

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

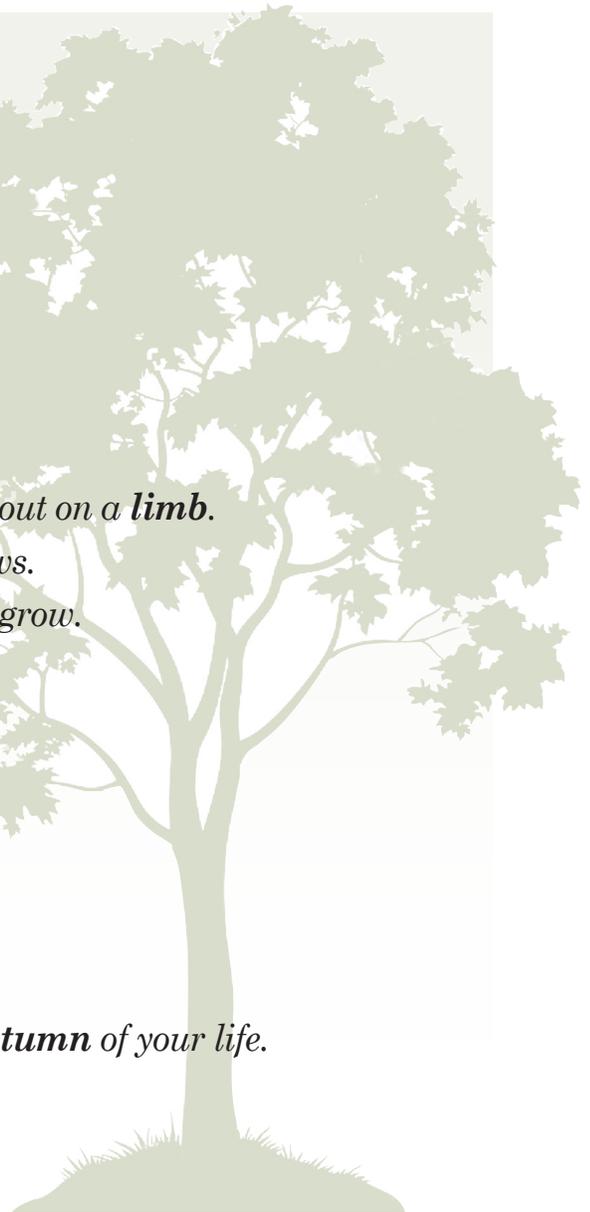
www.granvillecounty.org • e-mail address: kathy.may@granvillecounty.org



## All I Need to Know About Life I Learned From Trees

- \*It's important to have **roots**.
- \*In today's complex world, it pays to **branch out**.
- \*Don't **pine** away over old flames.
- \*If you really believe in something, don't be afraid to go out on a **limb**.
- \*Be **flexible** so you don't break when a harsh wind blows.
- \*Sometimes you have to shed your old **bark** in order to grow.
- \*If you want to maintain accurate records, keep a **log**.
- \*To be politically correct, don't wear **firs**.
- \*Grow where you are **planted**.
- \*It's perfectly okay to be a late **bloomer**.
- \*Avoid people who would like to **cut you down**.
- \*Get all **spruced up** when you have a hot date!
- \*If the party gets boring, just **leaf**.
- \*You can't hide your true colors as you approach the **autumn** of your life.
- \*It's more important to be honest than to be **poplar**.

Author Unknown



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## NIFTY 90'S – A NEW WAY!

The **Granville County Senior Center** in Oxford had originally decided not to hold our annual *Nifty 90's* event this year due to the COVID-19 pandemic. **BUT** after the success of our drive thru summer celebration we decided to try Nifty 90's - *a new way!*

On Tuesday, September 22nd the Granville County center will hold a ***drive thru Nifty 90's event*** at the center from 5:00 p.m.

until 6:00 p.m. We invite anyone 90 and older in Granville County, along with one guest, to ride through, grab a goodie bag, park and listen to live music - all from the comfort of your car! There will be no contact with anyone other than those in your personal vehicle. As you leave at 6:00 p.m. each person 90 and older and their ONE guest can pick-up a to-go plate for dinner at home! It will be a

fun, safe way to get out of the house for a little while!

