

The Greene County Senior Gazette July 2025 “News for Folks Age 60+ & Family Caregivers”

How fitting it is that in July, the Senior Center is hosting a “Meet & Greet” for our **NC Senior Tar Heel Legislator** Delegate & Alternate on **Wednesday July 23rd** at 10am. Our new Delegate is Linda Sewall, who served the county many years as the Director of the Greene County Health Department until retirement. Our Alternate Delegate is David Jones, who previously served as first an Alternate, then a Delegate. Some information about the **NC Senior Tar Heel Legislature**, taken from their Website: The North Carolina Senior Tar Heel Legislature was created by the North Carolina General Assembly with the passage of Senate Bill 479 in July of 1993. The Senior Tar Heel Legislature was created to: **Provide** information to senior citizens on the legislative process and matters being considered by the North Carolina General Assembly, **Promote** citizen involvement and advocacy concerning aging issues before the North Carolina General Assembly, & **Assess** the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly. Each of the 100 North Carolina counties is entitled to one delegate to the Senior Tar Heel Legislature. Most counties also have an alternate delegate. Delegates and alternates must be age 60 or older. The North Carolina Division of Aging and Adult Services provides staff support for the Senior Tar Heel Legislature in cooperation with the 16 area agencies on aging, which are responsible for conducting the selection of delegates and alternates. **STHL Top 5 Legislative Priorities:** Increase funds for staffing under Adult Protective Services, increase state appropriations for Senior Centers, add additional funds to the Home & Community Care Block Grant, increase funds for the Long Term Care Ombudsman Program, and strengthen Long Term Care Staffing Standards per patient. Hope to see you there! Have a Happy Summer and enjoy your Independence Day! *S. Harrison-Director*



Senior Center will be closed Friday July 4th in
Celebration of Independence Day!



Duke Energy Progress Operation Fan/Heat Relief Free Fans for the Elderly:
The Greene County Senior Center has free **box fans** for **Greene County Older Adults** that are at least age 60 or older with a disability, and/or have a home situation where health and well being exists. Supplies are limited. **One per household.** Individuals that received fans in recent years and/or have a working Central Air Unit may be placed on a waiting list. Call the Greene County Senior Center at 252-747-5436 for more information.

S. Harrison-Director

CELEBRATING JULY BIRTHDAYS-HAPPY BIRTHDAY!

Beulah Albritton, Sarah Battle, Rodney Beasley, Brenda Braswell,
James Bright, Nell Chadwick, Charles Collins, Bobby Hodges,
Ada Rodgers, Sue Smith, Pearlie Turnage, Jasper Barfield,
Hazel Owens, Ana Edwards, Renate Harper, & Michaela Manning!

For Senior Center Participants: On the day of your Birthday, stop by the Office for your
Birthday Badge and Gift! Monthly Birthday Party held on the last Friday of each month
at 9:45am. Everyone's Invited!

Aging Services Volunteers for the Month of June

Home Delivered Meals: Dorothy Harrison, Chester Harrison, Faye Daniels, Gloria Best,
Saundra Speight, Sandy Prewitt, & Chuck Prewitt

Senior Center: Angel Vilella, Carrie Shackelford, Melinda Waters, Ada Rodgers, Annie
Waters, Jennifer Boone, Sarah Barfield, Nell Chadwick, Joan Wade, Buddy Artis, James
Waters, Mary Sheppard, Gwen Johnson, Lee Taylor, Roger Monroe, Tony Tyson, Rose
Jones, Judy Lee, Dwight Moore, Dwane McCray, Pearlie Turnage, Sarah Battle, Lolita
Reid, Sheri Williams, Alice Barfield, Patricia Darden, Linda Sewall, and David Jones.

VOLUNTEER OPPORTUNITIES at the Senior Center-Summer:

Dining Room Assistant, Home Delivered Meals Drive Thru Assistant, Home
Delivery, Activities Assistant, Aging Advisory Committees, Grounds Assistant

*Persons interested in volunteering will need to complete a volunteer application with
confidentiality statement and take orientation training for volunteers. Please see someone
in the business office for an application, and to schedule orientation.

Volunteer Opportunities in the Community: Interfaith Food Bank,
SHIIP Counselors for Medicare Insurance, Beare Garden Plantation Animal Rescue,
Amedisys Hospice Volunteer, Cardinal Hospice Volunteer, RED Cross, Greene County
School System. Greene Lamp Foster Grandparents Program Volunteers, Greene Lamp
Senior Companion Program Volunteers.

Call 252-747-5436 for information on ways to volunteer!

GREENE COUNTY SENIOR SERVICES SUPPORT GROUPS

Stress Peer Group Meeting-Thurs. July 3rd at 11am

Caregiver Support Group Breakfast Meeting-Thurs. July 10th at 9am

Cancer Survivor Meeting-Thursday July 17th at 11am

***Large Caregiver Lending Resource Library Onsite!**



N.C. Department of Insurance • Mike Causey, Commissioner

855-408-1212 (toll free) • www.ncdoi.gov

July is Staying Healthy Month!

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking. Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases. If you have Medicare, you can get a yearly wellness visit and many other preventive services. Ask a SHIIP counselor for more information. Call the State SHIIP Office at 855-408-1212 or the local SHIIP Office at 252-747-5436. SHIIP Counseling Services available locally at the Greene Co. Senior Center 104 Greenridge Road Snow Hill, NC. NO Walk Ins, please call for an appointment.



for FALLS PREVENTION

New 20 Week Class Block on Tuesdays at 10am starting Aug. 5th

Class Sign ups will be on Tuesdays through July 29th, 2025

First Class: Aug. 5th, 2025 **Last Class:** Dec. 16th, 2025

There will be no new class sign ups after July 29th, 2025

BINGOCIZE for FALLS is a 20-week workshop that focuses on exercise & fall prevention. Each workshop includes a facilitator's script for each session and participant materials. Class will be held once a week up to an hour. Sessions consist of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and/or health education questions. The program will be delivered using a traditional bingo game along with a Falls Prevention Curriculum. Participants that attend 16 out of 20 classes will receive a certificate of program completion. See Michaela Manning Program Director.



**Senior Tar Heel Legislator Delegate & Alternate
Meet, Greet, & Input Session at Greene Co. Senior Center
Wed. July 23rd, 2025 at 10am-Open to all Seniors!**

*Meet Linda Sewall newly appointed Delegate, and David Jones-Alternate Delegate! They will be available to answer any questions

& listen to any concerns or suggestions in regards to the needs of Older Adults.
See you there!