders and will eventually receive a paper questionnaire.
- It doesn't matter which initial invitation you get or how you get it—we will follow up in person with all households that don't respond.

3 Options to Respond:

Internet/Mobile Device

Telephone

Paper

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OMB No. 0607-1006: Approval Expires 11/30/2021



United States®
**Census
2020**

U.S. Census Bureau

Washington, DC 20233-0001

Office of the Director

March 15, 2020

Dear Resident:

This is your invitation to respond to the **2020 Census**. We need your help to count everyone in the United States by providing basic information about all adults, children, and babies living or staying at this address.

Results from the 2020 Census will be used to:

- Direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Help your community prepare to meet transportation and emergency readiness needs.
- Determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

Please respond now using ONE of the following options:

Option 1:

Go to **my2020census.gov** to complete your 2020 Census questionnaire online. You will need your 12-digit Census ID, which is printed below the barcode on the front of the enclosed questionnaire.

Option 2:

Complete and mail back the enclosed questionnaire in the postage-paid envelope provided.

Respond online to help us conserve natural resources, save taxpayer money, and process data more efficiently.

The census is so important that your response is required by law, and your answers are kept completely confidential. If you do not respond, we will need to send a Census Bureau interviewer to your home to collect your answers in person. If you need help completing your 2020 Census questionnaire, please call toll-free 1-844-330-2020.

Thank you in advance for your prompt response.

Sincerely,

Steven D. Dillingham

Enclosures

Mensaje importante: Para completar su cuestionario del Censo del 2020, visite **my2020census.gov** o llame gratis al 1-844-468-2020.

census.gov

Why We Ask

The 2020 Census is easy. The questions are simple.

Responses to census questions provide a snapshot of the nation. Census results affect your voice in government, how much funding your community receives, and how your community plans for the future.

When you fill out the census, you help:



Determine how many seats your state gets in Congress.



Inform how more than \$675 billion in federal funding is distributed to states and communities each year.



Create jobs, provide housing, prepare for emergencies, and build schools, roads and hospitals.

The 2020 Census will ask for the following information:

Number of people at address

We ask this question to collect an accurate count of the number of people at each address on Census Day, April 1, 2020. Each decade, census results determine how many seats your state gets in Congress. State and local officials use census counts to draw boundaries for congressional districts, state legislative districts, and school districts.

Any additional people living or staying there

Our goal is to count people once, only once, and in the right place according to where they live on Census Day. Keeping this goal in mind, we ask this question to ensure that everyone living at an address is counted.

Owner/Renter

We ask about whether a home is owned or rented to create statistics about homeownership and renters. Homeownership rates serve as an indicator of the nation's economy and help in administering housing programs and informing planning decisions.

Phone number

We ask for a phone number in case we need to contact you. We will never share your number and will only contact you if needed for official Census Bureau business.

2020CENSUS.GOV

D-FS-GP-EN-136

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your future
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Census
2020**

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Name

We ask for names to ensure everyone in the household is counted. This also helps us to keep ancestry records. Listing the name of each person in the household helps respondents include all members, particularly in large households where a respondent may forget who was counted and who was not.

Sex

We ask about the sex of each person to create statistics about males and females. Census data about sex is used in planning and funding government programs, and in evaluating other government programs and policies to ensure they fairly and equitably serve the needs of males and females. These statistics are also used to enforce laws, regulations, and policies against discrimination in government programs and in society.

Age and date of birth

We ask about age and date of birth to understand the size and characteristics of different age groups and to present other data by age. Local, state, tribal, and federal agencies use age data to plan and fund government programs that provide assistance or services for specific age groups, such as children, working-age adults, women of childbearing age, or the older population. These statistics also help enforce laws, regulations, and policies against age discrimination in government programs and in society.

Hispanic, Latino, or Spanish origin

We ask about whether a person is of Hispanic, Latino, or Spanish origin to create statistics about this ethnic group. The data collected in this question is needed by federal agencies to monitor compliance with anti-discrimination provisions, such as the Voting Rights Act and the Civil Rights Act.

Race

We ask about a person's race to create statistics about race and to present other statistics by race groups. The data collected in this question is needed by federal agencies to monitor compliance with anti-discrimination provisions, such as the Voting Rights Act and the Civil Rights Act.

Whether a person lives or stays somewhere else

Our goal is to count people once, only once, and in the right place according to where they live on Census Day. Keeping this goal in mind, we ask this question to ensure individuals are not included at multiple addresses.

Relationship

We ask about the relationship of each person in a household to one central person to create estimates about families, households, and other groups. Relationship data is used in planning and funding government programs that provide funds or services for families, people living or raising children alone, grandparents living with grandchildren, or other households that qualify for additional assistance.