If you or someone you know is 90 and older and would like to attend, please call the Granville County Senior Center at (919)693-1930 so we will know how many to provide meals for. Nifty 90's is one of our most favorite events held each year and we want to make it happen! *Join us – we can't wait to see you!*

## UPDATE ON AARP DRIVER SAFETY CLASSES

All three of our senior centers had scheduled **AARP Driver Safety Program** classes for the fall. Unfortunately, we have learned that AARP has decided to cancel all in-person events and activities through the end of 2020 to minimize COVID-19 exposure. **So we will be cancelling our planned classes for this year.** We will try to reschedule these classes for early in 2021. If you are currently registered for this class, we will be happy to leave you on a call list and let you know when classes are rescheduled.

The AARP Driver Safety program does offer an AARP Smart Driver online course as an alternative. This may be a good option for anyone wanting to take the class this year in order to renew their car insurance discount

with a participating insurance agency. The website for this course is [www.aarpdriversafety.org](http://www.aarpdriversafety.org). AARP is offering a 25% discount through the end of 2020 for the online course. The promo code for the 25% discount is DRIVINGSKILLS and is good through December 31,2020.

The AARP Driver Safety program is the nation's first and largest driver safety course designed especially for drivers 50 years of age and older. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

We are so sorry to have to cancel these classes but we have no choice this time.

We will announce new dates for 2021 as soon as they are scheduled. Thank you for your patience and understanding!





# Staying Healthy and Fit

with *Adrian*

## FITNESS PROGRAM UPDATE

We miss our fitness program participants! We hope some of you have been able to take advantage of the fitness videos posted on our Granville County Senior Services Facebook page. There are videos posted for the low impact aerobics class, the seated exercise class and Tai Chi. If you have not checked these out, please do!

We are slowly reinstating our low impact aerobics classes. We are currently holding a class at the Granville Athletic Park (GAP) in Oxford under the covered shelter each Monday, Wednesday and Friday at 9:00 a.m. Class size is limited to 10 participants and everyone will be spaced to accommodate social distancing. If there is enough interest, we are looking at holding other classes. **You MUST call Adrian Villasana, Fitness Program Coordinator, at (919)693-1930 to sign up for class, PLEASE DO NOT JUST SHOW UP AT THE GAP.** If you are not signed up for the class, you will not be allowed to participate. We are also working on scheduling classes for the **South Granville Center** in Creedmoor. In the meantime, any participants from the southern end of the county are welcome to participate in the classes at the GAP, but please call the Granville County center to register.

You must be a current member

of our Fit Past Fifty program and have a doctor's form on file to participate. It is recommended that you wear a mask before and after class but if you need to remove it during class that is your choice. We are currently waiving the \$12.00 per month fitness fee. Once we are able to offer more classes, our monthly fee will be reinstated.

The exercise room at the **Granville County Senior Center** in Oxford is open for limited use. We are only allowing one person to be in the fitness room at the time. The room is open from 9:00 a.m. until 4:00 p.m. and **you must register for a time.** Participants are allowed 30 minutes and must clean any equipment they use. Cleaning supplies will be provided. Staff will also clean before anyone else comes into the room. Please call the senior center for more information.

Please be patient as we try to navigate scheduling these classes! We know many of you are anxious to get back to your exercise routine and we are anxious for you to return, but we must proceed with your safety and well-being in mind. If you have any symptoms of COVID-19 or have been in contact with anyone who has, please stay home! Please call Adrian at (919)693-1930 for more information.

