



# The Thomas A. Baum Senior Center

**OLDER ADULT SERVICES NEWSLETTER**

**OCTOBER 2024**

**Baum Center Hours: Monday-Friday | 8:30 a.m. to 5 p.m. | 252-475-5635**

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# October NEWSLETTER

## HALLOWEEN SOCIAL & COSTUME PARTY



**Wednesday, October 30, 2024 from 1:15 p.m. to 2:30 p.m.**

**Cost: Free**

**Reservations required by Friday, October 25, 2024 by calling 252-475-5635.**

- One of our most popular socials!
- Costumes are highly encouraged. Wear a costume and attend Chair Aerobics at 12 p.m. before the monster mash if you so desire—we want this to be a day of fun!
- Bring a decorated, painted or carved pumpkin if you would like to enter the pumpkin contest and win a prize for your artistic talent!
- Win a prize for best costume if you use your imagination and dress to impress!



# A NOTE FROM THE DIRECTOR

Hello Baum Center members,



Happy fall! We are coming into the holiday season here at the Baum Center. How exciting! Our Halloween Social and Costume Party kicks the season off with bang. Please join your friends and fellow members and wear your best costume. You might win a prize! We had so much fun last year. Mark your calendars for Wednesday, October 30, 2024 at 1:15 p.m. Call Debbie at 252-475-5635 to save your spot!

Also, it is that time of year for Medicare Open Enrollment, and our Senior Health Insurance Information Program (SHIIP) is here to help you. Call Jodie, our SHIIP coordinator, right now at 252-475-5638 to schedule an appointment to review your Medicare Part D plan to see if we can save you money! Unfortunately, we do not accept walk-in appointments. A scheduled appointment must be made between October 15 and December 7 (the annual Medicare Open Enrollment period). Call to schedule your appointment today, as we have a limited number of available appointments.

Don't forget to check out our upcoming day trips and a new adult ballet class with Dare County Dance's coordinator, Julie Tortelli! Check out the rest of this newsletter for more information.

From all the staff of the Baum Senior Center, we appreciate you coming and sharing your time with us every day. Thank you!

Sincerely,  
Jenna,

Director of the Baum Senior Center



## OUR STAFF:

<b>JENNA WIENERT.....</b>	<b>BAUM SENIOR CENTER DIRECTOR</b>	<b>252-475-5635</b>
<b>AUBREY REMIGE.....</b>	<b>FITNESS COORDINATOR &amp; OUTER BANKS SENIOR GAMES EVENT MANAGER</b>	<b>252-475-5644</b>
<b>JODIE FUTCH.....</b>	<b>LEISURE ACTIVITIES SPECIALIST &amp; SHIIP COORDINATOR</b>	<b>252-475-5638</b>
<b>HAYLEY WEEKS-HOPKINS.....</b>	<b>LEISURE ACTIVITIES SPECIALIST &amp; HOME-DELIVERED MEALS COORDINATOR</b>	<b>252-475-5637</b>
<b>DEBBIE SHAW.....</b>	<b>ADMINISTRATIVE TECHNICIAN</b>	<b>252-475-5635</b>
<b>DEE LAURA CHEEK.....</b>	<b>CUSTODIAN</b>	

# OCTOBER 2024 FITNESS CALENDAR



## IMPORTANT FITNESS PARTICIPATION NOTE:

All new members must complete membership paperwork and a 15-minute orientation before participating in any fitness classes or utilizing the Baum Senior Center's fitness room. Please call 252-475-5635 for more information. Please remember to arrive five minutes early for all classes as a courtesy to others.

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>Step Interval Training</b> 9 a.m.   MP Room	<b>Improvement Through Movement</b> 9 a.m.   MP Room	<b>Step Interval Training</b> 9 a.m.   MP Room	<b>Jazz Dance</b> 9 a.m.   MP Room	<b>Step Interval Training</b> 9 a.m.   MP Room
<b>Senior Strength, Cardio, &amp; Core</b> 10:30 a.m.   MP Room	<b>Yoga</b> 10 a.m.   MP Room	<b>Senior Strength, Cardio &amp; Core</b> 10:30 a.m.   MP Room	<b>Yoga</b> 10 a.m.   MP Room	<b>Senior Strength, Cardio, &amp; Core</b> 10:30 a.m.   MP Room
<b>Chair Aerobics</b> 12 p.m.   MP Room	<b>Zumba Gold</b> 11:30 a.m.   MP Room	<b>Chair Aerobics</b> 12 p.m.   MP Room		<b>Chair Yoga</b> 12 p.m.   MP Room
				<b>Adult Ballet</b> 1 p.m.   MP Room

## Adult Ballet Class (NEW)

**Fridays, from 1 p.m. to 1.30 p.m., starting October 11, 2024**

**Instructor: Julie Tortelli, Dare County Dance Coordinator**

No registration is needed. Join Julie as she teaches the basic ballet movements.