For more information, visit:

2020CENSUS.GOV

D-FS-GP-EN-136

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thank you

Thank you to each of the participants at the North Carolina Association on Aging (NCAOA) State Aging Conference that occurred March 5-6, 2020 at the Hotel Ballast in Wilmington, NC.

This annual conference is for all aging service providers.

Many thanks to the boards and committees responsible for pulling everything together.

The conference was a HUGE success! Everyone in the aging field is encouraged to attend the annual conference that is specifically designed for YOU!

North Carolina Senior Center Alliance



CORONAVIRUS UPDATE

from Centers for Disease Control and Prevention

Take everyday preventive actions:

- Clean your hands often.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.
- Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.
- Stay home as much as possible.
- Consider ways of getting food brought to your house through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.



CORONACASH

Stimulus check update-What you need to know:

The United States Treasury Department and the Internal Revenue Service (IRS) has announced that stimulus checks will begin to be mailed within the next three weeks and will be distributed automatically. No action is required for most people.

However, some seniors who typically do not file tax returns will need to submit a simple tax return to receive their stimulus payment. The IRS is setting up a specific website to do this but as of April 1, 2020 this website has not been activated.

[IRS.gov/coronavirus](https://www.irs.gov/coronavirus) will soon provide information instructing people that fall into these groups on how to file a 2019 tax return with some simple, but necessary, information including their filing status, number of dependents and direct deposit bank account information.



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AND...

- Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
- Determine who can care for you if your caregiver gets sick.
- Watch for symptoms and emergency warning signs
- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*: Difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse and/or bluish lips or face.

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

What to do if you get sick?!

- Stay home and call your doctor.
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home.
- Know when to get emergency help.

Get medical attention immediately if you have any of the emergency warning signs listed above.



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Family and Caregiver Support

- Know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.



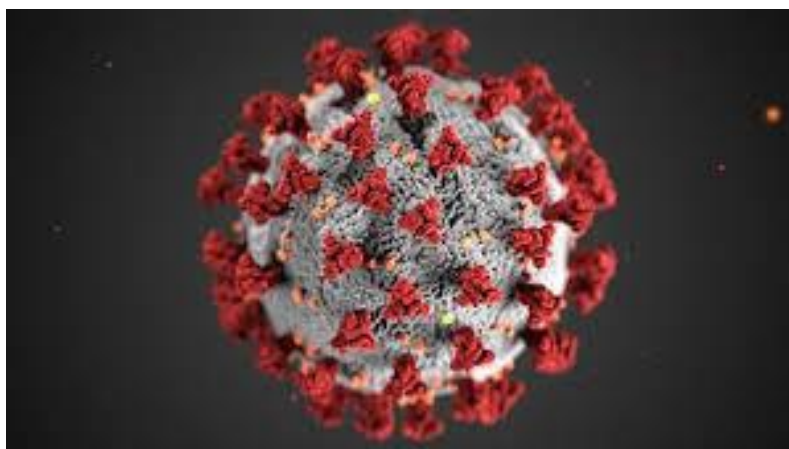
Cases & Latest Updates

This is an emerging, rapidly evolving situation and CDC will provide updated information as it becomes available, in addition to updated guidance.

CDC is aggressively responding to the global outbreak of COVID-19 and preparing for the potential of community spread in the United States

Visit:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html>



Information gathered from: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html> on 4/1/2020.

North Carolina Senior Center Alliance



March 23, 2020

COVID-19: What to Do If You Feel Sick



1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
 - Chronic lung disease or moderate to severe asthma
 - Heart disease with complications
 - Compromised immune system
 - Severe obesity — body mass index (BMI) of 40 or higher
 - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness. However, to date, data on COVID-19 has not shown increased risk for severe illness.

Call your doctor or 911 right away if you have:

- Shortness of breath
- Difficulty breathing
- Chest pain or pressure
- Confusion
- Blue lips

Most people do not need a test.

When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.

Your doctor can help you decide if you need a test. There is no treatment for COVID-19. For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do.

Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.



When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- ✓ 1. Has it been at least 7 days since you first had symptoms?
- ✓ 2. Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take [the same steps](#) to prevent spreading it.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review [CDC guidance](#) and check with their employers about when to return to work.

3. Stay informed.

- Visit [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus) for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Found out more information on what to do if you are sick at cdc.gov/coronavirus.



North Carolina Senior Center Alliance



Helping Hands During the Pandemic

Medicaid Counseling and Outreach

The Dare County Center is continuing to counsel Medicare clients via phone. We have passed out the SHIP scam and fraud flyer to all of our nutrition clients and started drive-thru meals.

