



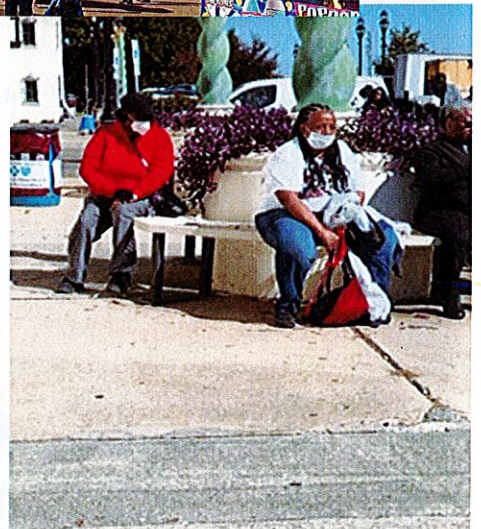
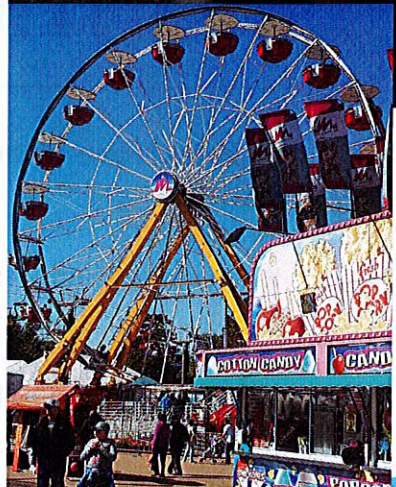
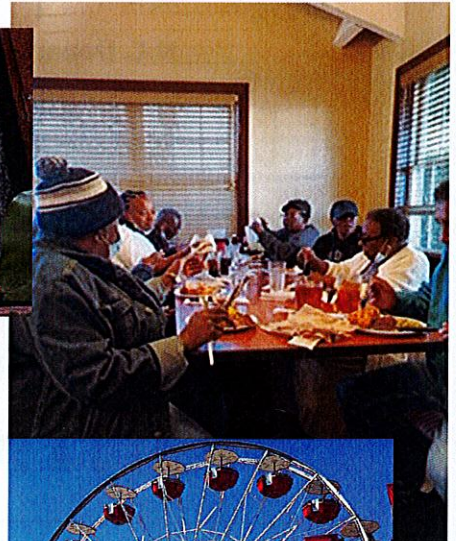
Hertford County Office of Aging



November



2022 Newsletter



Hertford County Office of Aging
408 S. Camp Street
Winton, NC 27986
252-358-7856

**Seniors first trip since 2019
to Raleigh's State Fair was a hit!**



SHIIP

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov

NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States.

It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing Type 2 diabetes.

Ask your SHIIP counselor about Medicare-covered Diabetes Screening services.

FOR MORE INFORMATION CONTACT: JO ANNE POWELL @ 252-358-7856



Join Us!

Meeting Dates:
All meetings are conducted in person and via Zoom

- 2022
 - January 25
 - February 22
 - March 22
 - April 26
 - May 24
 - June 28
 - July 26
 - August 23
 - September 27
 - October 25
 - November 22
 - December 20
- (Week change due to Christmas Holiday)

YOU ARE INVITED TO ATTEND THE



Hertford County Caregiver Support Group

Join us for our monthly caregiver support group meeting in person or on Zoom to share your story, hear from others on this journey, and learn about resources, techniques, and options that others have found helpful. We look forward to spending time with you.

We meet the 4th Tuesday of each month at 11:00 am at the Hertford County Office of Aging Senior Center Nutrition Site located at 418 Everett Street Ahoskie, NC 27910

For more information, please call: Tamyra Jovel at 252-974-1837 Family Caregiver Support Program

Attention Hertford County Older Adults

Let us help you fight Fraud and Elder Abuse

Sensitive documents may now be brought to the Hertford County Office of Aging at 408 Camp Street in Winton to be shredded as part of our effort to protect seniors from scams.