- The benefits of ballet include improved posture and coordination/balance while strengthening and stretching muscles.
- Ballet with ease and fun!
- For more information, please contact Julie at 252-475-5610.

## Chair Aerobics

**Mondays and Wednesdays at 12 p.m. | Class Length: 30 minutes | Instructor: Aubrey Remige**

This is a seated aerobics class designed to improve cardiovascular fitness and strengthen muscles. This class is suitable for people of all abilities and fitness levels.

## Chair Yoga

**Fridays at 12 p.m. | Class Length: 30 minutes | Instructor: Aubrey Remige**

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing while using a chair for support. This class is suitable for people of all abilities and fitness levels.



## **Improvement Through Movement**

**Tuesdays at 9 a.m. | Class Length: 45 minutes | Instructor: Lisa Minerich**

This class will focus on movement that improves range of motion, flexibility, balance, posture, function and positive energy. The class will include seated and standing exercises and can be modified for individual needs. All are welcome!

## **Jazz Dance**

**Thursdays at 9 a.m. | Class Length: 45 minutes | Instructor: Gloria Lawrence**

The class is based on a traditional jazz dance class that includes warmups, floor work, dances and cool-downs. The music ranges from '60s to current, rock to country, and disco to Broadway. This class is suited to anyone who has danced before or anyone who has always wanted to learn to dance!

## **Senior Strength, Cardio and Core**

**Mondays, Wednesdays and Fridays at 10:30 a.m. | Class Length: 1 hour, 15 minutes**

**Instructor: Aubrey Remige**

This class combines all of your favorite aspects of fitness, strength training, classic aerobics and core exercises and puts them together into one solid workout. The class is perfect for beginners with no prior aerobic experience, and it also provides an opportunity for more experienced participants to work at higher intensity levels.

## **Step Interval Training**

**Mondays, Wednesdays and Fridays at 9 a.m. | Class Length: 1 hour, 15 minutes**

**Instructor: Aubrey Remige**

If you still love step aerobics, this class brings what you love but with a modern twist! Familiarity with step terminology is helpful but not necessary. This class is designed for participants with prior aerobic exercise experience and advanced fitness levels.

## **Yoga**

**Tuesdays and Thursdays at 10 a.m. | Class Length: 60 minutes | Instructor: Aubrey Remige**

This is a traditional Hatha yoga class designed to increase flexibility and draw attention inward. Movements will often flow from standing to seated to prone postures throughout the class, so participants will need to be able to get down to the floor and back up to standing comfortably.

## **Zumba Gold**

**Tuesdays at 11:30 a.m. | Class Length: 1 hour | Instructor: Renee Thompson**

Zumba Gold is great for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Have fun dancing, smiling and laughing while getting healthy!



**Please contact Aubrey Remige at 252-475-5644 for class information and the answers to your fitness room questions.**

# OUTDOOR SHORT COURT RED BALL TENNIS CLINICS

**Facilitator: Outer Banks Tennis Association**

**Wednesdays in October 2024 from 2 p.m. to 3 p.m.**

**(October 9, October 16, October 23 and October 30)**

**Cost: Free**

**Location: Family Recreation Park (outdoor courts 3 & 4), 602 Mustian St. in Kill Devil Hills**

- Exciting news: smaller court, smaller racquets and lower nets. Let's get moving, let's get outside, let's have some fun!
- This is a fun social activity! Everyone can participate, and all skill levels are welcome.
- Equipment is provided.
- Must be 50 years of age or older to participate.
- Participants must sign up through the link below, or you may call or text the community coordinator at 252-202-3458.
- Click the link below to register:  
<https://playtennis.usta.com/outerbankstennisassociationinc/Coaching/Summary/a35b6c71-82a0-4a22-b871-f54b5ee3697e>



## SAVE THE DATE: ANNUAL THANKSGIVING POTLUCK LUNCHEON



**Thursday, November 21, 2024 from 12 p.m. to 2 p.m.**

Registration is required. The deadline to register is Friday, November 15, 2024.

