

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



If you are like many, you can hardly believe we are now in December. *What a crazy year this has been!* In some ways time has flown, in other ways it seems like time stopped in March and life as we knew it suddenly came to a jarring halt. It has definitely been a wild nine month ride for sure!

December is always a time of **togetherness**. Whether it is going to pick out a Christmas tree as a family, shopping for just the right gift for that special family member or cooking everyone’s favorite foods for get-togethers, it seems we all spend more time with family and friends in December. We all know, unfortunately, that may not be the case for many of us this year. We may be spending our holiday in small groups or, in some cases, alone. This will definitely not be the holiday of years past. However it is spent, stay safe and healthy!

December is also a time to look forward to a **new beginning**. We say goodbye to the year and hello to a new year full of **new possibilities** and **new memories** to be made. December is also a time to be **thankful for our blessings** (as we should every day). We should be thankful that we have made it through another year (especially this year!), thankful for the moments we have been able to share with family and friends (no matter how few it might have been in 2020), and thankful for our health and for healing if we have been sick.

Here at Senior Services we always take this time to count our senior adults across Granville County as our blessings. While our senior centers have been mostly empty throughout this year and our activities have been few, we have been able to continue our services in an adjusted way to meet the needs of the 60 plus population across the county. We have done our best to try to keep you engaged and active – even if it was virtual. Seeing many of you at our pop-up senior centers across the county, at drive-through events we have held, delivering produce boxes to our homebound seniors or just hearing your voices as we call to wish you a happy birthday have shown us time and again how important our services and programs are to you. We miss you greatly but we are hopeful that 2021 will bring us back together once again. While that togetherness may look a little different, we cannot wait to have you back in our senior centers. Until that time we hope you stay safe, stay healthy and **most of all have a wonderful holiday season!**

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# CELEBRATE THE HOLIDAYS WITH US!

*The holiday season is in the air* at all three of our senior centers and boy do we need some holiday cheer! The holidays are always a fun time at our senior centers and we really hate that we will not be able to hold all of our traditional activities. **However**, we are not going to let the holidays pass us by without spreading a little cheer to our senior adults across Granville County!

This year all three of our senior centers will hold *drive-through events* to bring in the holiday season! Come and drive through and let us wish you a wonderful holiday.

The **Granville County Senior Center** in Oxford will hold their event on Wednesday, December 16 from 2:00 – 3:00 p.m. (with a rain date of December 17). We'll have holiday music playing, hot chocolate and Christmas cookies to snack on! Wear your Christmas sweaters, your red and green, your Santa hats or elf ears and park, listen and sing-a-long to the music. There may even be special guests! Please call the senior center at (919)693-1930 to register so that we will know how many to expect.

The **North Granville Senior Center** in Stovall will hold their drive-through event on Tuesday, December 8 from 1:00 – 2:00 p.m. (with a rain date of December 15). Participants will enjoy donuts, hot chocolate, apple cider or coffee. You can park and listen to holiday music and “visit” with your friends at a safe distance. Please call the senior center at (919)693-3383 to sign up so we will know how many to expect.

The *South Granville Rotary Club* will host the drive-through event at the **South Granville Senior Center** in Creedmoor. This will be held on Friday, December 18 beginning at 12:30 p.m. at the **South Granville Country Club** (located at 2539 Sam Moss Hayes Road in Creedmoor). There will be gifts and snacks for all who attend **but you must register no later than Friday, December 4** by calling the senior center at (919)528-0848. ***This year we will miss our Santa Claus***, Bill Muller, a member of the South Granville Rotary Club. Santa Bill passed away in April. Bill

was a member of the Rotary Club for 50 years, serving around the United States and was a Paul Harris fellow. He loved trains and belonged to multiple train clubs. He always brought lots of smiles and laughter to our seniors and we always enjoyed his time with us. We join his family in missing him greatly. We hope he is happily at the controls of a great train and smiling down at all of us.

We hope you will join us at one (or all!) of our holiday drive-through events. While we cannot be together inside for our annual parties, we hope these events will get you in the holiday spirit! **Granville County Senior Services wishes you and yours a wonderful holiday season!**





# Kathy's Korner

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

We are gearing up for one of the most food-filled times of the year! The holidays always include lots of tasty dishes and treats that tempt us to fill our plates up. Many tend to not watch what they eat during the holidays with the promise to “start my diet” in the new year. But there are ways you can still enjoy those tasty holiday foods and eat healthy. Here are 10 tips from a registered dietitian at the Mayo Clinic to help you have a healthier holiday.

**Don't skip meals.** Skipping a meal to save calories prior to a holiday event can often lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, yogurt or a small handful of nuts, can curb your appetite and prevent overeating.

**Contribute a healthy dish.** That way you can ensure at least one nutritious choice is available.

**Choose your splurges.** Scan the table and choose a couple of holiday favorites to splurge on instead of foods you can have any other day of the year. Savor those seasonal treats. Having treats once a year will not make or break your diet. Take time to really taste and enjoy that special treat!