Protect yourself and your family from Identity Theft by shredding

****Certain volume restrictions apply****
Call HCOA at 252-358-7856 for more information

November is National Diabetes Month

The campaign hopes to raise awareness of symptoms, promote healthy living and ensure people are aware of risk factors.

One in ten Americans have diabetes. Another 84 million are at risk of developing type 2 diabetes. However, there are small things that those at risk can do to minimize the risk of suffering with type 2. For some people with type 2 diabetes, eating healthy and losing weight can be the solution for controlling the disease and lowering the risk of having other health problems.

A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone. The plan helps you control your blood sugar (glucose), manage your weight and control heart disease risk factors, such as high blood pressure and high blood fats. When you eat extra calories and fat, your body creates an undesirable rise in blood glucose. If blood glucose isn't kept in check, it can lead to serious problems, such as a high blood glucose level (hyperglycemia) that, if persistent, may lead to long-term complications, such as nerve, kidney and heart damage.

Recommended foods

Make your calories count with these nutritious foods. Choose healthy carbohydrates, fiber-rich foods, fish and "good" fats.

Healthy carbohydrates

During digestion, sugars (simple carbohydrates) and starches (complex carbohydrates) break down into blood glucose. Focus on healthy carbohydrates, such as:

- Fruits
- Vegetables
- Whole grains
- Legumes, such as beans and peas
- Low-fat dairy products, such as milk and cheese

Avoid less healthy carbohydrates, such as foods or drinks with added fats, sugars and sodium.

Fiber-rich foods

Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Fiber moderates how your body digests and helps control blood sugar levels. Foods high in fiber include:

- Vegetables

Continued on next page

November is National Diabetes Month (continuation)

- Fruits
- Nuts
- Legumes, such as beans and peas
- Whole grains

Heart-healthy fish

Eat heart-healthy fish at least twice a week. Fish such as salmon, mackerel, tuna and sardines are rich in omega-3 fatty acids, which may prevent heart disease.

Avoid fried fish and fish with high levels of mercury, such as king mackerel.

'Good' fats

Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels. These include:

- Avocados
- Nuts
- Canola, olive and peanut oils

But don't overdo it, as all fats are high in calories.

Foods to avoid

Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged and hardened arteries. Foods containing the following can work against your goal of a heart-healthy diet.

- Saturated fats.** Avoid high-fat dairy products and animal proteins such as butter, beef, hot dogs, sausage and bacon. Also limit coconut and palm kernel oils.
- Trans fats.** Avoid trans fats found in processed snacks, baked goods, shortening and stick margarines.
- Cholesterol.** Cholesterol sources include high-fat dairy products and high-fat animal proteins, egg yolks, liver, and other organ meats. Aim for no more than 200 milligrams (mg) of cholesterol a day.
- Sodium.** Aim for less than 2,300 mg of sodium a day. Your doctor may suggest you aim for even less if you have high blood pressure.

Embracing your healthy-eating plan is the best way to keep your blood glucose level under control and prevent diabetes complications. And if you need to lose weight, you can tailor it to your specific goals.



Veterans Day (originally known as **Armistice Day**) is a federal holiday in the United States observed annually on November 11, for honoring military veterans of the United States Armed Forces (who were discharged under conditions other than dishonorable). It coincides with other holidays including Armistice Day and Remembrance Day which are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.

Veterans Day is distinct from Memorial Day, a U.S. public holiday in May. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who had *died* while in military service. Another military holiday that also occurs in May, Armed Forces Day, honors those *currently serving* in the U.S. military. Additionally, Women Veterans Day is recognized by a growing number of U.S. states that specifically honor women who have

On November 11, 1919, U.S. president Woodrow Wilson issued a message to his countrymen on the first Armistice Day, in which he expressed what he felt the day meant to Americans:

ADDRESS TO FELLOW-COUNTRYMEN

The White House, November 11, 1919.

