



COUNTY OF DARE

September 2019

Older Adult Services Newsletter

www.darenc.com Hours: Monday-Friday
8:30am-5:00pm *CLOSED Sept. 2 for Labor Day

The Thomas A. Baum Senior Center provides Dare County residents and visitors who are 55 and older with a variety of programs and activities to promote active and healthy lifestyles for older adults and provides opportunities for recreation, socialization, nutrition, and health support services.

CHAIR PILATES

We are happy to announce a new Chair Pilates class! Dawn Pilates Studio will be offering complimentary Mat and Chair Pilates classes at the Baum Center. Pilates has a host of benefits to the body: It can help increase bone density, it provides a gentle and effective physical challenge to the body, and it increases balance and coordination. As we age, we can lose some of our balance and coordination, and Pilates increases strength and flexibility in both the core and the legs. More strength and flexibility leads to improved balance. This, along with basic fitness benefits, can help reduce the risk of falls. Mat Pilates will continue to be held on Wednesdays and the Chair Pilates class will be held on Thursdays. Please, check the fitness calendar for dates and times.

If you have any questions please contact Aubrey Remige at 475-5644.

Flu Clinic

Thursday, September 26, from 8:30-4:30

(Closed for lunch from 12-1)

The following insurances will be accepted: Medcost, Medicare, Medicaid, Tricare, and Blue Cross/Blue Shield.

The self pay cost is \$35. No appointment necessary.

For more information please call the Dare County Health Department at 475-5003. Preregistration is not required.

Fall League Ladies Billiards

Fall League Ladies Billiards will begin Monday, September 9th from 1:00-4:00 at the Baum Center. All players are encouraged to sign up, even beginners! For additional information, please contact Susan Faudi at 252-255-5875. You can also register at the front desk or call Mary at 252-475-5637.

Information on our upcoming Cut Throat Tournament will be announced soon.



September Senior Luncheon

Our luncheon will be at THE SALT BOX CAFÉ at 1469 Colington Road in Kill Devil Hills.

Join us Monday, September 16 at 11:30am

RSVP to Diane Brenneman at 449-8843.

New Series of Tai Chi Classes

The Baum Center will be starting beginner Tai Chi for Arthritis/Fall Prevention Series starting Tuesday, September 3, 2019. This class will be held every Tuesday and Thursday at 1:00pm for ten weeks. You will need to register, as this is NOT a drop in class.

For more information or to sign up, call

Aubrey Remige at 475-5644.



Announcements, New Class Ideas, and Upcoming Events

- **Save the Date:** Moss and Fern Dish Garden Craft on Oct. 15, 1:00-3:00. More information can be found on our website.
- **Outer Banks Hospital Flu Clinic.** Free flu vaccinations for Adults 18+. This event will be Oct. 2 from 1:00pm to 4:30pm at the Baum Senior Center.
- **Jazz Dance, Art Studio and Crochet** are starting again this fall. Please call Mary at 475-5637 for dates and times.
- **Interested in Chair Volleyball?** Chair Volleyball is a game, which has all the rules of competitive volleyball except that it's played on a smaller scale. The net is only five feet high and the court is 14 feet across and 11 feet deep. The white leather volleyball is replaced by a beach ball and the strictest rule is to never, ever let your backside leave that seat! If you are interested, please sign up at the front desk or call Aubrey at 475-5644.
- **Are you interested in being in our CHESS CLUB?** If so, sign up at the front desk or please call Jodie at 475-5638.

PLAY PICKLE BALL

OBX Senior Pickleball is back at Dare County Recreation Center Monday through Friday. Hours are 8-1 Monday, Wednesday, and Thursday. Hours are 8-12 on Tuesday and Friday. Due to court capacity the hours of 8-10:15 are reserved for local residents and out of town property owners. Visitors over the age of 50 can play after 10:15. If you have an interest in learning, please join us. We are happy to teach new players and it's lots of fun!

Day Trip To Norfolk

Our day trip will be Friday, Sept. 27. Departing from the Baum Center at 8:30am and returning to the Baum Center by 6:45pm.