We are here for anyone that needs to talk while increasing the clients on our telephone reassurance list and are using staff and volunteers to assist with calling people.

We have a great team here and a great pool of volunteers. Tea Cup Quilters have made masks for staff and volunteers. Local individuals and groups have given us craft/activity kits for our seniors. We are sending home trivia and activity sheets daily.

Volunteer Appreciation Week

The Dare County Center is very grateful and wishes to give thanks to our volunteers that are still delivering meals and helping our home bound clients during the pandemic limitations that are currently in place.

Submitted by: Sandy Pace, Director, Dare County Senior Center

Amazing Shout Out!

I would like to give a big shout out to our local sheriff's department. Alleghany Sheriff's Office is using the School Resource Officers, who are no longer at the schools because of closures. They are now our meal deliverers. They seem to enjoy this project as they might be out of work otherwise. We are very thankful to them and the Alleghany Sheriff for their much needed help during this pandemic. Our community has come together to help seniors in need.

Submitted by: Karon W. Edwards, Director, Alleghany Council on Aging



North Carolina Senior Center Alliance



Senior Centers Across the State Respond to the COVID-19 Pandemic

DAVIDSON COUNTY SENIOR SERVICES

HELP FOR ADULTS WHO ARE HIGH-RISK FOR CORONAVIRUS

- ▶ TELEPHONE WELLBEING CHECKS
- ▶ MEAL PACKS
- ▶ PET FOOD (**NEW**)
- ▶ DRIVE-THRU MEALS
- ▶ GROCERY SHOPPING AND DELIVERY
- ▶ MEDICATION PICK-UP AND DELIVERY
- ▶ TRANSPORTATION

To be eligible, individuals must be a Davidson County resident, age 65 or older, have a serious chronic medical condition, without family or other support.

HELP HOTLINE: 336-236-3015

MONDAY - SATURDAY, 9 A.M. - 5 P.M.



North Carolina Senior Center Alliance



In Macon County, Crawford Senior Center is feeding hot meals via curbside drive- thru to seniors.

There is also a collection of shelf stable items to send to home-bound residents.

In addition, there are postings of virtual classes and exercise programs.

Daily well check calls for many participants are being performed as well.

Submitted by: Kim Crawford, Senior Center Coordinator, Macon County



North Carolina Senior Center Alliance



South Iredell Senior Center is on a Roll!

Since the onset on the pandemic, South Iredell Senior Center (SISC) has provided Activity Packets for drive-thru pick-up once a week. These packets include crossword puzzles, word search, Sudoku, coloring pages and much more.

We also have provided puzzles and library books to participants during this time as well. For those who may not have transportation to SISC at this time we have partnered with volunteers to leave the packets on the participant's porch.

Opened up our fabric/craft closet to offer free materials to our participants and community who would like to make mask for those who may need one. This is also a drive thru pick up

Provided Tai Chi classes with the help of Zoom.

Hosted a conference call for 2 of our monthly groups so that they could have the opportunity to talk to one another.

Our Writing Senior Memories Group each week has an email chain that one person starts a story and then each of them adds a new paragraph to it. When everyone in the group has added to the story the last person shares it with the whole group.

We have created a stay at home calendar of activities that we have shared to our Facebook page and sent our via email.

Each Friday we host a Facebook Field Trip Friday and share a link to a play, museum, park etc.

We call our "at risk participants" weekly to see if there is anything we can provide for them. Then help get things like food, toilet paper, depends etc. to them.

We are constantly updating our Facebook to keep participants involved and engaged.

Submitted by: Jennifer Barraclough, Manager, South Iredell Senior Center



North Carolina Senior Center Alliance



COVID-19 ASSISTANCE

Call 2-1-1 or
888-892-1162

Text **COVIDNC** to **898211**
to sign up for updates



**65+? Lonely?
Need to talk?**
NCBAM's Hope Line
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866-578-4673

 NORTH CAROLINA BAPTIST AGING MINISTRY



At the Orange County Department on Aging's two Senior Centers, the Passmore and the Seymour Center staff are available by appointment, telephone and email to assist our county's older adults as we are all practicing "social" distancing or as I heard one of our county commissioner's say today "physical" distancing, as we all want to remain as socially connected as we can.

We implemented a drive by carry out program for our daily congregate meal participants and our creative senior center staff and wellness program staff have created packets of activities to give to the seniors when they come by to pick up their meals. We've also reached out to and utilized our local law enforcement agencies to help deliver the meals to our congregate meal recipients' homes, who relied on public transit to get them to the senior centers. Beginning next week to reduce physical contact more, our congregate meal caterer has agreed to work with us to provide a bag lunch 2 days a week and a hot meal, Mon, Wed and Fri, thus those receiving will only need to come on hot meal days to pick up a meal and the bag meal will go home with them the same day they pick up the hot meal.

