

# Senior Connection

GRANVILLE COUNTY SENIOR SERVICES

*Life is great when you participate!*

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



# 2021

## The Way To A HAPPY NEW YEAR

To leave the old with a burst of song;  
To recall the right and forgive the wrong;  
To forget the things that bind you fast;  
To the vain regrets of the year that's past;

To have the strength to let go your hold  
Of the not worthwhile of the days grown old;  
To dare go forth with a purpose true,  
To the unknown task of the year that's new;

To help your brother along the road,  
To do his work and lift his load;  
To add your gift to the world's good cheer,  
Is to have and to give a

HAPPY NEW YEAR!

*Robert Brewster Beattle*



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## SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be *closed* for the **New Year's Day** holiday on **Friday, January 1, 2021**. Our centers will reopen on Monday, January 4 at 8:30 a.m.

We will also close for the **Dr. Martin Luther King, Jr.** holiday on **Monday, January 18**. Our centers will reopen on Tuesday, January 19 at 8:30 a.m.

There will be no congregate or home delivered meals served on these days.

### RESOURCE GUIDES AVAILABLE

Granville County Senior Services provides a *resource directory* for individuals needing information on everything from senior housing, home health, hospice, transportation, etc. Information is provided on local, state and national services. These guides are available in the front lobby of the **Granville County Senior Center** in Oxford. Feel free to browse through them any time the center is open.

For more information on these resource guides contact the senior center at (919)693-1930.

### SEVERE WEATHER POLICY

In the event of severe weather, Granville County Senior Services is under the direction of the County of Granville administrative office. Therefore, when it is announced on radio or TV that **"Granville County government offices are closed"** then all three of our senior centers are also closed; the same holds true if there is a delay in opening.

Even in bad weather, we make every effort to send meals out to our homebound seniors. However, the safety of our volunteers is priority. If we believe that our volunteers will be put at risk by making deliveries, then meals will not go out.

If there are questions about activities or services, call your local senior center.

### TAX ASSISTANCE TO BEGIN IN FEBRUARY

IRS Volunteer Income Tax Assistance (VITA) program volunteers will be back at the **Granville County Senior Center** in Oxford beginning Thursday, February 11. Volunteers will be available from 5:00 p.m. until 8:00 p.m. each Thursday from February 11 until Thursday, April 15 for those **60 and older** needing tax assistance.

This is a **FREE** service and **appointments are required. Appointment times will be reserved for those 60 and older only.** VITA Volunteers will not be at the Richard Thornton Library in Oxford this year for those 60 and under. They are working to secure a site for tax assistance in Oxford. If we receive that information we will share in our next edition.

Participants will need to bring a valid picture ID, Social Security cards for yourself and any dependents you may be claiming, income information, proof of insurance, your Notice 1444 (Your Economic Impact Payment) which identifies the amount received by the taxpayer, and your previous year tax returns.

To schedule an appointment, please call the senior center at (919)693-1930 after January 1.

**Martin Luther King  
Holiday  
January 18, 2021**





# Kathy's Korner

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

## Changes To Look For in 2021

**1** – Social Security recipients will be receiving a 1.3% cost of living raise in 2021. Increases in benefits occur when the cost of living rises.

**2** – The **deductible** for **Medicare Part A (hospital insurance)** will increase to \$1,484 per benefit period. This deductible will not affect you unless you are admitted for an in-patient hospitalization. For those who have a private supplement to go with their Medicare, the supplement should cover this deductible should you be admitted as an in-patient. The **premium** for Part A continues to be \$0 for those who have more than 40 quarters (10 years) of Medicare-covered employment. The **deductible** for **Medicare Part B (medical insurance)** will increase to \$203 per year. In addition, the premium for Part B is increasing to \$148.50 per month. (*The premium will be higher for individuals who have high incomes.*) For most people, this premium is deducted directly from their Social Security check.

**3** – **Supplement plans** (private plans you can purchase to fill the gaps in Medicare) are **standardized** in North Carolina, and are lettered A through N. **Plan F**, which has been the most popular plan for more than 20 years, can no longer be purchased for those who are new to Medicare. **If you are already on Plan F you can keep it if you would like to.** It covers the Medicare Part B deductible (\$203 each year) as well as 20% of everything else that Medicare approves. It is the most comprehensive plan on the market. Just be aware that your premium for Plan F (regardless of which company you purchased it from) will likely now rise faster than other plans since new- to -Medicare people will no longer be part of the “pool.” So for those of you who are currently on Plan F, you may want to consider changing at some point to either Plan G or Plan N in order to keep your premium at a more reasonable, lower rate. Plan G is exactly like Plan F except with Plan G you have to pay the Medicare Part B Premium of \$203 each year. Once that deductible is paid, the plan covers just as Plan F does. You can contact your insurance carrier to get more information about this.