- Sign up at the front desk to come to the potluck luncheon and bring a dish or call the front desk at 252-475-5635 to register. Space is limited.
- Your dish must be ready to serve, and a disposable serving tray/platter is preferred.
- Food service begins at 12:15 p.m., so please arrive with your dish by 12 p.m.



**Want to receive the monthly Baum Senior Center newsletter  
in your email inbox?**

**Sign up online at [DareNC.gov/Subscribe](https://DareNC.gov/Subscribe).**

# GAMES, CLUBS & ART



## **A Note to All Game Participants:**

Room reservations and scheduled play are approved in advance in order to avoid conflicts. Please be mindful of your scheduled play time and end your game accordingly. Scheduled play will always take priority over casual play.

## **PINOCHLE GROUP PLAY**

**Mondays and Thursdays at 11 a.m.**

We are looking for new folks to play with our well-established group. If you are not familiar with the game, we are happy to teach you. We rotate players so everyone can play. Former armed service members are always welcome. Registration is not required. If you have any questions, please call Jodie Futch at 252-475-5638. We also play double deck pinochle, and we are willing to teach you separately, but we do not have the ability to do so during open play. If you are interested in learning the game, please call Jodie Futch at 252-475-5638.

## **MAHJONG GROUP PLAY**

**Thursdays at 1 p.m. (beginners and experienced players welcome)**

We will try to group folks together according to playing ability, and we can also teach beginners. If you have a set, please bring it with you, and if you are experienced enough, you can help others learn to play.

## **LADIES BILLIARDS**

**Mondays from 12:30 p.m. to 4:40 p.m.**

This league is currently full, but if there is an opening, we will update this listing.

## **RUMMIKUB GROUP PLAY**

**Mondays, Wednesdays and Fridays at 12:30 p.m.**

The colorful tiles in Rummikub provide visual and tactile stimulation. Sensory stimulation has long been associated with keeping your mind sharp and healthy, and it can also help slow cognitive changes. It's like Rummy with tiles. The group is friendly and very welcoming to newbies. If you'd like to play, please join us!



## **MEXICAN TRAIN GROUP PLAY**

**Tuesdays from 10 a.m. to 12:30 p.m. (group play)**

We can teach you how to play and would love to have more folks join in! Mexican train is an entertaining social dominos game that is lots of fun and simple to learn. Please call Jodie Futch at 252-475-5638 to register.

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## **SHUFFLEBOARD GROUP PLAY**

**Thursdays from 8:30 a.m. to 10:30 a.m.**

We are looking for new shuffleboard players to join in the fun and make new friends. If you do not know how to play, we would love to teach you. All are welcome!

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## **COED BILLIARDS GROUP PLAY**

**Fridays from 1 p.m. to 5 p.m.**

Open play for anyone! Please note that all three tables will be used for coed billiards group play, and we will rotate players accordingly. If you do not wish to rotate in, please play outside of the scheduled times.

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## **CARD GAMES: CANASTA AND FIVE CROWNS GROUP PLAY**

**Fridays from 9 a.m. to 12 p.m.**

Join us for a morning of card games. From 9 a.m. to 10 a.m., we will teach rules of the games, both for Canasta and Five Crowns. From 10 a.m. to 12 p.m., we will play as a group. Both games are simple to learn and lots of fun. We are a patient group and love to teach new players.

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## **OPEN BRIDGE (PARTY BRIDGE)**

**Wednesdays from 12 p.m. to 4 p.m.**

This duplicate bridge game for social players is designed to introduce the mechanics, scoring and basic movements of a duplicate bridge game to social players. The goal is to provide a two-hour to three-hour quick, stress-free duplicate bridge game in a party environment. This is not a beginner bridge class, but we will also offer bridge lessons in the fall!

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## **ASK A MASTER GARDENER**

**Every Wednesday from 9 a.m. to 11 a.m.**

**Outer Banks Arboretum & Teaching Garden**

The Dare County Extension Master Gardeners will be outside in the far left corner of the Baum Senior Center parking lot every Wednesday to answer your questions regarding plants, grass or landscaping. Plus, it is also a wonderful opportunity to tour the beautiful arboretum surrounding our center!