## SUMMER CELEBRATION FUN

The Granville County Senior Center in Oxford held a drive thru summer celebration on July 7th at the senior center. What a great event it was! Approximately 75 participants drove through our different “stations” and received all kinds of goodies – ice cream,

popcorn and bottled water, puzzle packs, fruit bags and goodie bags. Those that wanted to stick around parked and enjoyed live music from the Palm Trees, Oxford Preparatory School students Isaac Watkins, Jack Hopper and Alex Rote with their OPS teacher Jason Pulley and

drummer Russ Allen. We miss seeing everyone so much and it was so good to see all those smiling faces! Many thanks to the Palm Trees for entertaining us and to everyone who came out and braved the heat to enjoy this event!



# NORTH GRANVILLE SUMMER FLING

The North Granville Senior Center in Stovall will hold a *drive thru summer fling* on Wednesday, August 19th from 11:00 a.m. until 1:00 p.m. Come drive

through and pick up a hot dog lunch, puzzle packs and other goodies and enjoy live music - you will never have to leave your car. Participants must be 60

years of age or older.

We have missed seeing everyone! Mark your calendars and make plans to drive through – *we can't wait to see you there!*

## MANY THANKS TO.....

The Granville County Senior Center in Oxford would like to thank the *Granville County Sheriff's Department School Resource Officers* and members of the *Les Gemmes* for their help delivering meals during this pandemic. Their help has been a tremendous asset to our staff and relieves our “regular” volunteers, most of whom are older adults, from getting out during this time. Our homebound seniors have sure enjoyed their friendly visits and look forward to seeing them each day. We greatly appreciate all of the help these groups have given us!

*Pictured are School Resource Officers with the Granville County Sheriff's Department who are helping deliver meals in the Oxford area.*





# Kathy's Korner

..... By: Kathy May .....

## A CHECKLIST OF IMPORTANT DOCUMENTS FOR YOUR GRAB-AND-GO BINDER

A “grab-and-go binder” makes it easy to get out of the house with all of your important papers in case of an emergency.

Use this checklist to help you gather the documents that would be difficult to replace. Some of the items on this list might not apply to you and your family, or you might have additional documents that you’ll need to organize.

If you are missing any of the following papers, this is an excellent time to find replacements, order certified copies of legal documents such as birth certificates, and decide if you need to update your will or insurance coverage.

Copy the cards in your wallet, or at least write down the information:

- Driver’s license
  - Credit cards, including the phone numbers to call in case of loss or theft
  - Social Security card
  - Health insurance cards
  - Other ID cards from work, school, organizations or associations
- 
- |  |  |
|--|--|
| <input type="checkbox"/> Birth certificates                        | <input type="checkbox"/> Vehicle titles (including tractor, trailer, etc.)   |
| <input type="checkbox"/> Marriage certificates                     | <input type="checkbox"/> Property deeds                                      |
| <input type="checkbox"/> School transcripts and diplomas           | <input type="checkbox"/> Insurance policies (homeowners, life, car, etc.)    |
| <input type="checkbox"/> Immunization records                      | <input type="checkbox"/> Contracts   |
| <input type="checkbox"/> Prescriptions for medications and glasses | <input type="checkbox"/> Bank account numbers                                |
| <input type="checkbox"/> Passports                                 | <input type="checkbox"/> Stocks and bonds                                    |
| <input type="checkbox"/> Power of Attorney                         | <input type="checkbox"/> Income tax records for prior years                  |
| <input type="checkbox"/> Medical Power of Attorney                 | <input type="checkbox"/> Family members’ phone numbers                       |
| <input type="checkbox"/> Living Will, etc.                         | <input type="checkbox"/> Phone numbers for doctor, vet, employers, neighbors |
| <input type="checkbox"/> Trust papers                              |  |
| <input type="checkbox"/> Wills                                     |  |
| <input type="checkbox"/> Deed to burial plots                      |  |

Don’t forget your pets and livestock; they have important papers too:

- Immunization records records for pets and livestock
- Proof of spay/neuter for dogs and/or cats
- Livestock registration papers and health certificates
- Photo of pets and livestock for identification purposes  
(even better: photos of YOU with your pet or animal to prove ownership)

<https://www.oakhillhomestead.com>

# MONTHLY SUMMARY OF SERVICES

Granville County Senior Services is hard at work for the citizens of Granville County. The following data reflects the numbers served during **June 2020**.