**4** – **Medicare Advantage** open enrollment period is January 1 – March 31 of each year. During this time frame you may switch Medicare Advantage plans (known as Medicare Part C). These plans are *specific to the County you live in*, and before you chose a plan you need to call your doctor(s) and the hospital(s) you use to make sure they will accept the plan you are considering. Be aware that while these plans have much lower costs up front (some as low as \$0 premium), the costs you incur when you use your plan can be enormous. So make sure you understand any plan you enroll in. Please rest assured that even though celebrities continue to appear on your TV to tell you that you are missing out on the latest and greatest benefits that Medicare now offers, those commercials are actually very misleading. They are referring to Medicare Advantage Plans, and while these plans can offer \$0 premium and “extra” benefits, you need to know that you will be faced with co-pays and many out of pocket costs as you use the plan. With the majority of these plans, you have to stay within the plan’s network of doctors and you have to obtain pre-authorization from the insurance company for anything that is isn’t routine. Federal regulation now requires Medicare Advantage plans to provide an out-of-pocket limit for services covered under Parts A and B, not to exceed \$7,550 (in-network) and \$11,300 (in-network and out-of-network). If you ever decide to enroll in one of these plans, check to see what the most you would be responsible to pay out of your pocket each year will be.

**5** – If you will be new to Medicare in 2021, keep in mind that you will need to contact Social Security three months before your Medicare will start. Call one of our SHIP counselors when you receive your Medicare card, and we will help guide you through the process of picking a Medicare Part D drug plan, and can offer advice regarding a supplement plan vs. a Medicare Advantage plan.

## HOLIDAY DRIVE THROUGH EVENTS HELD

COVID -19 may have changed the way it was held, but it did not stop the fun from happening at all three of our senior centers during the Christmas holidays. Each center held drive through events to help celebrate the season!

The **North Granville Senior Center** in Stovall held their celebration on December 8. Those attending enjoyed hot cider and coffee, Christmas donuts and other goodies. A raffle was held for special prizes too. The **Granville County Senior Center** in Oxford held their event on December 17. Attendees enjoyed hot chocolate, Christmas goodies, holiday music by DJ Mel Dennis and even a visit from Santa Claus himself! Drawings were also held for special prizes. The **South Granville Senior Center** in Creedmoor held their event on December 18. This event, hosted by the **South Granville Rotary Club**, even brought out Santa and Mrs. Claus! Participants enjoyed Christmas snacks and received goody bags from the Rotary.

While we missed being able to celebrate with our annual holiday events inside our senior centers, it was so nice to be able to spread some Christmas cheer and see everyone – even if it was from the safety of their cars! Many thanks to all who came out and joined us!



*Granville County Senior Center*



*North Granville Senior Center*

# Granville County Senior Center • 919.693.1930

107 LANIER STREET • P.O. BOX 1287 • OXFORD, NC 27565 • "A Certified Center of Excellence"

# JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Center Closed for the New Year's Day holiday</b>
9:00 Low Impact Aerobics <b>4</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group	9:00 Open Art Studio <b>5</b> 2:00 Rock Steady Boxing®	9:00 Low Impact Aerobics <b>6</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics	2:00 Rock Steady Boxing® <b>7</b>	9:00 Low Impact Aerobics <b>8</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics
9:00 Low Impact Aerobics <b>11</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group	9:00 Open Art Studio <b>12</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®	9:00 Low Impact Aerobics <b>13</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics	2:00 Rock Steady Boxing® <b>14</b>	9:00 Low Impact Aerobics <b>15</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics
<b>18</b> <b>Center Closed for the Dr. Martin Luther King, Jr. holiday</b>	9:00 Open Art Studio <b>19</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®	9:00 Low Impact Aerobics <b>20</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics	2:00 Rock Steady Boxing® <b>21</b>	9:00 Low Impact Aerobics <b>22</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics
9:00 Low Impact Aerobics <b>25</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics 2:00 GC Veteran's Support Group	9:00 Open Art Studio <b>26</b> 12:30 GC ACBL Bridge Club 2:00 Rock Steady Boxing®	9:00 Low Impact Aerobics <b>27</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics	2:00 Rock Steady Boxing® <b>28</b>	9:00 Low Impact Aerobics <b>29</b> 10:30 Stretch & Wiggle Exercise Class 11:30 Stretch & Wiggle Exercise Class 2:00 Low Impact Aerobics

## KERR TAR SENIOR GAMES

What a year 2020 was! It seems like we were just planning for the 2020 Kerr-Tar Senior Games, which unfortunately were cancelled due to the pandemic. While we missed the season, our steering committee knew it was the best decision in light of the times. Now in facing the 2021 season, tough decisions have also had to be made in order to meet sanctioning deadlines. Given that it will likely be spring or summer before everyone is eligible to be vaccinated, and that social distancing and group size recommendations will likely still be in place, the 2021 games will likely to be a virtual event again. Due to this fact, the Kerr-Tar Senior Games steering committee has decided not to participate in the 2021 season. Participation numbers were very low with last year's virtual event and it was just not the event we have all enjoyed in the past.

