

O c t o b e r , 2 0 2 6

MAKE A DIFFERENCE



The QR code below links to a survey we would like for you to take. The survey is important because we do not want to assume we know what older adults need. We want the updated Master Aging Plan to be based on current input from people throughout Lenoir County and to reflect the

priorities they identify for themselves.

We will host listening sessions in early November at all 3 libraries for open discussion about the survey results.

Don't have a smart phone? Paper copies are available at the center, and a downloadable survey will be posted on our website.

Livable Lenoir Community Aging Survey



SALE!!

Show Your Pride!

Now \$20.00 each
Sizes M-3XL (no 2X)

ALL proceeds support LCCOA's annual fund designated to help us find a larger space.

See a staff member.
Cash or check only

Margaret Hewitt
Nutrition Site
205 Macon Street
Pink Hill, NC
Phone: 252-568-3712
Hours: M-F 8:30-12:30

George T. Skinner Center
112 E Blount St
Kinston, NC
Phone: 252-527-1545
Hours: M-Th 8:30-5:00
Fri 8:30-2:30

LaGrange Community Center
410 E. Washington St.
LaGrange, NC
Phone: 252-543-0533
Hours: M-F 8:00a-12:00p

"To improve and promote the wellbeing of seniors in Lenoir County"

October Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Key: Regular Activities; Regular Floating Activities; Special Activities Daily Drop-In Activities: Billiards, Computer Lab; Fitness Room; Library; Board Games <u>* Indicates In-Person/Facebook Live Activities</u>			1 Betsy's Aerobics-8a Billiards 9a Butter Bean Auction 10a Pinochle-12:30p Chair Aerobics-1p *Painting w/ Maner-1p	2 Walking Club 8:30a Billiards 9a Crafts w/ Maner 10a Open Art Studio-12p
5 Walking Club 8:30a Devotion-10a BINGO 12a	6 Betsy's Aerobics-8a Billiards w/Andi 9a Joy 10a (in Mirror Room) Game Day 10a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	7 Walking Club 8:30a Billiards 9a Needle Arts 9:30a Pinochle-12:30p *Line Dancing 2p	8 Betsy's Aerobics-8a Billiards 9a Crafts w/Charlene 9:30a Mobile Rover 9:30a Pinochle-12:30p Chair Aerobics-12:45p *Painting w/ Maner-1p	9 Walking Club 8:30a Billiards 9a Open Art Studio-12p
12 Walking Club 8:30a Devotion-10a	13 Betsy's Aerobics-8a Billiards w/Andi 9a Show and Share 10a Blood Pressure Check 9:30a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	14 Walking Club 8:30a Billiards 9a Needle Arts 9:30a Pinochle-12:30p *Line Dancing 2p	15 Betsy's Aerobics-8a Billiards 9a Self Defense w/ KPD 10a Pinochle-12:30p Chair Aerobics-12:45p *Painting w/ Maner-1p Caregiver Support Group 4p	16 Walking Club 8:30a Billiards 9a *Master Gardeners 10a Open Art Studio-12p
19 Walking Club 8:30a Devotion-10a BINGO 12a	20 Betsy's Aerobics-8a Billiards w/Andi 9a *Nutrition w/Kelly 10a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	21 Walking Club 8:30a Billiards 9a Hearing Loss Support Group 9:30 Special Speaker Pinochle-12:30p *Line Dancing 2p	22 Betsy's Aerobics-8a Billiards 9a Trunk or Treat 9:30-11:30 Pinochle-12:30p Chair Aerobics-12:45p *Painting w/ Maner-1p	23 Walking Club 8:30a Billiards 9a Crafts w/ Maner 10a Open Art Studio-12p
26 Walking Club 8:30a Devotion-10a	27 Betsy's Aerobics-8a Billiards w/Andi 9a *Tea w/Chuki 10:30a Pinochle-12:30p Pottery-12:30p *Chair Aerobics-12:45p	28 Walking Club 8:30a Billiards 9a Needle Arts 9:30a Pinochle-12:30p *Line Dancing 2p	29 Betsy's Aerobics-8a Birthday Party 10a Pinochle-12:30p *Painting w/ Maner 12:30p Chair Aerobics-12:45p Simple First Aid Refresher 10a	30 Walking Club 8:30a Billiards 9a Open Art Studio-12p