Our Aging Transitions staff have continued to answer our Aging Helpline and are responding to older adults as much as is possible with "physical" distancing practices. We've kept the phone lines available and answered at both our front desk and will make an effort to do so even if we move to a "stay-at-home" order with the help of our IT's department's Avaya "softphone" which connects your office desk phone to your laptop. We will do so with our Aging Helpline as well.

We continued our monthly commodity food distribution from the NC Food Bank utilizing "physical" distancing and the OC Sheriff's office for assistance to deliver to those who are unable to pick the food boxes.

Our volunteer division, Volunteer Connect 55+, trained 21 new volunteers using "Go to Meeting" a virtual meeting program, to connect with older adults. We continue to offer our daily, Telephone Reassurance, program with help of volunteers and our Senior Resource Team volunteers to make contact with the older adults via phone of those they usually would visit with ever week. As we were in the middle of VITA tax season, our VITA program will go virtual starting next week and reaching out to those who were scheduled for appointments and plan to do them over the phone.

Our computer learning lab has also gone virtual and reached out to those who had registered for one of their courses and will teach these using the Zoom program, very much like many college campuses are doing.

The Wellness/Health Promotion program at our Center has worked with some of the fitness instructors to come in and video a workout session, which will be uploaded to our Facebook page and will be added to our webpage. This program has also developed a one page –back and front exercise program for older adults, it too will be uploaded to our webpage. This is also been distributed to the congregate meal program participants.

We at the Orange County Department on Aging are doing what we can to serve our community's older adults while remaining physically distant yet still remaining socially connected to some of our most vulnerable.

I know that other senior centers across this great state are doing all they can to do so, as well. I wish them success and the best of health, as we all do our part and stay strong.

Submitted by: Myra Austin,, Senior Centers Administrator, Orange County Department on Aging

North Carolina Senior Center Alliance



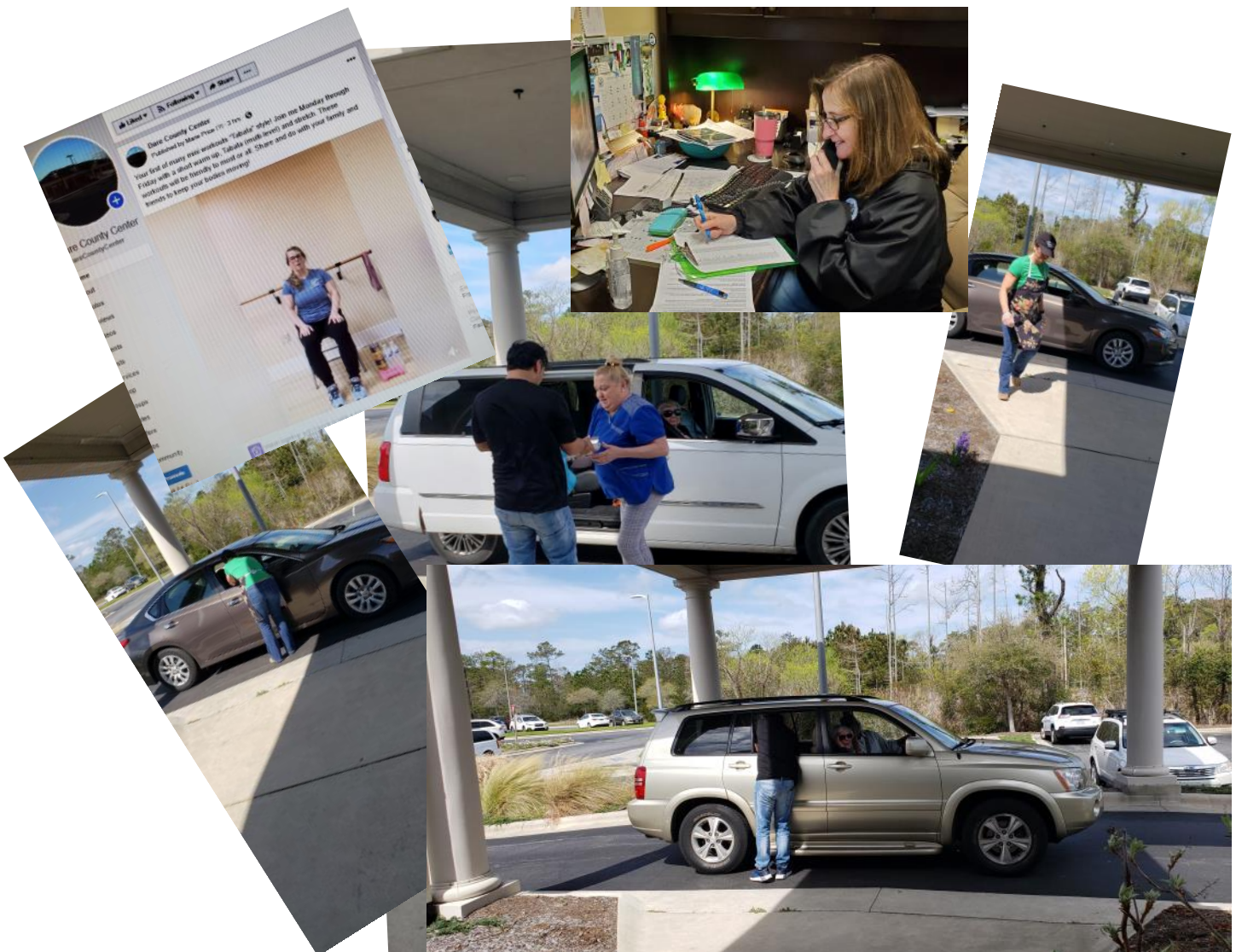
Like many senior centers in North Carolina, Dare County Center is continuing the nutrition program via curbside/drive-thru pick-up as well as home delivered meals.