While we understand that this will, once again, be a disappointment to many, we hope you will know that these decisions were not made lightly. With the population we serve with our games being some of the highest risk, we feel that your health and safety should be the first priority. We want to be able to provide a safe and enjoyable event where we can all come together for fellowship and fun, friendly competition. We look forward to bringing everyone back together in 2022!

In some instances, there may be opportunities to participate in other counties who may be having limited events. If you want to check on that possibility, please let us know. Please know that in the event you are able to participate in another county you will be responsible for your own registration and transportation.

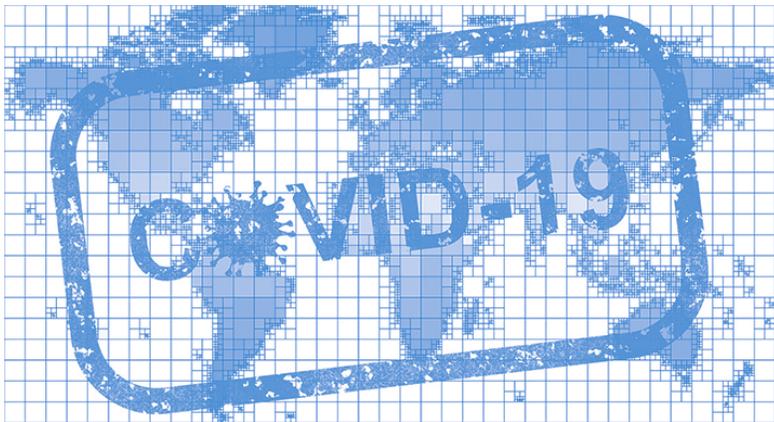
Thank you for your patience and understanding. In the meantime, find a way to stay active. Practice those tennis skills, set up a backyard horseshoe pit or cornhole game, take a run around the block and get ready to take home the gold in 2022!

### MANY THANKS TO ...

Granville County Senior Services would like to thank *Jennifer Fredericks* and the *National Honor Society members* at *Falls Lake Academy* for their donation. Students collected adult diapers and liquid nutrition for our department to distribute to seniors across Granville County. Both of these items can be very costly for seniors on fixed incomes so donations, like these, are very appreciated and needed. *Thank you Falls Lake Academy for thinking of our seniors!*

### In-home Aid Services

This pandemic has taken a toll on people of all ages, but our older adults have suffered more than most other age groups. Because there are dangerous issues surrounding the virus



in nursing homes, many seniors are coming home after a stay in the hospital instead of entering a rehab facility. This has put some families in a difficult situation trying to care for Mom or Dad at home. When Granville County Senior Services received some additional temporary funding through the CARES Act this year, we made the decision to put the money into providing additional in-home aid

services for seniors who are being cared for at home. Do you know a family who is caring for their loved one at home and needs additional assistance? Is the loved one over the age of 60? We may be able to offer that family some cost-free options to help care for their family member at home. For additional information, contact our social worker, Jill Floyd, at 919/693-1930.

## **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 **November 2020**.

### **Home Delivered Meals**

Oxford area: 631 meals delivered to 38 homebound seniors.

Northern Granville area: 90 meals delivered to 5 homebound seniors.

Southern Granville area: 469 meals delivered to 22 homebound seniors.

Total meals: 1,190 meals delivered to 65 homebound seniors.

Total contributed to program by participants: \$669.95

Total amount paid by Senior Services: \$5,414.50

### **Congregate Meals**

Granville County Senior Center in Oxford: 822 meals to 66 seniors.

North Granville Senior Center in Stovall: 392 meals to 32 seniors.

South Granville Senior Center in Creedmoor: 866 meals to 62 seniors.

Total meals: 2,080 meals to 160 seniors.

Total contributed to program by participants: \$725.10

Total amount paid by Senior Services: \$9,464.00

### **In-Home Aid Services**

647 hours provided for 29 clients.

Amount contributed to program by participants: \$383.00

### **Transportation**

4 trips provided for 2 clients.

### **Lifeline Assistance**

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



# **HAPPY NEW YEAR!**

# 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



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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Nancy Brooks  
LaVerta Cooper  
Dorothy Lyon  
Harriett Morton  
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