September Senior Spotlight



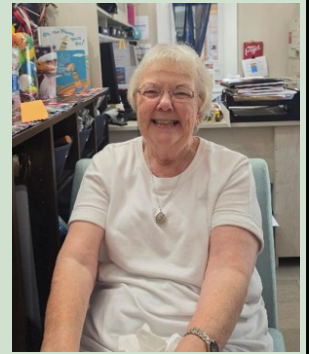
Cathy Bryant has lived in NC since 1960. She graduated from high school in '71. She worked for Lenoir County for 29 years, retiring in 2018. She has been married to Authur Wayne Bryant for 39 years - they have 6 children, 16 grandchildren and 17 great grandchildren!

Ms. Cathy is very involved in her family, her church, Georgia Battle Community Center, and our very own Advisory Committee here at LCCOA, where she volunteers however she can. Her hobbies are sewing, crafts, reading, cooking, and traveling.

Here's what people say about her: Ms. Cathy is very valuable to the LCCOA; I love Ms. Cathy; she always follows through with what she volunteers for; you can always count on her; if you ask her a question and she doesn't know the answer, she will find it for you; I like her smile; she's a good person.

September Volunteer Of the Month

Kathy Brown is an Army Veteran. We are honored to have her as a LCCOA. She has helped deliver Meals for our homebound seniors for 12 years. She frequently drops off items for Bingo and special events, and she helps serve lunch sometimes.



Ms. Kathy serves on the Senior Center Advisory Board where she helps plan seasonal and annual events. Her dedication, strength, knowledge, and skills, enrich our center programming.

Here are a few things they had to say about her: Ms. Kathy is so sweet; she has a heart of gold; one of the nicest volunteers you will ever meet; she's very reliable; what can I say? I just love her; she's funny and playful and has a beautiful smile.

Never miss our publication!

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Caregiver Support Group

**Thursday, October 15, 2026
4:00 p.m. - 112 E. Blount St.
RSVP Required**

This group meets monthly to receive education, to share, and to lift up those providing care to loved ones with dementia. Please R.S.V.P. to Betsy Griffin at 252-527-1545.



Get Healthy and Stay Healthy at LCCOA

- Tuesday, October 13 at 9:30a - Blood Pressure checks
- Tuesday, October 20 at 9:30a. - Nutrition w/ Kelly
- Tuesday, October 27 at 9:30a - Tea w/ Chuki
- Every Monday, Wednesday, Friday at 8:30 - Walking Club
- Every Tuesday and Thursday at 8:00 a.m. - Betsy's Aerobics
- Every Tuesday and Thursday at 12:45 p.m. - Arthritis Chair Aerobics
- Every Wednesday at 2:00 p.m. - Line Dance
- Cardio Drumming (see calendar for dates)
- Every Monday-Friday during open hours - Fitness room with modern equipment to help you maintain your strength and stamina. See Betsy for a brief orientation if you haven't yet done so.

OUR VISION FOR THE FUTURE

8,000-10,000 square feet of space to allow us to enlarge our kitchen/dining room space, fitness spaces, billiards room, and other flexible-use spaces.

Addition of an Art Room for classes and "studio" time

Smarter office spaces and staff areas

Friendly and spacious reception area

Adequate storage space

HOW YOU CAN HELP

Provide a monetary tax-deductible donation in any amount, either yearly or monthly.

Name LCCOA as beneficiary of: death benefit on insurance policy or retirement/IRA; cash; property; percentage of estate; or remainder of estate.

In-Kind donations gladly accepted.

Most importantly, spread the word! Tell your family, friends, service providers, etc. about LCCOA and why our programming is important to you. Ask them to contribute on your behalf.

Hearing Support Group



**3rd Wednesday of every month
10:00 a.m.**

**At the LCCOA Senior Center
For more info, call Eddie
at 252-527-1545**

August, 2026 Consumer Contributions

This is what **YOU**, our members, contributed toward programs/services in July. THANK YOU!