Some residents have our staff and volunteers hoppin' with extra duties if they need something essential from the grocery store or prescription pick-up!!

Each day something new is presented to all of the participants: activity kits, Crosswords/search puzzles, jokes, etc.

In addition, there are postings of virtual classes and exercise programs. At this time, telephone reassurance calls are made twice a week to at least 75 seniors to check-in and check-up!

Submitted by: Katherine Irby, R, Marketing, Dare County Senior Center



North Carolina Senior Center Alliance



April 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
Person County Senior Center 87 Semora Rd Roxboro, NC 27573 (336) 599-7484 A Center of Excellence since 2012	In response to COVID-19, Person County Senior Center & Gym are closed to the public. All Activities are suspended until further notice, including AARP Tax Aide program. The following programs continue: <ul style="list-style-type: none"> Meals on Wheels Liquid Supplement Program (limited supply) Staff will be on site M-F from 9am -1pm for these programs.	1 April Fool's Day Share a funny joke that makes you laugh! What is loud, fast and crunchy? A rocket chip!	2 Nat'l Peanut Butter & Jelly Day Upgrade your PB&J; add fruit! Strawberries, Blueberries & Bananas are healthy add-on's! 	3 LIGHT IT UP BLUE Shine a Light on Autism Person Autism Group will resume monthly meetings soon at PCSC 3rd Sundays, 2:30 pm
6 Happy Birthday!  Wishing everyone who has April Birthdays, best wishes and a very happy day!	7 Full Moon Tonight! "Pink Moon"  The April Full Moon is known as the Pink Moon, because of flowers that bloom in spring.	8 National Draw A Bird Day Discover your talent! Click on the link for a step-by-step drawing lesson!  https://www.youtube.com/watch?v=zUJWEZ4X8F8	10 Good Friday  Happy Easter PCSC is closed & Staff are off today. No Meal Delivery	
13 SCRABBLE Practice Social Distancing & celebrate International Scrabble Day by playing this game online! Exercise your Brain! P L A Y	14 Look up at the Sky Day Practice cloud watching! 	15 Jackie Robinson Day Aim for 30 min. of physical activity today!  "A LIFE IS NOT IMPORTANT EXCEPT IN THE IMPACT IT HAS ON OTHER LIVES." - NICKIE ROBINSON Jackie Robinson Day The first black major league baseball player of the modern era in 1947.	16 Take care of yourself! STRESS AWARENESS DAY Take a Deep Breath & Relax Click on the link below to Learn to feel less stressful with these relaxation tips.	17 Ways to Reduce stress Take a nature walk. Drink a hot cup of tea in silence or while listening to your favorite music. Reminisce about good times!
Volunteer Appreciation Day Thanks for all you do at PCSC! Meals on Wheels Drivers Fitness Center Monitors Exercise Instructors Group Activity Leaders Reception Desk Volunteers Telephone Reassurance Team Maintenance Board Members of "Friends of PCSC"		22 What's your favorite jelly bean flavor?  Check our Facebook page for responses!  "Person County Senior Center"	23 Laugh a little today! Talk Like Shakespeare Day 	24 "All that glistens may not be gold." Try talking like Shakespeare & make your typical sentence shiny. Whoa, dude, pass that pizza over here. I'm starving... <i>Translates to</i> Heigh-ho, broth'r, passeth that p'zza ov'r hither. Lest I waste away.
27  Missing your Senior Center Workout? Remain Active while we're far apart. Click here: Silver Sneakers Strength & Balance Workout	28 Be Enlightened! Read or listen to a poem today Great Poetry Reading Day 	29 Too much TV? Add a stretch break during commercials to increase flexibility or march in place to ramp up your heart rate. Swapping Sweets Have a piece of fruit for dessert, instead of sweets	30 Snap, Clap & Dance for 15 minutes to your favorite Jazz music!  International Jazz Day	Senior Games will be RESCHEDULED up until July. Please be ready to drop off SILVER ARTS entries when the center re-opens to the public!