# SPECIAL INTEREST GROUPS



## **The Sand and Sea Quilters Group**

**Fridays from 9 a.m. to 12 p.m.**

You are cordially invited to be part of our Friday morning quilting group. Beginners are more than welcome, and we would love to introduce you to this fun and relaxing art form. We can help you learn how to do any type of quilting, help you with a project and teach you how to hand stitch, crochet, knit or even use a sewing machine. The atmosphere is welcoming and positive!



## **Needles and Pins Stitching Club**

**Wednesdays from 2 p.m. to 4 p.m.**

If you do any type of needlework, knitting or crocheting, then our group is for you! Bring your own project to work on while we chat. All experience levels are welcome.



## **Baum Senior Center Book Club**

**Third Thursday of each month from 1 p.m. to 2:30 p.m.**

We meet on the third Thursday of each month to discuss our book of the month.

October Book: "The Engineer's Wife" by Tracey Wood

November Book: "Only the Beautiful" by Susan Meissner

For more information, please call 252-475-5635.



## **Baum Senior Center Porch Jams**

If you play the guitar, mandolin, ukulele, fiddle, banjo or another acoustic stringed instrument, please join our group to play and sing together. Chairs are provided, but bring a stand if you need one. For more information, please call us at 252-475-5635.

### **Upcoming Dates:**

- Wednesday, October 9, 2024 from 9 a.m. to 10:30 a.m.
- Wednesday, October 23, 2024 from 9 a.m. to 10:30 a.m.



**For more information about any of these games, clubs and art activities, please contact Jodie Futch at 252-475-5638.**



# HEALTH & WELLNESS

## FLU VACCINE CLINIC



**Wednesday, October 23, 2024 from 9 a.m. to 12 p.m.**

**Facilitator: Dare County Department of Health & Human Services**

- Accepted Insurances: Medicare, all forms of Medicaid, Blue Cross Blue Shield, Medcost, Tricare, Aetna and Cigna
- Self-pay: \$44

## COMMUNITY FLU VACCINES & WELLNESS SCREENINGS



**Friday, December 13, 2024 from 9 a.m. to 12 p.m.**

**Facilitator: Outer Banks Health**

- Free wellness screenings will include measurements of blood pressure, heart rate, cholesterol, blood sugar and body mass index, as well as health coaching.
- Flu vaccines are available for those ages 18-64.
- Anyone ages 65 and older is encouraged to see their provider or local pharmacy for the higher dose flu vaccines.
- Walk-ins are welcome if appointments are available.
- Have questions or ready to register? Call 252-449-4529.
- Screenings will take place on the Health Coach vehicle in the parking lot.

## VASCULAR SCREENINGS



**Dare to C.A.R.E. free vascular screenings**

Cardiovascular disease is the #1 health problem in the country today. More than half of all Americans will die from complications of atherosclerosis, the root of cardiovascular disease. Early detection is key!

- If you are age 60 or over—or if you are age 50 or over and have risk factors such as smoking, diabetes, high blood pressure or high cholesterol—you're eligible for a free vascular screening.
- This examination is a non-invasive ultrasound examination of the carotid arteries in the neck and the aorta in the abdomen, as well as an evaluation of the circulation in your legs.
- Screenings are done in Dare County in association with the Rotary Clubs.
- For more information, visit [www.HeartHealthFoundation.org](http://www.HeartHealthFoundation.org)
- This is not a drop-in event. To schedule an appointment, please call 410-573-9483 Monday to Wednesday from 8 a.m. to 3:30 p.m.
- Screenings are offered at several locations in Dare County, including the Baum Senior Center.



# CPR TRAINING/AED CLASS & CERTIFICATION



Wednesday, October 9, 2024 from 1:30 p.m. to 4 p.m.

Tuesday, November 12, 2024 from 1:30 p.m. to 4 p.m.

Wednesday, December 4, 2024 from 1:30 p.m. to 4 p.m.

## Instructor: Frank Spruill

- CPR and automated external defibrillator (AED) instruction
- No cost for the training, but a \$30 fee is required for the Red Cross certification card. This fee is payable to the instructor on the day of the class. Cash or check is accepted.
- For specific questions or to register, please contact Frank Spruill at [obxcprinc@gmail.com](mailto:obxcprinc@gmail.com). Your email should include your name and the date of the class you would like to attend. Space is extremely limited.