LaVerne's Title IIID Classes (Chair Aerobics and Tai Chi): \$46.00
 Congregate Nutrition (Lunch):\$201.59
 Home Delivered Meals:..... \$55.00
 In-Home Aide Services: \$20.00
 Transportation \$0.00
Total:.....\$322.59

October Activities La Grange Site

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Puzzles 9a	2 Game Day 9a
5 Diabetes class 9-10a Nutrition Workshop 10a Chair Aerobics 3:15	6 Open Art 9	7 Bible Study 9a Chair Aerobics 3:15	8 Puzzles 9a	9 Game Day 9a
12 Chair Aerobics 3:15	13 Open Art 9	14 Bible Study 9a Chair Aerobics 3:15	15 Puzzles 9a	16 Game Day 9a
19 Crafts w/Ms. Bess 9:30 Chair Aerobics 3:15	20 Open Art 9	21 Bible Study 9a Chair Aerobics 3:15	22 Puzzles 9a	23 Game Day 9a
26 Birthday Celebration 9a Chair Aerobics 3:15	27 Open Art 9 Scams & Fraud (United Bank) 10a	28 Bible Study 9a Chair Aerobics 3:15	29 Puzzles 9a	30 Game Day 9a

Notary Services are available at the Skinner Senior Center by appointment. The service is free to those 55+. Donations to the center are accepted and appreciated.

No vehicle titles. You must have your document ready for signature. Do not sign the document until in the presence of the Notary. Valid ID is required. Notary cannot counsel you regarding the proper document for your needs and does not maintain forms of any kind.

Call Andi Reese - 252-527-1545 ext. 224 to make an appointment.



October Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun Milk	29 Meat Loaf Mashed Potatoes Peas Pears Roll Milk	30 BBQ Chicken Fiesta Rice Mixed Vegetables Applesauce Wheat Roll Milk	1 Sweet & Sour Meatballs Rice Green Beans Peaches Roll Milk	2 Baked Spaghetti Mixed Squash Hot Cinnamon Apples Garlic Bread Dessert Milk
5 BBQ Pork Cabbage Baked Beans Apple Juice Bun Milk	6 White Bean Chicken Stew Brown Rice Normandy Blend Applesauce Roll Cookie Milk	7 Spaghetti & Meatballs Mixed Vegetables Peaches Wheat Roll Milk	8 Fried Chicken Tenders Potatoes Au Gratin Collards Orange Juice Roll Milk	9 Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk
12 Beef Stroganoff Noodles Mixed Vegetables Pears Roll Milk	13 Chicken & Noodles Mixed Veggies Pears Biscuit Milk	14 Beef & Broccoli Rice Hot Brown Sugar Cinnamon Apples Roll Milk	15 Spaghetti with Meat Sauce Green Beans Applesauce Roll Milk	16 Chicken Creole Succotash Seasoned Rice Peaches Wheat Roll Milk
19 Hamburger Steak Green Beans Mashed Potatoes Apple Juice Roll Milk	20 Lemon Pepper Chicken Wild Rice Carrots Orange Juice Wheat Roll Cookie Milk	21 Baked Ziti Italian Green Bean Noodles Peaches Garlic Bread Milk	22 BBQ Pork Riblet Collard Greens Roasted Red Potatoes Pineapple Cup Wheat Roll Milk	23 Chicken Alfredo Peas Noodles Applesauce Roll Milk
26 Pollock Nuggets Mixed Vegetables Roasted Potato Cranberry Juice Roll Milk	27 BBQ Chicken Field Peas/Snaps Herbed Rice Pears Wheat Roll Milk	28 Baked Ham Okra & Tomatoes Yams Applesauce Roll Milk	29 Chili with Kidney Beans Broccoli & Cheese Rice Orange Cup Cornbread Milk	30 Roasted Turkey Egg Noodles Mixed Vegetable Peaches Wheat Roll Milk

Support Our Advertisers!

