



# The Senior Scene

FALL 2022



It's that time of year again folks, **Open Enrollment.** This is your opportunity to check your prescription drug plans out for 2023.

During Open Enrollment you have the opportunity to have a trained SHIIP/Medicare Counselor look over your plan to make sure it is the best option for you. We will conduct our Medicare Clinics as we did last year. We will offer over the phone appointments and in person as well. We encourage folks to choose the over the phone option but in person appointments will be available if needed. You will be required to wear a mask, social distance, and your temperature will be taken before entering the building as a precaution.

Open Enrollment is **October 15—December 07, 2022.** Call after October 1st to make your appointment to have your drug plan checked. Let us see if we can save YOU some money!(910) 893-7578.

## We Need Y-O-U!

Currently there are 205 registered Retired Senior Volunteers in Harnett County. You serve at 22 different volunteer sites across the county. This past year you provided a total of **28,345** hours of unpaid service in your communities. The current National Value of the volunteer hour is **\$29.95.** That means last year you all helped save over **\$849,000.00!** This is a tremendous way to give back and we thank you for it! Currently we are in need of volunteers to help deliver meals in the Lillington, Erwin, Angier, Mamers and Anderson Creek areas.

If you or someone you know has a little extra time once or twice a month and would like to deliver meals to the elderly shut-ins, please give us a call. Most routes only take an hour. For more information about other volunteer opportunities in Harnett County, call (910)814-6071. Together, we make a huge DIFFERENCE!

## This & That.

### Harnett County Volunteer Program



As of December 31, 2021 we were no longer funded by the AmeriCorps Seniors Program and our Harnett County local Government now provides funding for the Volunteer Program.

Your county recognizes the valuable service you provide in your communities and will continue to support volunteer sites and the volunteers serving across Harnett County. Please thank your local County Commissioner for funding YOUR Volunteer Program.

**COVID-19** Older adults and people who have certain underlying conditions like heart or lung disease or diabetes are at increased risk of severe illness from COVID-19. This is why CDC recommends that adults 65 years and older receive COVID-19 vaccines. For more information or to make an appointment call the Health Department 910-814-6582.

Don't **fall** into unhealthy habits. A change in season can be a great time to find ways to be a healthier, happier you. Here are our favorite tips for a healthy autumn .

**SIX TIPS FOR A Healthy Autumn**

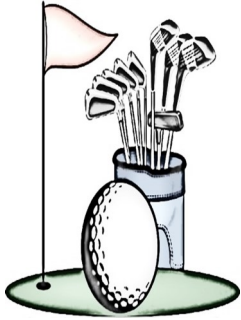
- 1 GET VACCINATED
- 2 TAKE CHARGE OF YOUR MENTAL HEALTH
- 3 DON'T DRINK AND DRIVE
- 4 WASH YOUR HANDS
- 5 BE PREPARED FOR COLD WEATHER
- 6 GET PLENTY OF SLEEP

HHS.gov





## Harnett County Parks & Recreation 41th Senior Men's Golf Tournament



The Senior Men's Golf Tournament is scheduled for **October 27, 2022** at Chicora Country Club with a 9:00 am shotgun start.

Entry fees are \$30.00/golfer, age 50 plus to include golf, cart and lunch. For more information call Parks and Recreation at (910)893-7518.

## 2022 Fun and Fitness Fair for Seniors (50+):

The Annual Senior Games Fun and Fitness Day this fall has been **cancelled**.

**Move More and Sit Less:** Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Please stay fit and active safely in your homes.

Using small hand weights, doing chair exercises, taking short walks and stretching will keep you fit and active while being safe from crowds. Staying active increases your independence and makes you feel good too!

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**NC State Fair-Bus Trip for Seniors: October 18** The Parks and Recreation Department has scheduled the annual State Fair Trip for seniors age 50 plus for Tuesday, October 18, 2022



**Pre-registration is required.** Call (910)893-7518 for more information and to register. Busses leave in front of the Dept. of Social Services at 8:00 am sharp and return at 4:00 pm.



**Stay Healthy: Get your Flu Shot-** September and October are good times for most people to get a flu vaccine. Get your flu vaccine this fall to protect yourself and your loved ones. People aged 65 and older are at an increased risk of flu-related complications and should make getting the flu shot a priority.

Flu shots are provided at the Health Department, Monday-Friday from 8:00a.m.-11:00a.m. and 1:00p.m.-4:00pm. Make sure to bring along with you all insurance information including Medicare and Medicaid cards. For more information, regarding flu shots call the Health Department at 910-893-7550.

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Help fight breast cancer and get your yearly mammogram! **All women** are at risk of breast cancer. Breast cancer risk increases with age. Getting your yearly mammogram is the best way to find breast cancer early.



Yearly screening mammograms are recommended for all women age 40 or older, as a preventive health measure. **Medicare Part B** covers a screening mammogram once every 12 months. The Health Department provides access to this important screening through a partnership with Rex Mobile Mammography. For more information or to make an appointment call the Health Department at 910-814-6197 or 910-893-7550 .