A year ago today our enemies laid down their arms in accordance with an armistice which rendered them impotent to renew hostilities, and gave to the world an assured opportunity to reconstruct its shattered order and to work out in peace a new and more just set of international relations. The soldiers and people of the European Allies had fought and endured for more than four years to uphold the barrier of civilization against the aggressions of armed force. We ourselves had been in the conflict something more than a year and a half.

With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased our agricultural output, and assembled a great army, so that at the last our power was a decisive factor in the victory. We were able to bring the vast resources, material and moral, of a great and free people to the assistance of our associates in Europe who had suffered and sacrificed without limit in the cause for which we fought.

Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men.

To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations.

WOODROW WILSON



HERTFORD COUNTY OFFICE OF AGING

Fall AND *WINTER* 2022-2023 MENU

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Main Entree protein 2oz Vegetables ½ cup Fruit Bread and Complex carbs 2 servings Fat Dessert ½ cup Milk-Calcium 2 oz	Vegetable Beef Soup w/Peas, Carrots Bake Apples PB & Honey Sandwich Bread Margarine Oatmeal Cream Pie Milk	Pork Chops w/Gravy Turnips Greens Pineapples Mashed Potatoes Roll Margarine Cake Milk	Chicken Alfredo Steam Broccoli Mandarin Oranges Roll Margarine Chocolate Chip Cookies Milk	Meat Loaf String Beans Banana Mashed Potatoes Roll Margarine Pudding Milk	Grilled Chicken Salad w/cucumbers, tomatoes Apple Crackers Dressing Sugar Cookies Milk
Main Entree protein 2oz Vegetables ½ cup Fruit Bread and Complex carbs 2 servings Fat Dessert ½ cup Milk-Calcium 2 oz	Chicken Rice Soup w/Celery, Carrots Apple PB & Honey Sandwich Sugar Cookies Milk	Baked Spaghetti Tossed Salad Pears Roll Margarine Peach Cobbler Milk	Baked Ham Steamed Cabbage Pineapples Sweet Potatoes Roll Margarine Chocolate Chip Cookies Milk	Hamburger Steak w/ Gravy String Beans Peaches Mashed Potatoes Roll Margarine Cake Milk	Turkey & Rice Casserole w/Green Peas Baked Apples Roll Margarine Oatmeal Cream Pie Milk
Main Entree protein 2oz Vegetables ½ cup Fruit Bread and Complex carbs 2 servings Fat Dessert ½ cup Milk-Calcium 2 oz	Vegetable Beef Soup w/Peas, Carrots Bake Apples PB & Honey Sandwich Bread Margarine Windmill Cookies Milk	BB Chicken String Beans Banana Potato Salad Roll Margarine Apple Cobbler Milk	Italian Chicken and Noodles Tossed Salad Peaches Roll Margarine Chocolate Chip Cookies Milk	Smoked Sausage Blackeye Peas Applesauce Buns Mustard Pound Cake Milk	Chicken Casserole w/Broccoli Peaches Roll Margarine Jell-O Milk
Main Entree protein 2oz Vegetables ½ cup Fruit Bread and Complex carbs 2 servings Fat Dessert ½ cup Milk-Calcium 2 oz	Chicken & Pastry String Beans Fruit Cocktail Pastry Cornbread Margarine Sugar Cookies	BBQ Pork Sandwich Coleslaw Apples Bun Jell-O Milk	Beef Stroganoff Corn Pineapples Roll Margarine Chocolate Chip Cookies Milk	Ham & Cheese Sandwich Navy Beans Tropical Fruit Salad Bread Mayonnaise Bread Pudding Milk	Sliced Turkey w/Gravy Dressing Turnip Greens Pears Candied Yams Roll Margarine Cake Milk