## NEW TO MEDICARE: 101 CLASS



Considering signing up for Medicare? This educational class is highly recommended to provide helpful information on the enrollment process. You should begin gathering information three months prior to your enrollment date. For more information regarding the enrollment process, please contact the Baum Senior Center at 252-475-5635.

### Class Offerings at the Baum Senior Center: (No registration needed.)

- Wednesday, November 13, 2024 at 1 p.m. at the Baum Senior Center

### Class Offerings at the Virginia S. Tillett Community Center:

Register for a Medicare 101 class at the Virginia S. Tillett Community Center (VTCC) in Manteo by calling Katherine Irby at 252-475-9273.

- Tuesday, October 1, 2024 at 12 p.m. at the VTCC in Manteo
- Tuesday, December 17, 2024 at 10 a.m. at the VTCC in Manteo

This is a highly recommended educational class that provides helpful information on the enrollment process if you are new to Medicare and/or turning 65 in two to three months. For more information, please contact Jodie Futch at 252-475-5638.

## UPCOMING MEDICARE PART D ANNUAL REVIEW



**Save money on your monthly prescription premium. Let a local Seniors' Health Insurance Information Program (SHIIP) counselor compare available plans.**

- Appointments are required. No walk-ins will be accepted.
- The Medicare Open Enrollment Period (OEP) for Part D prescription drug plans is held from October 15 to December 7 each year, with changes taking effect on January 1 of the following year. During this time, you may make changes to your prescription drug plan.
- Appointments are required. No walk-ins will be accepted.
- Clients will be seen at the Baum Senior Center by appointment only starting the week of Tuesday, October 15, 2024.
- To make an appointment, please call 252-475-5638.

# RING! RING! “HI, MAY I PLEASE HAVE YOUR MEDICARE NUMBER?”



**Proceed with caution, and do not give your Medicare Number to anyone over the telephone! Medicare will not reach out to you over the telephone, via email or via text message.**

There are reputable companies, but during the yearly Medicare Open Enrollment Period, it is best to contact your local Seniors' Health Insurance Information Program (SHIIP) office with questions regarding your plan. Please call the Baum Senior Center directly at 252-475-5635 if you have any questions.

## DURABLE MEDICAL EQUIPMENT: SHARING WITH THOSE IN NEED



**Are you in need of a wheelchair, cane, walker, shower chair or bedside commode to help you live more independently? We can help!**

- The Baum Senior Center has gently used medical equipment available.
- Contact Hayley Weeks-Hopkins at 252-475-5637 for additional information.
- If you have a donation, please call Hayley to schedule a drop-off.

## HEALING TOUCH

**Facilitator: Birdie Conjura**

**Appointments are available for Tuesday, October 29, 2024.**

- Health Touch is a relaxing, nurturing energy therapy.
- Gentle touch assists in balancing your physical, emotional, mental and spiritual well-being.
- Please email Birdie Conjura at [RobertaConjura@Hotmail.com](mailto:RobertaConjura@Hotmail.com) with any questions.



## DISCLAIMER:



The Thomas A. Baum Senior Center welcomes any outside organization that seeks to provide educational presentations to our senior population related to senior issues in an unbiased way. Guest presenters/speakers are prohibited from requesting any personal information from audience members for any reason. All information and opinions expressed by any outside organizations' presenters do not reflect the Baum Senior Center or Dare County's Public Services Department. The Baum Senior Center's mission is to give our participants general information about all services and resources available to them in our community, state and federally without promoting any one specific organization or business.

# THE MORE YOU KNOW

## OBTAIN YOUR 2024 REENTRY PERMIT:



In order to enter Dare County following a mandatory evacuation, certain individuals must present a current reentry permit\* (along with a valid corresponding ID) and follow a staged reentry process.

- Visit [www.DareNC.gov/Reentry](http://www.DareNC.gov/Reentry) for more detailed information and to obtain your 2024 reentry permit.
- Please note that expired reentry permits are not accepted.
- All Dare County residents are welcome to apply for a reentry permit; however, a valid ID with a Dare County address is sufficient on its own for local residents, and a reentry permit is not necessary for Dare County residents.
- No one will be denied entry with proper identification.