## Home Delivered Meals

Oxford area: 694 meals delivered to 33 homebound seniors.  
Northern Granville area: 100 meals delivered to 5 homebound seniors.  
Southern Granville area: 453 meals delivered to 21 homebound seniors.  
Total meals: 1,247 meals delivered to 59 homebound seniors.  
Total contributed to program by participants: \$563.00  
Total amount paid by Senior Services: \$5,673.85

## Congregate Meals

Granville County Senior Center in Oxford: 989 meals to 64 seniors.  
North Granville Senior Center in Stovall: 316 meals to 22 seniors.  
South Granville Senior Center in Creedmoor: 774 meals to 47 seniors.  
Total meals: 2,079 meals delivered to 133 seniors.  
Total contributed to program by participants: \$843.00  
Total amount paid by Senior Services: \$9,459.45

## In-Home Aide Services

429 hours provided for 23 clients.  
Amount contributed to program by participants: \$85.00

## Transportation

12 trips provided for 2 clients.  
Amount paid by Senior Services: \$264.08

## Lifeline Assistance

Monthly bills paid for 17 limited income seniors to have the HASTEN Help System. Amount paid by Senior Services: \$425.00

## OPERATION HEAT RELIEF

Thanks to contributions from Dominion Resources, Duke Energy Carolinas and Duke Energy Progress, Granville County Senior Services has once again received fans to distribute to Granville County residents this summer. You are eligible to receive a fan if:

- (1) You reside in Granville County.
- (2) You are 60 years of age or older.
- (3) You have a heat situation at home that is a threat to your health or well-being.

If you need a fan, please contact the **Granville County Senior Center** in Oxford at (919)693-1930. There is a form you will need to complete before receiving a fan.

# Granville County Senior Services

107 Lanier Street • Oxford, NC 27565

PRESRT STD  
U.S. POSTAGE  
**PAID**  
OXFORD, NC  
PERMIT NO. 24

## Return Service Requested

*The mission of Granville County Senior Services is to provide a sense of community, overall health, and independence for senior adults. We strive to be accessible and responsive through programs, services, and advocacy, enhancing the quality of life for our aging population.*

## GRANVILLE COUNTY SENIOR SERVICES

*Life is great ...  
when you participate!*



[www.granvillecounty.org](http://www.granvillecounty.org)

e-mail address: [kathy.may@granvillecounty.org](mailto:kathy.may@granvillecounty.org)

## Granville County Senior Services

### North Granville Senior Center

PO Box 362 • 318 Hwy. 15 South  
Stovall, NC 27582  
919-693-3383

### Granville County Senior Center

*"A Certified Center of Excellence"*  
PO Box 1287 • 107 Lanier Street  
Oxford, NC 27565  
919-693-1930

### South Granville Senior Center

PO Box 766 • 108-A E. Wilton Ave.  
Creedmoor, NC 27522  
919-528-0848

## Programs and Services Offered

- Senior Center Operations
- Home Delivered Meals
- In-Home Aide - Level II & III
- Fitness Program (*Cardiovascular, Strength & Flexibility*)
- Information & Case Assistance
- Housing & Home Improvement
- Coordination with other Agencies

- SHIIP Counseling (*Seniors Health Insurance Information Program*)
- Programs for Growth, Involvement & Enrichment (*i.e., health screenings, music, art, crafts, education, day trips, parties, informative speakers, support groups*)

- Congregate Meals
- Lifeline Assistance
- Care Management
- Tax Assistance
- Monthly Newsletter
- Volunteer Opportunities

- Transportation
- Legal Aide
- Senior Games
- Private Duty List
- Resource Directory
- Notary

*Funded in part by Granville County United Way*

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Stovall

### Senior Services Advisory Board

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**Bessie Bailey**

**Jo Ann DeShane**

**Nancy Brooks**

**LaVerta Cooper**

**Dorothy Lyon**

**Harriett Morton**

**David Smith**, Co. Com. Rep.

**Vickie Smoak**

**Shirley Watson**

**Betty Yancey**