HERTFORD COUNTY OFFICE OF AGING
 100 W. GERRARD ST.
 WILKINSON, NC 27586
 919.286.8100
Melina Mitchell MSW

November

Murfreesboro Nutrition Site Regular Monthly Activities

320 West Main St. Murfreesboro, NC 27855

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>2</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>*Beating Holiday Stress @ 10:30-11:30am</p>	<p>3</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>4</p> <p>Breakfast Bunch @ 8:30 @ St. Thomas Episcopal Church in Ahsokie</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Pokeno @ 11:00am</p>
<p>7</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>8</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Crafts w/Anna 10-11:30am</p> <p>Bingo @ 11:00am</p>	<p>9</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Exercise @10:30-11:30am</p> <p>*Smithfield NC Shopping Trip*</p>	<p>10</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>11</p> <p>Closed</p>  <p>VETERANS DAY</p>
<p>14</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>15</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>16</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Exercise @10:30-11:30am</p>	<p>17</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Diabetes Support Group 5:30pm-6:30pm @ Vi- dant Wellness Center in Ahsokie</p> <p>*Know your Medications @ 10:30-11:30am*</p>	<p>18</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Movie Day @ 10:00am</p>
<p>21</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>22</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Crafts w/Anna 10-11:30am</p>	<p>23</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Exercise @10:30-11:30am</p>	<p>24</p> <p>Closed</p>  <p>HAPPY Thanksgiving!</p>	<p>25</p> <p>Closed</p>
<p>28</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>29</p> <p>Devotions/ Announcements/More than a meal @ 10:00am</p> <p>Bingo @ 11:00am</p>	<p>30</p> <p>Devotions/Announcements/ More than a meal @ 10:00am</p> <p>Exercise @10:30-11:30am</p>	<p>Movie: Mack and Rita (see page 33)</p> <p>*SPECIAL EVENT*</p>	

November



Murfreesboro Nutrition Site Drop in, Special, and Virtual Activities
320 West Main St. Murfreesboro, NC 27855

Drop Ins

Monday thru Friday: Brain Teasers/Coloring/Games
Monday thru Fridays: Computer Lab
Monday thru Friday: Newspapers
Monday thru Friday: Fitness Equipment
Monday thru Friday: Pool Table
Monday thru Friday: Socializing
Monday thru Friday: Television

Special Events

Wednesday, November 2nd: **Beating Holiday Stress @ 10:30-11:30** (see pg. 21 for more info)

Wednesday, November 9th: **Smithfield NC Shopping Trip**

Thursday, November 10th: **Know Your Medications @ 10:30-11:30am** (see pg. 9 for more info)

Virtual and Zoom Events

Fridays, November 4th, 18th : **Telephone Bingo @10:30am** (see pg. 22 for more info)

Tuesday, November 22nd **Hertford County Caregiver Support Group @ 11:00am** (see pg. 3 for more info)

November



Winton Senior Center Regular Monthly Activities 408 S. Camp St., Winton, NC 27986