We will tour the Hunter House Victorian Museum in the morning, lunch at the Freemason Abby, and spend the afternoon at the Chrysler Museum of Art. Cost is \$25 per person and includes the travel fee and Hunter House tour. Lunch will be an additional fee. Registration is limited to 14 guests. Please sign up at the front desk or call Jodie at 475-5638 to register.

Grief Support Group

The time of bereavement is challenging with intense feelings of sadness, anger and fear; disrupted sleep and appetite; and the stress of taking on new roles and responsibilities make adjustment after a loss difficult. We offer support in a group setting and provide helpful information about grieving and loss. Preregistration is not required and the meetings are free. Our sessions are facilitated by Shirley Parker, Ed.S and Rosie Rankin, M.Ed., both licensed professional counselors. For more information, please contact Jodie at 252- 475-5638 or email Jodie.futch@darenc.com. We meet the second and fourth Monday evening in the Baum Senior Center library.

Self Tool Kit For Grief

- *Don't set a timeline. Grief has no timetable. Your loved one will always be missed but your feelings will not always be this intense.
- *No one grieves exactly the same way. Don't listen when people say things like, "My sister was over the loss of her husband in a year's time. You should be finished grieving by now."
- *Be gentle with yourself. Grieving is hard work. Exhaustion is a typical response. Get extra sleep and take breaks.
 - *Take a walk. Physical activity is a great way to release grief. Ride a bike, try yoga or join a gym.
 - *Be good to your body. Eat healthily. People tend to overeat or not eat at all while grieving. Even when you are not hungry, try to eat small meals.
- *Reach out to a friend. Schedule some time with him/her. Even though you are the one grieving and friends and family should be reaching out to you, your grief may make them uncomfortable.
- *Give permission. Friends and family may avoid talking about your loss, as they fear that it will upset you. Bring up your loved one in conversation, say his/her name and share your memories. This lets friends and family know that it is ok to talk with you about him/her.
 - *Express your grief. Don't try to hold back your tears. The more that you hold them in, the more intense the emotions are when they do come out. One way to do this might be to set up an intentional "grief time." Some people have reported that setting up an intentional grief time allowed them to be more in control of their grief-related emotions throughout the day.
- *Start writing. When grieving, many people replay past experiences in their head. Write out these thoughts. Consider writing a letter to your loved one and share what you wish had been different.
- *Avoid excessive use of alcohol or drugs to manage your grief. If you feel that you need additional help with your grief, consult with your doctor.

MEDICARE 101 at the BAUM CENTER

Interested in learning more about Medicare? If so, please attend our next Medicare 101 educational meeting on Tuesday, September 10th or Tuesday, October 8th at 10:00am. Join us and learn the basics of Medicare, including the benefits of Part A & B, Part D, and supplemental plans. Ask about the Low-income/ Extra Help program if you qualify for financial assistance.

Preregistration is not required.

Questions? Please call Jodie at 475-5638.



Medicare
Open Enrollment

The **annual Medicare Open Enrollment period** begins on October 15 and continues until December 7. For **2020** coverage, **open enrollment** will run from October 15, **2019**, to December 7, **2019**. During the **annual enrollment period (AEP)** you can make changes to various aspects of your coverage. We will begin scheduling appointments starting on Oct. 1, 2019. For more information, **Please contact Jodie at 475-5638.**

Movie Screening: "A Teachable Moment"

A call to action for everyone, "A Teachable Moment" is a feature-length documentary dedicated to describing the science behind strokes, offering lifestyle choices to lower risk and empowering viewers with the knowledge that strokes are preventable, treatable and beatable. The movie will be followed by a question and answer segment by The Outer Banks Hospital staff. Light refreshments will be provided.

The event is from 2:30pm to 4:30pm. September 19, 2019 at the Baum Senior Center. Please sign up at the front desk or call Mary at 475-5637 to register.



BRANDI RHEUBOTTOM	DIRECTOR	475-5636
AUBREY REMIGE	FITNESS COORDINATOR	475-5644
DEBBIE MONDAY	ADMINISTRATIVE ASSISTANT	475-5635
MARY JERNIGAN	LEISURE ACTIVITIES COORINATOR & Home Delivered Meals	475-5637
JODIE FUTCH	LEISURE ACTIVITIES COORDINATOR & SHIIP Coordinator	475-5638
AL FISHER	CUSTODIAN	