From the Director's Desk

October is here, and hopefully we are beginning to feel a change in the temperature - it has certainly been a hot summer! With fall comes cooler, drier air, beautiful colors, and plenty of fun things happening at the Senior Center.

Our **Yard Sale will be on Saturday, October 17**. This is a fundraiser for our Annual Fund, so we would greatly appreciate your donations. Please bring items to the Senior Center **by Friday, October 16**. We kindly ask that you **do not donate clothing**. Come out, shop, and help support the programs and services we provide for seniors in Lenoir County!



We continue to look for a **larger home for our Senior Center**—one that is more centrally located, offers better parking, and gives us the space we need to continue growing. We know how important this center is to our seniors, and finding the right location remains an important goal for us.

Be sure to join us on **October 22 for our Senior Trunk or Treat!** It is always a fun time, and we look forward to seeing everyone.

Medicare Open Enrollment begins October 15 and continues through December 7. Even if you are happy with your current prescription plan, Plans, premiums, formularies, and medication costs can change, so taking a little time to double-check your plan could save you money in the coming year.

Please remember to **take the survey that was included in last month's newsletter**. The **QR code** is on the front page of this edition and will take you directly to the site where you can answer the questions. We are hoping for a strong response because your input is important as we look at the needs and priorities of older adults in Lenoir County. We will also be holding **listening sessions in early November at the libraries** so you can share additional feedback and discuss the survey results with us.

Finally, we are still looking for a few **backup volunteers to help deliver Home Delivered Meals**. Even if you cannot commit to a regular route, having volunteers we can call when someone is out is a tremendous help. A little of your time can make a big difference to one of our homebound seniors.

Enjoy October and all that fall brings. We hope to see you at the Center!

Betsy Griffin
Executive Director

Medicare Open Enrollment Season is HERE!

October 15 - December 7, 2026
At LCCOA by appointment only.
Call 252-527-1545
Call early - Slots are limited



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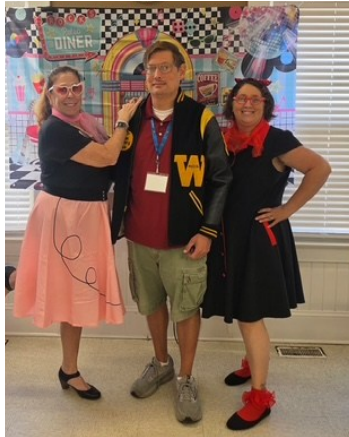
NEW BERN: 2117 S GLENBURNIE RD. UNIT 6

**SENIOR TECH SUPPORT MADE EASY
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**CAN'T COME TO US? WE CAN COME TO YOU! CALL US AT 252-558-1280
TO SCHEDULE AN APPOINTMENT**



September Snapshots



A Big SHOUT OUT to LCCOA Margaret Hewitt Nutrition Site in Pink Hill. The seniors do lots of puzzles and frame them for display. They have recently donated many to the Pink Hill Library and a Pink Hill Church Nursery. Thanks, ladies!



October Birthdays

Skinner

Mallie Stock 10/4
Vera Marks 10/5
Betsy Griffin 10/10
Mary A Suggs 10/10
Rosa Little 10/13
Faye Mayo 10/21
Gregory Simmons 10/29
Raymond Dawson 10/30

Pink Hill

Laura Scnchez 10/19





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Six Churches Apartments • 107 East Peyton Avenue • Kinston, NC 28501 • 252-527-7984
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Executive Board

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Mandy Owens

Annie Kornegay

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Trudy Beirise

Lavaron Howell

Jimi Pope

Advisory Board

Winsora Blanford

Kathy Brown

Cathy Bryant

Vera Marks

Audrey Nobles

Maner Nobles

Tina McNair

Barbara Perry

Brenda Porter

Eddie Portz

*(If you'd like to be a
part of planning
activities, let us
know!)*

Volunteer Opportunities

Customer Service Assistant

Staffs the receptionist desk at the main entrance of each service location. Responsibilities include information brokerage and customer service related to basic services for older adults.