Submitted by: Maynell Harper, K, Advocacy Committee, Person County Senior Center

North Carolina Senior Center Alliance



Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.

North Carolina Senior Center Alliance



What Does Medicare Cover in Relation to COVID-19?

- Medicare Part B (Medical Insurance) covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare will cover it.
- Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their providers without having to travel to a facility.
 - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
 - During this emergency, there are also more options for the ways your providers can talk with you under this provision.
- For Medicare coverage questions, contact your local State Health Insurance Assistance Program (SHIP) at SHIPCenter.org or 1-877-839-2675.



Other COVID-19 Resources

- Administration for Community Living (ACL): [ACL.gov/COVID-19](https://acl.gov/COVID-19)
- Senior Medicare Patrol National Resource Center (SMPNRC): www.smpresource.org/Content/Medicare-Fraud-Schemes/COVID-19-Fraud
- Centers for Disease Control and Prevention (CDC): [CDC.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)
- Federal Trade Commission (FTC): [FTC.gov/coronavirus](https://www.ftc.gov/coronavirus)
- Medicare: [Medicare.gov/medicare-coronavirus](https://www.medicare.gov/medicare-coronavirus)

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

To locate your state Senior Medicare Patrol (SMP):

Visit www.smpresource.org or call 1-877-808-2468.

Supported by a grant (No. 90MPRC0001) from the Administration for Community Living (ACL),
U.S. Department of Health and Human Services (DHHS).

North Carolina Senior Center Alliance



Due to the COVID-19 pandemic The Ann Johnson Institute for Senior Center Management training scheduled for Spring 2020 has been cancelled. New dates will be announced as soon as possible.

Submitted by: Selena Royal, Senior Center Program Specialist, NC DAAS



**Congratulations to the
October 2019
Ann Johnson Institute for Senior
Center Management graduates!!
Bravo!!**

Kelly Burchette

Debbie Conrad

Thomas Goble

Erica Harris

Holly Hight

Carla Huffman

Cindy Lamb

Trena Palmer

Robert Phillips

Katie Plummer

Tracey Walden



COVID-19 FUNDING??

Information Request

The National Institute of Senior Centers (NISC) is asking a representative from each senior center to take a quick survey regarding the current status of your center.

They hope that gathering the information will lead to additional resources for social engagement.

I hope you will participate so that NC is well-represented in this national survey.

The instructions ask you fill out the form as many times as needed as the status of your center changes.

<https://www.surveymonkey.com/r/covidscreporting>

Submitted by: Selena Royal, Senior Center Program Specialist, NC Division of Aging and Adult Services

COVID-19 ASSISTANCE

Call 2-1-1 or
888-892-1162

Text **COVIDNC** to **898211**
to sign up for updates



**65+? Lonely?
Need to talk?**

NCBAM's Hope Line
is here for you!

866-578-4673



NORTH CAROLINA BAPTIST AGING MINISTRY





NEWS FROM AROUND THE STATE

Can You Feel the Beat?

Cardio Drumming takes simple movement drumming and turns it into a full body workout that will leave you smiling, sweating, and feeling great. Cardio drumming brings together drumsticks and an exercise ball to create one of the most fun workouts you will ever do. Using the exercise ball as your drum, and mixing in fun moves, cardio drumming turns keeping rhythm into a workout.

There are many health and wellness benefits of cardio drumming including an increase in heart rate and it can help burn calories. It will improve your coordination and ability to focus, and help strengthen many muscle groups including your core.

The very best part about cardio drumming is that it is so much fun! Studies have shown that when people find workouts they enjoy and have fun with, they're more likely to stick to their routine.

Cardio Drumming program is taught by Board Certified Music Therapist Randi Lee, who owes her own music therapy business, Magnolia Melodies.

Since beginning our program in September of 2019 our class has grown to almost 30 participants and we are considering adding a second class.