**Think color.** Make a plate look festive by including fruits and veggies. Aim to cover half of your plate.

**Visit the people, not the food.** Move socializing away from the food area to prevent mindless eating. And right now remember to stay socially distanced too!

**So no to food pushers.** Politely of course!

**Eat until you are satisfied, not stuffed.** Eat slowly and check your fullness level while you are eating. Remember there are always leftovers!

**Don't feel guilty.** If you do overindulge, don't beat yourself up. Just make sure your next meal is healthy and incorporate exercise into your routine. Enjoy your holiday and we hope you stay safe and healthy! *Happy holidays everyone!*

## LOW INCOME ENERGY ASSISTANCE PROGRAM

The **Low Income Energy Assistance Program (LIEAP)** will begin on December 1, 2020 for those 60 years of age and older or disabled receiving services through the Division of Aging and Adult Services. **There are some changes this year due to the pandemic.** Some households will receive automated payments and **will not** need to apply for the LIEAP program. A payment will be automatically sent to their heating vendor. These households must meet the following specifications:

- (1) Household with person aged 60 and older or,
- (2) Households with disabled individuals receiving services through the Division of Aging and Adult Services (DAAS) **AND**
- (3) **Received LIEAP payment for 2019-2020 fiscal year AND**
- (4) Are currently receiving Food and Nutrition Services

Those eligible for the automated payment should have received a notice in mid-November informing them they are eligible for the automatic payment. If there are any changes to your information, (such as changes in heating vendor, address, etc) please make the necessary changes on the notice and return it to the Department of Social Services or call DSS at (919)693-1511 to report changes.

If you are 60 or older or disabled and receiving services through the Division of Aging and Adult Services and you do not meet the specifications above, you may apply by telephone, mail, fax or drop off your application at the Department of Social Services between December 1-31, 2020. **You do not need to make an appointment at Social Services to apply.** Please call the office at (919)693-1511 to apply over the phone or to have an application mailed to you. You can also pick up an application in the lobby of the Department of Social Services located at 410 West Spring Street in Oxford. There is a drop box for applications located in the lobby between the hours of 8:30 a.m. and 5:00 p.m. and another located outside the front entrance that is available 24 hours a day, 7 days a week. Please call the Granville County Department of Social Services for more information.

## DRIVE-THROUGH VETERAN'S RECOGNITION EVENT HELD

This year Granville County Senior Services, along with Amedisys Home Health and Hospice, held a drive-through recognition event to honor our veterans across Granville County. Nearly 30 veterans, representing all branches of the military, came through and received goody bags and a special "pinning" in honor of their service.

While this year's recognition event was a little different from year's past, Senior Services was honored to be able to be a part of such a special program. We hope that next year we are able to be back together for our annual breakfast. Many thanks to those who gave so much for our country.



Waddell  
Watkins,  
US Army

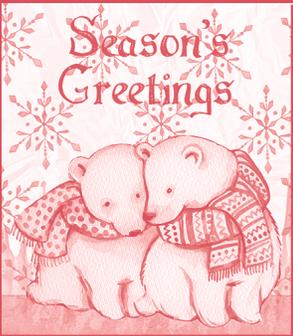
Mr. Len Zbonack, 96, is  
thanked for his service  
during World War II

James Boyd and Ronnie Royd,  
father and son veterans of the  
US Army

# Granville County Senior Center • 919.693.1930

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# DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Season's Greetings</p>	<p>9:00 Open Art Studio <b>1</b> 2:00 Rock Steady Boxing®</p>	<p>9:00 Low Impact Aerobics <b>2</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>	<p>2:00 Rock Steady Boxing® <b>3</b></p>	<p>9:00 Low Impact Aerobics <b>4</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>
<p>9:00 Low Impact Aerobics <b>7</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group</p>	<p>9:00 Open Art Studio <b>8</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®</p>	<p>9:00 Low Impact Aerobics <b>9</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>	<p>2:00 Rock Steady Boxing® <b>10</b></p>	<p>9:00 Low Impact Aerobics <b>11</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>
<p>9:00 Low Impact Aerobics <b>14</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group</p>	<p>9:00 Open Art Studio <b>15</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®</p>	<p>9:00 Low Impact Aerobics <b>16</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics <b>2:00 Drive Thru Christmas Party</b></p>	<p>2:00 Rock Steady Boxing® <b>17</b></p>	<p>9:00 Low Impact Aerobics <b>18</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>
<p>9:00 Low Impact Aerobics <b>21</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group</p>	<p>9:00 Open Art Studio <b>22</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®</p>	<p>9:00 Low Impact Aerobics <b>23</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics</p>	<p><b>24</b> <i>Center Closed for the Christmas Holiday</i></p>	<p><b>25</b> <i>Center Closed for the Christmas Holiday</i></p>
<p><b>28</b> <i>Center Closed for the Christmas Holiday</i></p>	<p>9:00 Open Art Studio <b>29</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®</p>	<p>9:00 Low Impact Aerobics <b>30</b> 10:30 Stretch &amp; Wiggle Exercise Class 11:30 Stretch &amp; Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group</p>	<p>2:00 Rock Steady Boxing® <b>31</b></p>	 <p><b>HAPPY NEW YEAR</b></p>