Home Delivered Meals Driver

Delivers meals to homebound seniors weekly or monthly. Responsibilities include navigation, driving, and interaction with clients as an assurance of wellbeing.

Reassurance Caller

Calls homebound seniors weekly to insure they are well and safe. Provides support and compassion to reduce loneliness and isolation.

Medicare Counselor

Advises Medicare beneficiaries on details of their health insurance coverage. Requires completion of official Department of Insurance training program.

Activity Leader

Enhances senior center programming through sharing of skills and knowledge in a group lead activity. Plans, executes and leads a regularly scheduled activity, weekly or monthly.

Special Event Planner

Provides assistance with seasonal, annual or one-time events. Responsibilities may include decoration, hospitality, and communication with intended audience

Senior Center Assistant

Supports Staff and other volunteers in executing senior center activities. Responsibilities include room arrangement prior to, clean up after activities, and other grounds maintenance issues as identified.

Support the Council on Aging ANNUAL FUND

Every year, 100% of your ANNUAL FUND contribution goes toward expanding programs and services we offer to those age 55+.

Our goal over the next 3-5 years is to raise enough to relocate to a larger, more central location so that we may provide these programs and services to ALL seniors in Lenoir County.

Want to know more about our **BIG** plans? Contact us any time at 252-527-1545.

THANK YOU!

Amount:

- ☐ \$100.00 (Friend of LCCOA)
- ☐ \$500.00 (Silver Level)
- ☐ \$1,000.00 (Gold Level)
- ☐ \$5,000.00 (Platinum Level)
- ☐ \$10,000.00 or more (Legacy Level)
- ☐ Other Amount \$ _____

Make checks payable to:
Lenoir County Council on Aging, Inc.
112 E. Blount St., Kinston, NC 28501

The Lenoir County Council on Aging is a 501(c)3

Programs, Services, and Activities

Aerobics
Arts and Crafts
Billiards
Bingo
Bookmobile
Bridge Buddies
Cardio Drumming
Caregiver Support Group
Ceramics
Chair Aerobics
Chair Volleyball
Congregate Nutrition

Creative Writing
Crochet Club
Devotion
Home Delivered Meals
Home Management
Information and Referral
Line Dance
Master Gardeners
Medicare Counseling
Mental Health Education
Nutrition Education
Painting

Pinochle
Respite Services
Senior Companion
Special Events
Telephone Reassurance
Technology Education
Transportation
Trips
Volunteer Opportunities
Yoga

What do YOU want to do?



For more information call 252-527-1545

If you have to choose between buying groceries or paying your Medicare bills... SHIP may be able to help.

Extra Help and Medicare Savings Programs are available for those who qualify, but you have to apply. For more information, contact LENOIR COUNTY SHIP at 252-527-2191.

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www.ncshiip.com



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CONTACT US

La Grange Public Library
119 E Washington St
La Grange, NC 28551
252.566.3722

Kinston-Lenoir County
Public Library
510 N Queen Street
Kinston, NC 28501
252.527.7066

Pink Hill Public Library
114 W Broadway St
Pink Hill, NC 28572
252.527.7066

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Lenoir County COA-George T Skinner Senior Center

14-1613



112 East Blount Street
Kinston, NC 28501-4940

LOCATIONS

George Skinner Center

112 E Blount St - Kinston, NC

Phone: 252-527-1545

Fax: 252-527-8899

www.lenoircco.org

Hours: M-Th 8:30-5:00; F 8:30-2:30

Margaret Hewitt

Nutrition Site

205 Macon St - Pink Hill, NC

Phone: 252-568-3712

Hours: Tu-F 8:30a-12:30p

LaGrange Community Center

410 E. Washington St - LaGrange, NC

Phone: 252-543-0533

Hours: M-F 8a-12p



CONTACTS:

Executive Director

Betsy Griffin

Home Care Manager

Winsora Blanford

Administrative Asst.

Rebecca Lane

Nutrition Site Mgr.

(Kinston)

Vera Marks

Business Manager

Andi Reese

Nutrition Site Mgr.

(Pink Hill)

Alicia Outlaw

Program Coordinator

Eddie Portz