## ENERGY & WEATHERIZATION AUTHORIZATION ASSISTANCE

Please contact the Dare County Department of Health & Human Services' Social Services Division at 252-475-5500 Monday through Friday from 8:30 a.m. to 5 p.m. for financial assistance with your heating or cooling bill or for any other emergency needs.

The Weatherization Assistance Program helps low-income North Carolinians save energy, reduce their utility bills and stay safe in their homes. The North Carolina Department of Environmental Quality administers the Weatherization Assistance Program with annual funding from the U.S. Department of Energy. For more information, please call Jason Barnes at 252-482-4458, ext. 122.

## SPECIAL MEDICAL NEEDS REGISTRY



### Would you like someone to check on you before, during or after a storm?

Due to Dare County's isolated geography, it is vital that our residents be prepared and heed evacuation orders. Some may need assistance in their emergency preparations and evacuation. The Dare County Department of Health & Human Services' Social Services Division works diligently to ensure that these individuals are taken care of before, during and after a storm by way of the Special Medical Needs Registry.

Visit [DareNC.gov/SpecialNeeds](http://DareNC.gov/SpecialNeeds) to learn more or register, or contact the Dare County Department of Health & Human Services' Social Services Division staff at 252-475-5500 with any questions.



# ADVANCE CARE PLANNING

**Facilitator: Ellie Ward, BSN, RN, Advance Care Planning Coordinator with ECU Health**

Thursday, October 17, 2024 from 2:30 p.m. to 3:30 p.m.

Tuesday, November 5, 2024 9:30 a.m. to 10:30 a.m.

Tuesday, December 17, 2024 from 10 a.m. to 11 a.m.

Do you know who would get to make medical decisions for you if you haven't completed a Healthcare Power of Attorney Advance Directive? Join us for this free session and learn the who, what, when, where, how—and, most importantly, the why—of advance care planning.

If you only need assistance with a witness/notary, please arrive 10 minutes before the close of the session that you attend so that this can be secured. Please call us at 252-475-5635 to register, or sign up at the Baum Senior Center front desk.



## FOLLOW US ON FACEBOOK!

Stay tuned to the Baum Senior Center's Facebook page for all of our latest updates and interactive opportunities!

[www.Facebook.com/BaumCenter](http://www.Facebook.com/BaumCenter)



# OCTOBER TRIPS & ACTIVITIES

## TRIP PARTICIPATION POLICY:

- All trip participants must have a current Baum Senior Center membership and must have a completed trip waiver form on file prior to registering for day trips.
- **Payment is due at the time of registration, unless otherwise noted.**
- We accept payment via check or cash. If you are paying in cash, please bring exact change.
- Due to the popularity of our day trips, and to ensure all members have an equal opportunity to participate, we ask participants to sign up for no more than two trips per quarter/season (every three months).
- Current members may request to be waitlisted if a space becomes available, even if you have been on a trip during the last quarter.

## OCTOBER SENIOR LUNCH



**Monday, October 21, 2024 at 11:30 a.m.**

**Henry's Restaurant (3396 N. Croatan Highway, Kill Devil Hills, NC)**

**Due to the popularity of our luncheon, we ask you to please reserve your spot no later than Thursday, October 17, 2024 to ensure seating.**

Please join us for our monthly luncheon for fun and fellowship. This is a great way to meet new folks in the area. We meet at a different location for a meal on the third Monday of each month.

Please call Cissie Lester at 252-715-4094 or Rosemary Kelly at 908-915-3533 to ensure a count for the month and to reserve seating.

## DAY TRIP: MORRIS FARMS MARKET PUMPKIN PATCH



**Wednesday, October 23, 2024 | Departure Time: 9 a.m. | Return Time: 4 p.m.**

**Cost: \$5 (exact change or check due upon registration) | Limited to 13 participants.**

- Join us for an easy day trip to Barco, N.C. to enjoy pumpkin season and celebrate fall!
- We'll stop for lunch at Sakura Japanese Restaurant before returning home.

## DAY TRIP: COROLLA SIGHTSEEING & LUNCH



**Thursday, October 10, 2024 | Departure Time: 9 a.m. | Return Time: 5 p.m.**

**Cost: \$5 (exact change or check due upon registration)**

- An outing to the Currituck Beach Lighthouse in Corolla, as well as the park, chapel, school, Whalehead Club, Currituck Maritime Museum and Outer Banks Center for Wildlife Education.
- Lunch at Corolla Light Town Center, which has numerous food options.
- A shopping stop at Timbuck II in Corolla.
- Individual Whalehead Club tickets (\$5) and lighthouse climb tickets (\$13) can be purchased onsite. All of the other stops are free (some accept donations).