## LAST POP-UP SENIOR CENTER EVENT HELD IN BUTNER

Granville County Senior Services held our last pop-up senior center at Morning Glory Apartments in Butner on Thursday, November 5th. This was another fun event for both our staff and the residents! Twenty-eight residents enjoyed goody bags packed with hand sanitizer, masks, word search books and more. Fresh chocolate chip cookies, popcorn and bottled water were enjoyed along with other surprises. It was great to see so many seniors out and able to enjoy a beautiful afternoon. Many thanks to Vickie Smoak, Butner Town Council member and a member of the Granville County Senior Services Advisory Board, for joining us at this event. We have really enjoyed holding these events across the county –it has been a great way to engage our senior adults while staying safe. Now that the weather is turning colder we will not be holding any more pop-up events this year. Thanks to all who came out and joined us!



### MANY THANKS TO ...

Granville County Senior Services would like to thank *St. Stephens Episcopal Church* in Oxford for their donation of shelf-stable food boxes that were distributed to homebound seniors across Granville County. These boxes contained many shelf-stable and personal hygiene items that were helpful to all who received a box. Thanks to St. Stephens for thinking of our senior adults!

### SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the *Christmas holiday* on **Thursday, December 24th; Friday, December 25th** and **Monday, December 28th**. We will reopen on Tuesday, December 29th at 8:30 a.m.

We will close for the *New Year's holiday* on Friday January 1st, 2021. We will reopen on Monday, January 4th at 8:30 a.m.

There will be no congregate or home delivered meals served on these days. *We wish you and your family a wonderful holiday season!*

## SENIOR GAMES – COVID 19 STYLE!

COVID-19 has cancelled many things this year, including our local *Kerr-Tar Senior Games*. For a while, it seemed the NC State Senior Games might be cancelled also, but the state senior games staff came up with a way for those interested to still be involved. The state games decided to hold a virtual senior games – meaning participants could register for events, play their event at their home, a local park or athletic field or anywhere they could find an open space and submit their scores online. Three Granville County residents decided to register and came away with top awards in their age groups! **Ellen Jenkins** participated in the 80-84 age group placing first in the state in basketball shooting and softball throw. She also placed second in the state in the football throw, croquet, horseshoes



and shuffleboard. **Linda Norris** participated in the 75-79 age group and placed first in the state in basketball shooting, football throw and softball throw. She also placed third in horseshoes. **Montie Wilson** participated in the 75-79 age group, placing second in basketball shooting, football throw and softball throw.

We are so proud of these ladies and glad they did not let this pandemic stop them from participating! *Way to represent Granville County and Kerr-Tar Senior Games!*

## 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 **October 2020**.

### Home Delivered Meals

Oxford area: 788 meals delivered to 40 homebound seniors.

Northern Granville area: 110 meals delivered to 5 homebound seniors.

Southern Granville area: 470 meals delivered to 20 homebound seniors.

Total meals: 1,368 meals delivered to 65 homebound seniors.

Total contributed to program by participants: \$743.00

Total amount paid by Senior Services: \$6,224.40

### Congregate Meals

Granville County Senior Center in Oxford: 989 meals to 65 seniors.

North Granville Senior Center in Stovall: 514 meals to 29 seniors.

South Granville Senior Center in Creedmoor: 1,076 meals to 58 seniors.

Total meals: 2,579 meals to 152 seniors.

Total contributed to program by participants: \$854.30

Total amount paid by Senior Services: \$11,734.45

### In-Home Aide Services

547 hours provided for 30 clients.

Amount contributed to program by participants: \$380.00

### Transportation

60 trips provided for 18 clients.

### Lifeline Assistance

Monthly bills paid for 15 limited income seniors to have the HASTEN Help System. Amount paid by Senior Services: \$375.00

# Granville County Senior Services

107 Lanier Street • Oxford, NC 27565



## 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

e-mail address: 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 • 114 Douglas Drive  
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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**Rosa Hart**, Building Maintenance, Oxford

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**Joann Allen**, Nutrition Site Manager, Creedmoor

**Ken Yoder**, Building Maintenance, Creedmoor

**Phyllis Blackwell**, North Granville Senior  
Center Manager, Stovall

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**Tammy Williamson**, Nutrition Site Manager,  
Stovall

### Senior Services Advisory Board

**Betty Crews**, Chairperson

Rev. Leroy Anderson  
Bessie Bailey  
Bonnie Breedlove  
Jo Ann DeShane  
Nancy Brooks  
LaVerta Cooper

Dorothy Lyon  
Harriett Morton  
David Smith, Co. Com. Rep.  
Vickie Smoak  
Shirley Watson  
Betty Yancey