Mon	Tue	Wed	Thu	Fri
	1	2 Dominoes @10:30-11:30am Chair Exercise @ 10:30am Basket Weaving 9:30am Card Sharks @ 1:00pm	3 Dominoes @10:30-11:30am Sewing Class 1:00pm-3:00pm Bingo@10:30 Card Sharks @ 1:00pm	4 Breakfast Bunch @ 8:30 @ St. Thomas Episcopal Church in Ahoskie Quilting Class 10:00am class & 1:00pm class 10:00am Dominoes @10:30-11:30am Telephone Bingo @ 10:30am Card Sharks @ 1:00pm
7 Crafts w/Anna @ 10-11:30 Dominoes @10:30-11:30am Card Sharks @ 1:00pm	8 Painting Class @10-11:00am Dominoes @10:30-11:30am Card Sharks @ 1:00pm	9 Dominoes @10:30-11:30am Chair Exercise @ 10:30am Basket Weaving 9:30am Card Sharks @ 1:00pm *Smithfield NC Shopping Trip*	10 Dominoes @10:30-11:30am Sewing Class 1:00pm-3:00pm Bingo@10:30 Card Sharks @ 1:00pm	11 Closed  VETERANS DAY
14 Crafts w/Anna @ 10-11:30am Dominoes @10:30-11:30am Card Sharks @ 1:00pm	15 Crochet @ 9:00am-12:00pm Dominoes @10:30-11:30am *Know Your Medications @ 12:30 -1:30pm* Card Sharks @ 1:00pm	16 Dominoes @10:30-11:30am Chair Exercise @ 10:30am Basket Weaving 9:30am Card Sharks @ 1:00pm	17 Dominoes @10:30-11:30am Sewing Class 1:00pm-3:00pm Bingo@10:30 Card Sharks @ 1:00pm Diabetes Support Group 5:30pm-6:30pm @ Vidant Wellness Center in Ahoskie	18 Quilting Class 10:00am class & 1:00pm class 10:00am Dominoes @10:30-11:30am Telephone Bingo @ 10:30am Card Sharks @ 1:00pm
21 Crafts w/Anna @ 10-11:30am Dominoes @10:30-11:30am Card Sharks @ 1:00pm	22 Crochet @ 9:00am-12:00pm Large Dominoes @10:30-11:30am *Beating Holiday Stress @ 12:45-1:45* Card Sharks @ 1:00pm	23 Basket Weaving 9:30am Dominoes @10:30-11:30am Chair Exercise @ 10:30am Movie Day @ 1:00pm Card Sharks @ 1:00pm	24 Closed  HAPPY Thanksgiving!	25 Closed
28 Large Dominoes @10:30-11:30am Card Sharks @ 1:00pm	29 Crochet @ 9:00am-12:00pm Dominoes @10:30-11:30am Card Sharks @ 1:00pm	30 Dominoes @10:30-11:30am Chair Exercise @ 10:30am Basket Weaving 9:30am Card Sharks @ 1:00pm	Movie: Mack and Rita: (See pg. 33) *SPECIAL EVENT*	

Winton Drop in, Special, and Virtual Activities

408 S. Camp St., Winton, NC 27986

November



Drop Ins

Monday thru Friday: Brain Teasers/Coloring/Games/Computer Lab/Fitness Equipment/ Bumper Pool/Ping Pong/Dominoes/Puzzles Table/ Basketball/Socialization/Cards/Television/Newspaper/Large Print Library

Special Events

Wednesday, November 9th: **Smithfield NC Shopping Trip**

Tuesday, November 15th: **Know Your Medications @ 12:30-1:30pm** (see pg. 9 for more info)

Tuesday, November 22th: **Beating Holiday Stress @ 12:45-1:45pm** (see pg. 21 for more info)

Virtual and Zoom Events

Fridays, November 4th, 18th : **Telephone Bingo @10:30am** (see pg. 22 for more info)

Tuesdays, November 15th, 22nd : **Crochet@ 9:00am-12:00pm** (see pg. 25 for more info)

Tuesday, November 22nd: **Hertford County Caregiver Support Group @ 11:00am** (see pg. 3 for more info)

November



Ahoskie Nutrition Site Regular Monthly Activities 418 Everett St., Ahoskie, NC 27910