# SUPPORT GROUPS:

## CAREGIVERS' DAY OUT



**Facilitator: Outer Banks Dementia Friendly Coalition**

**Every Monday from 9:30 a.m. to 1 p.m.**

Location: Dare County Parks & Recreation Department Youth Center in Kill Devil Hills (602 Mustian Street)

**Every Thursday from 9:30 a.m. to 1 p.m.**

Location: The Virginia S. Tillett Community Center in Manteo (950 Marshall C. Collins Drive)

If you are a primary caregiver for someone with dementia, this free program offers support for you to have time to yourself. Trained volunteers lead hands-on activities for seniors with dementia using a unique combination of themes, music, games, exercises and snacks.

- An application must be completed before the program begins.
- For more information on how to join the program or volunteer to help, please call Dianne Denny at 252-489-9508 or email [obxdfc@gmail.com](mailto:obxdfc@gmail.com).
- To watch a short video about the Caregivers' Day Out program, [please click here](#).

## CAREGIVERS' SUPPORT GROUP

**This group meets on the second Wednesday of each month from 2:30 p.m. to 4 p.m.**

This support group is sponsored by the Outer Banks Dementia Task Force.

For more information about the Caregivers' Support Group, please contact Dianne Denny at [ObxDementiaTaskForce@gmail.com](mailto:ObxDementiaTaskForce@gmail.com) or 252-489-9508.

## GEM'S HARMONY CAFE



**Facilitator: Gentle Expert Memorycare (GEM)**

**Friday, October 11, 2024 from 2 p.m. to 4 p.m.**

- GEM's Harmony Cafe is a place where any senior that enjoys socialization can spend time with others in a supportive and engaging environment.
- This is a free event, but it is not a drop-off program. Each participant should be accompanied by a family member or a community friend.
- For more information and to register, please contact Gail Sonnesso by emailing [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com) or by calling 252-480-3354. You may also visit their website: [www.GemDayServices.org](http://www.GemDayServices.org)
- The event includes activities provided by Cathy Pfindler, Mike and Jill Hutchinson, the Dare County Arts Council and the North Carolina Aquarium.

# PARKINSON'S SUPPORT GROUP



**Thursday, October 17, 2024 from 2:30 p.m. to 3:30 p.m.**

- This support group welcomes those with Parkinson's disease, as well as their family, friends and care partners.
- It provides a positive, encouraging and supportive way to share the challenges of Parkinson's disease.
- Participants share information and experiences about the diagnosis, treatments, research and strategies for living well with Parkinson's disease.
- A group-compiled resource list is available upon request.
- For questions, contact Jennifer Parker (PT) at 252-220-2929 or [nextstepinhometherapy@gmail.com](mailto:nextstepinhometherapy@gmail.com) or Lisa Minerich (OTR/L) at 301-785-0556 or [minerlisa11@gmail.com](mailto:minerlisa11@gmail.com).

# OBX MULTIPLE SCLEROSIS (MS) SUPPORT GROUP



**Friday, October 25, 2024 from 3 p.m. to 4:30 p.m.**

**Facilitator: Mike DeRosa, OBX MS Support Group**

- Speaking with others who have MS can be one of the most empowering and helpful things.
- Sharing stories, feelings and experiences with people in similar situations is not only therapeutic but enlightening. It can improve one's emotional health.
- Support groups frequently provide the best available opportunities to have these interactions.
- For additional information, please contact Mike DeRosa at 917-837-7698.

# MEALS ON WHEELS DRIVERS NEEDED!



We are always looking for assistance! If you can spare an hour or two once a week, every other week or even just once a month, we need you! If you can help, please give us a call at 252-475-5635. For more information about senior nutrition services in Dare County, please visit [www.DareNC.gov/SeniorMeals](http://www.DareNC.gov/SeniorMeals).

# SUGGESTION BOX



The suggestion box is located at the front counter of the Baum Senior Center, and we would love to know your thoughts! What would make the Baum Senior Center better for you? What new programs, trips, classes or events should we offer? Let us know what you think, and please don't be shy!



