

NEW HANOVER COUNTY SENIOR RESOURCE CENTER

Mission Statement: To act as the focal point for aging services in New Hanover County by providing services which promote wellness, encourage independence, and enhance quality of life for all older persons.

SERVICES:

BLOOD PRESSURE CHECK: Blood pressure health screenings are offered on the 4th Monday of each month by Interim Health Care.

CONGREGATE MEALS: Individuals 60 years of age and older may participate in the Congregate Meal service, Monday-Friday from 9:30 AM to 1:00 PM. **Meal is served 11:30 to 12:00.** A voluntary donation of \$1.50 is recommended. Visit the Senior Center @ 2222 South College Road and register with the nutrition site manager **Margaret Bryant.**

INCONTINENCE SUPPLIES PROGRAM: Offers absorbent underwear (Depends/Poise/etc.) at a reduced cost. Contact **Valorie Hatten @ 798-6485** or vhatten@nhcgov.com or any Social Worker.

EMERGENCY ASSISTANCE: Assists persons 60+ up to \$50.00 per year for basic needs (i.e. electric or water bills, meds) Contact **Gayle Ginsberg @ 798-6402** or gginsberg@nhcgov.com

ENSURE/GLUCERNA: Available for purchase. Contact **Richard @ 798-6444.**

FITNESS/HEALTH PROMOTIONS & FAIRS/HEALTH SCREENINGS: A listing of exercise classes and other health promotion opportunities is available at the Ambassador's Desk and is published in our newsletter. The Senior Center also has treadmill and exercise bike equipment available on a first-come-first-serve basis. Prior to using Senior Center exercise equipment, the individual must sign a release of responsibility waiver. Waivers are in the switchboard office. The Hugh MacRae nature Trail is located adjacent to the Senior Center with a 0.3 and 0.6 mile trail for nature walks.

FANS PROGRAM: Fans are provided for seniors with no means of cooling their home.

FAMILY CAREGIVER RESPITE SUPPORT: Provides short term respite services to caregivers who are caring for a family member or friend over the age of 60. Contact **Gayle Ginsberg @ 798-6402**

FOSTER GRANDPARENT PROGRAM: Individuals 55+ (who meet an income requirement) volunteer to nurture and mentor at-risk children in pre-schools, elementary schools and after-school programs, and nurture babies at the Kelly House. Contact **Kelly Gill @ 798-6408** or kgill@nhcgov.com

HOME DELIVERED MEALS: Participants must be 60 years of age and older, homebound, and unable to prepare his/her own meal adequately. For information call **798-6400** and arrange an appointment for an in-home assessment. To volunteer to deliver meals, contact **Ashley Sanders @ 798-6423** or asanders@nhcgov.com

INSURANCE (MEDICARE A,B,&,D) COUNSELING: The Senior Health Insurance Information Program (SHIIP) has RSVP volunteer insurance counselors trained by the SHIIP program and the NC Department of Insurance. Volunteer counselors are available for walk-in service on Tuesdays and Thursdays from 11:00 AM to 1:00 PM. For more information, contact **Valerie Smith @ 798-6406** or vsmith@nhcgov.com

NEWS LETTER: Individuals can subscribe for only \$10.00 per year; copies are available bi-monthly.

PHONE PALS FOR FRIENDSHIP: Designed to provide companionship for isolated and home-bound elderly by matching them with an RSVP volunteer caller. Contact **Valorie Hatten @ 798-6485** or vhatten@nhcgov.com

PRESCRIPTION DRUG ASSISTANCE: We will do our best to evaluate your medication needs and help you get your medicine at the lowest possible cost. Your cooperation is essential and will require a signed partnership agreement. Contact **Pam Wall @ 798-6422** or pwall@nhcgov.com

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP): Matches the varied interests and skills of volunteers age 55 and older with community needs by offering a diversity of volunteer service opportunities through a wide range of placements. Contact **Maya Davis @ 798-6407** or maydavis@nhcgov.com

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SENIOR CENTER ACTIVITIES DEPARTMENT: Schedules classes, programs, workshops, dances, games, contests, and special events. Contact **Shantel Davis @ 798-6409** or srdavis@nhcgov.com or **Greg Kennedy @798-6403**

SENIOR GAMES: A year-round health promotion program for persons 55 and older to participate in competitive sport and art events on a local, State, and National level. Contact **Mark Sinclair @ 251-9622** or mark.sinclair@wilmingtonfamilyymca.org

SPECIAL NEEDS REGISTRY: A database of individuals with special needs who may require additional assistance prior to, during, and after an emergency event such as a hurricane. The Registry is maintained by trained RSVP volunteers in support of the NHC Special Needs Task Force which evaluates and allocates available resources to meet determined needs. Contact **Jeanette Bell@ 798-6416**, or jbelle@nhcgov.com

SUPPORT GROUPS: Call the Switchboard at 798-6400 for information on individual contact and time listings or refer to the newsletter for Support Groups for Blind & Visually Impaired, Family Caregiver, Parkinson's & Lewy Body Dementia, and others.

TAX ASSISTANCE: The Volunteer Income Tax Assistance (VITA) Program is available each year from February 1 through April 15. VITA volunteers prepare basic State and Federal Tax Returns for individuals at no charge, however donations to the Senior Resource Center helps the Center continue to sponsor this program. Contact

Valerie Smith @ 798-6406 or vsmith@nhcgov.com or **Maya Davis @ 798-6407** or maydavis@nhcgov.com

TRANSPORTATION- GENERAL AND MEDICAL: Provided for qualified individuals 60+ for medical appointments, to SRC nutrition site, and small group shopping. Contact Chris @ **798-6413** for an application.

INFORMATION, REFERRAL and CASE ASSISTANCES: A Social Worker and Case Worker collaborate with community agencies to assist clients and locate resources that meet their needs.

Contacts:

Valorie Hatten @ 798-6485, vhatten@nhcgov.com

Gayle Ginsberg @ 798-6402, gginsberg@nhcgov.com

Rebecca Hayes@ 798-6435, rhayes@nhcgov.com

Jeff Lee @ 798-6443, jlee@nhcgov.com

- ADULT DAY CARE, ADULT DAY HEALTH & GROUP RESPITE:
- FAMILY CAREGIVER SUPPORT PROGRAM:
- DISASTER PREPAREDNESS PLANNING/RESPONSE:
- ENERGY ASSISTANCE:
- FOOD DISTRIBUTION:
- HOME HEALTH SERVICES:
- HOME REPAIR AND MODIFICATION:
- HOSPICE CARE REFERRAL:
- HOUSING REFERRAL:
- IN-HOME AIDE SERVICES: Provided via contract.
- LONG TERM CARE FACILITIES:
- MEDICAID:
- MENTAL HEALTH:
- NOTARY SERVICES:
- REHABILITATION SERVICES:
- REPORT SUSPECTED ABUSE, NEGLECT OR EXPLOITATION:
- RESPIRE CARE:

COMPREHENSIVE ANNUAL FINANCIAL REPORT: New Hanover County available on-line at www.nhcgov.com