Submitted by: Shelby Kline, Senior Resources of Guilford County



North Carolina Senior Center Alliance



The Lois E. Harrill Senior Center hosted an annual Valentine's Day Party and dance on February 14, 2020. Couples and singles alike came to dance, eat snacks, and play party games to win prizes. The event featured the crowning of the senior center king and queen. The participants enjoyed trivia, short funny Valentine's Day clips and lots of dancing and music. They were rewarded for participation in games and dancing with tickets which were used for door prize drawings. They won exciting prizes from the community such as gift certificates for groceries and restaurant gift cards. They enjoyed chair dancing as well as group and couples dancing. The folks at the Lois E. Harrill know that age is just a number and means you should be better at having fun since you have had more experience!



Submitted by: Billie Jo Lister, D , Vice-Chair, Lois E. Harrill Senior Center Director

North Carolina Senior Center Alliance



The Dare County Center Held Valentine's Advocacy Event

The Dare County Center held a Valentine's Day advocacy event on Valentine's Day!!

The theme was sparked from the great network of senior center professionals across North Carolina and what a great idea, indeed!

Three for One!

Valentine's Love---Check! ✓

Advocacy Event--Check! ✓

SCOPE Eligible--Check! ✓



A sample of the basket full of response cards filled out by The Dare County Center participants.

Submitted by Katherine Irby, R, Marketing, Dare County Senior Center



Want to toot your horn?? Send your Center information to katherine.irby@darenc.com before **June 29, 2020 at 5 PM** in order to be included in the Summer 2020 edition. Late submissions will not be accepted.

North Carolina Senior Center Alliance



Know Your Committee Members.....Reach Out and Touch Base!!

Your NCSCA Committee Members are here to help YOU thrive. Please feel free to contact any of the members listed in the chart below for any questions you may have or to just to introduce yourself!

North Carolina Senior Center Alliance Committee Membership Roster

<p>Sandy Pace, Chair (R)</p> <p>Dare County Senior Center PO Box 1000 Manteo, NC 27954 252.475.5625</p> <p>sandyf@darenc.com</p> <p>Term Expires: January 1, 2021</p>	<p>Billie Lister, Vice Chair (D) <i>Membership/Communication Subcommittee Lead</i></p> <p>Lois E. Harrill Senior Center, Watauga 132 Poplar Grove Connector, Suite A Boone, NC 828.265.8090</p> <p>Billie.Lister@watgov.org</p> <p>Term Expires: January 1, 2021</p>	<p>Christy Southall, Treasurer (K) <i>Special Projects Subcommittee</i></p> <p>Franklinton Senior Center 602 East Mason St. Franklinton, NC 27525 919.494.5611</p> <p>csouthall@franklintoncountync.us</p> <p>Term Expires: January 1, 2021</p>
<p>Betsy Griffin, Secretary (P)</p> <p>Lenoir County Council on Aging 112 E. Blount Street Kinston, NC 28501 252.527.1545</p> <p>director@leniorcco.org</p> <p>Term Expires: January 1, 2022</p>	<p>Thessia Everhart-Roberts (G) <i>Website Administrator</i></p> <p>Davidson County Senior Services 555-B West Center St. Ext. Lexington, NC 27295 336.242.2946</p> <p>Thessia.everhart@davidsoncounty.gov</p> <p>Term Expires: January 1, 2021</p>	<p>Kim Crawford (A)</p> <p>Macon County Senior Services 108 Wayah Street Franklin, NC 28735 828-349-2058 ext..2727</p> <p>kcrawford@maconnc.org</p> <p>Term Expires: January 1, 2021</p>
<p>Rich Zeck (Q) <i>Training/Mentoring Subcommittee Lead</i></p> <p>Pitt County Council on Aging 4551 County Home Road Greenville, NC 27858 252-752-1717</p> <p>rzeck@pittcoa.org</p> <p>Term Expires: January 1, 2021</p>	<p>Amber Smith (O) <i>Advocacy Subcommittee</i></p> <p>New Hanover County Senior Resource Center 2222 South College Rd. Wilmington, NC 28403 910.798.6401</p> <p>asmith@nhcgov.com</p> <p>Term Expires: January 1, 2021</p>	<p>Roxanne Powell (E) <i>Mentoring/Training Subcommittee</i></p> <p>Burke County Senior Services 501 North Green St Morganton, NC 28655 828.430.4147</p> <p>roxanne.powell@burkenc.org</p> <p>Term Expires: January 1, 2021</p>