# SERVICES & RESOURCES:

## **BAUM SENIOR CENTER ROBO-CALLS**

The Baum Senior Center's robo-call number is 617-855-0125, and it will show the call is coming from Belmont, MA. We may reach out regarding weather closures, class changes and other important information. If you are not receiving robo-calls, please contact the front desk of the Baum Senior Center at 252-475-5635 for registration information.

## **CHANGE OF CONTACT INFORMATION**

Please let us know if your contact information changes (home phone/cell phone, email address, physical/mailling address, etc.). You may inform us by calling 252-475-5635.

## **OUTER BANKS WOMAN'S CLUB PLASTIC BAG DROP-OFF**

**Our goal is to use less plastic! Please help by doing the following:**

- Carrying reusable totes with you. Keep them in your car.
- Reusing some of the plastic and paper bags you collect.

Donating excessive plastic wraps and bags is a good way to properly dispose of plastic.

The Outer Banks Woman's Club appreciates you and is working hard to help clean up our beautiful environment.

## **DARE COUNTY OLDER ADULTS SERVICES ADVISORY BOARD MEETINGS**

**Second Wednesday of each month from 10 a.m. to 11 a.m.**

- Please call the Baum Senior Center at 252-475-5635 for more information.
- Meeting locations rotate between the county's community centers.

## **LEGAL SERVICES**

**You may qualify for assistance with legal services!**

The Dare County Department of Health & Human Services' Social Services Division has received funding from the Older Americans Act Title III to help eligible residents ages 60 and older with essential legal guidance and services. The funding will provide qualifying seniors with assistance to attain legal services to secure important documents such as living wills, powers of attorney and HIPAA releases, as well as valuable legal advice.

"Older adults are encouraged to seek legal advice now to ensure that their wishes are known in the event of death or if they become incapacitated," said Dare County Adult Services Supervisor Beth Bradley. "The Title III funding may provide that needed service to qualifying seniors."

For more information about services provided under Title III, to find out if services are appropriate for your legal needs, or to have your name placed on the waitlist, please contact Evelyn Berry at 252-475-5500.

# OCTOBER BIRTHDAY? TIME FOR A REGISTRATION CHECKUP!



If you were born in October, it is time for you to update your registration information. You will hear a friendly reminder alert when you use your key tag at our kiosk to update your information!

## CELL PHONES FOR SOLDIERS



The Dare County Veterans Advisory Council has teamed up with Cell Phones for Soldiers, a national nonprofit organization dedicated to providing cost-free communication services and emergency funding to active-duty military members and veterans.

If you would like to help, just drop your unwanted cell phone in one of the boxes provided at the locations listed in the paragraph below. Donated phones are wiped clear of personal information and refurbished for sale or responsibly recycled for parts. If you would like to learn more, please visit [www.CellPhonesForSoldiers.com](http://www.CellPhonesForSoldiers.com), where you can learn how to delete your personal information from the phone yourself if you are more comfortable doing so before dropping it off.

Dropoff boxes are located at the Dare County Administration Building in Manteo (954 Marshall C. Collins Drive), the Virginia S. Tillett Community Center in Manteo (950 Marshall C. Collins Drive), the Thomas A. Baum Senior Center in Kill Devil Hills (300 Mustian Street) and the Fessenden Center in Buxton (46830 N.C. Highway 12).

## INTERESTED IN BECOMING A SHIP VOLUNTEER?



The North Carolina Seniors' Health Insurance Information Program, or SHIP, is a flagship program for the Department of Insurance. Our Dare County SHIP program is always looking for more volunteers. With the many decisions people with Medicare have to make, we can never have too many volunteers to assist the millions of beneficiaries in our state.

SHIP volunteers help fellow senior citizens and individuals with disabilities in their community with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans and long-term care insurance.

Volunteers should:

- Not be or have an immediate family member who is an active insurance salesperson.
- Complete a 13-hour online training certification course.
- Provide one-on-one counseling by appointment at counseling sites or by telephone.
- Enter all counseling and outreach efforts into the federal STARS website.
- Keep all client information (medical and financial) confidential.
- Never recommend a specific insurance company or policy.
- Attend quarterly follow-up meetings.

To become a SHIP volunteer, please call Jodie Futch at 252-475-5638. You can help make a difference in our community!