North Carolina Senior Center Alliance



Weyland Prebor (C) <i>Special Projects Subcommittee</i> McDowell Senior Center 100 Spaulding Road Marion, NC 28752 828.659.0823 Wprebor@mcdowellseniorcenter.org Term Expires: January 1, 2022	(N) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!	Thomas Goble (L) <i>Marketing Subcommittee Lead</i> Jo Story Senior Center City of Roanoke Rapids Parks & Recreation 701 Jackson Street Roanoke Rapids, NC 27870 252.533.2849 tgoble@roanokerapidsnc.com Term Expires: January 1, 2020
Marie Faircloth (M) <i>Advocacy Subcommittee</i> Sampson County Dept. of Aging 405 County Complex Rd Bldg. B, Ste. 104 Clinton, NC 28328 910-592-4653 mfaircloth@sampsonnc.com Term Expires: January 1, 2021	Nancy Hulbert (J) <i>Special Projects Subcommittee</i> Garner Senior Center 205 East Garner Road Garner, NC 27529 919-661-6893 nhulbert@garnernc.gov Term Expires: May 1, 2021	(B) PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!
Nan Buehrer (F) <i>Advocacy Subcommittee, Co-Lead</i> Rufty-Holmes Senior Center 1120 S. MLK, Jr. Avenue Salisbury, NC 28144-5692 704-216-7715 director@ruftyholmes.org Term Expires: January 1, 2021	Ginger Sims, Member at Large (P) <i>Advocacy Subcommittee, Co-Lead</i> Havelock Senior Center 130 Trader Avenue Havelock, NC 28532 252-444-6445 gsims@havelocknc.com Term Expires: January 2021	Katherine Irby, Member at Large (R) <i>Marketing Sub-Committee, Newsletter Lead</i> Dare County Senior Center PO BOX 1000 Manteo, NC 27954 (252)475-9273 katherine.irby@darenc.com Term Expires: May 1, 2021
Step Volunteer	Right To	Up! Help.

North Carolina Senior Center Alliance



Maynell Harper, Member at Large (K) Advocacy Committee Person County Senior Center 87 Semora Road Roxboro, NC 27573 366-599-7484 maynell.harper@personseniors.org Term Expires: May 1, 2021	Member at Large PLEASE CONTACT SANDY PACE AT 252-475-5625 OR ANOTHER COMMITTEE MEMBER IF YOU WOULD LIKE TO SERVE IN YOUR REGION!	Morgan Doughtie, Member at Large (L) Special Projects Subcommittee Nash County Senior Center 103 N Alston Street Nashville, NC 27856 252-462-2730 morgan.doughtie@nashcountync.gov Term Expires: May 1, 2021	
NCDAAAS Representative Leslee Breen (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414 Leslee.breen@dhhs.nc.gov	NCDAAAS Representative Rebecca Freeman (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3421 Rebecca.freeman@dhhs.nc.gov	Janice Tyler (J), NCAOA Board Member (Ex-Officio) Orange County Department on Aging 2551 Homestead Road Chapel Hill, NC 27516 919.245.4255 Jtyler@orangecountync.gov	NCDAAAS Representative Selena Royal (Ex-Officio) N.C. Division of Aging and Adult Services Mail Service Center 2101 Raleigh, NC 27699 919.855.3414 selena.royal@dhhs.nc.gov

If you are interested in becoming a Committee Member or assisting on a sub-committee please send an email or give a Committee Member a call TODAY!!

EDITOR'S NOTE: North Carolina Senior Center news matters to us. NCSCA newsletters will be sent to the email address that we have on file.

Please submit your news article or other content you would like to share to: Katherine Irby via katherine.irby@darenc.com Microsoft Word is the preferred platform, please do not use PDF. Please DO include photographs (.gif or .jpeg) when possible--everyone loves pictures!

The next deadline is **June 29, 2020 at 5 p.m.** in order to be included in the Summer 2020 Edition. Late submissions will not be accepted.

When lacking content supplied by our members; we will utilize outside sources to ensure that we continue to build and grow healthy seniors together while nurturing our own NCSCA network though idea sharing, personal and professional updates and any other pertinent news! Thank you!

North Carolina Senior Center Alliance



Census Information: [2020census.gov](https://www.census.gov/2020census.gov)

Coronavirus Information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
www.ncdhhs.gov

Coronavirus Scams and Fraud Information: www.smpresource.org

Like the NC Senior Center
Alliance Facebook page



Check out our website
www.ncscalliance.com

For more information on the NCSCA visit:
www.ncalliance.com or email: ncscalliance@gmail.com
 or you may contact
 NCSCA Chair, Sandy Pace, by calling 252-475-5625
 or via email at sandyf@darenc.com

NCSCA NEWSLETTER

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