Mon	Tue	Wed	Thu	Fri
	1	2 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	3 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	4 Breakfast Bunch @ 8:30 @ St. Thomas Episcopal Church in Ahoskie Announcements and Devotions @11:30am-11:45am *Technology Skills Classes @ 10:30-12:00*
7 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	8 Exercise @ 10:00am Announcements and Devotions @11:30am-11:45am	9 Crafts w/Anna @ 10-11:30am Announcements and Devotions @11:30am-11:45am *NC Smithfield Trip*	10 Movie Day @ 10:00am Announcements and Devotions @11:30am-11:45am	11 Closed  VETERANS DAY
14 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	15 Exercise @ 10:00am Announcements and Devotions @11:30am-11:45am	16 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	17 *Know Your Medications @ 10:30-11:30* Announcements and Devotions @11:30am-11:45am Diabetes Support Group 5:30pm-6:30pm @ Vidant Wellness Center in Ahoskie	18 *Technology Skills Classes @ 10:30-12:00* Announcements and Devotions @11:30am-11:45am
21 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	22 Exercise @ 10:00am Announcements and Devotions @11:30am-11:45am HC Caregiver Support Group @ 11:00am	23 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am Crafts w/Anna @ 10-11:30am	24 Closed  HAPPY Thanksgiving!	25 Closed
28 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	29 *Beating Holiday Stress @10-11:30* Announcements and Devotions @11:30am-11:45am	30 Bingo @ 11:00am Announcements and Devotions @11:30am-11:45am	Movie: Mack and Rita: (see pg. 33) *SPECIAL EVENT*	

Ahoskie Nutrition Site Drop in, Special, and Virtual Activities

418 Everett St., Ahoskie, NC 27910

November



Drop Ins

Monday thru Friday: Brain Teasers/Coloring games/Computer lab/fitness equipment/Socializing/Television

Special Events

Friday, November 4th, 18th: **Technology Skill Classes @ 10:30am-12:00pm** (see pg. 29 for more info)

Wednesday, November 9th: **NC Smithfield Shopping Trip**

Thursday, November 17th: **Know Your Medications @ 10:30-11:30am** (see pg. 9 for more info.)

Tuesday, November 29th: **Beating Holiday Stress @ 10:30-11:30am** (see pg. 21 for more info)

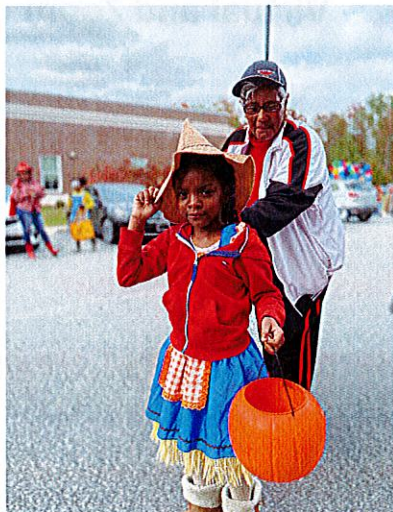
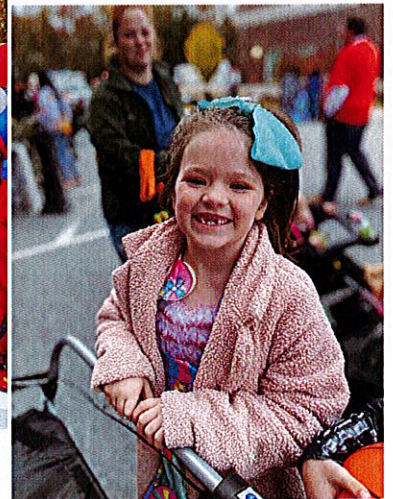
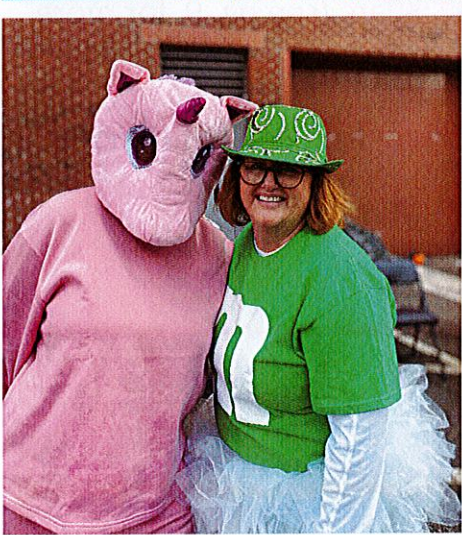
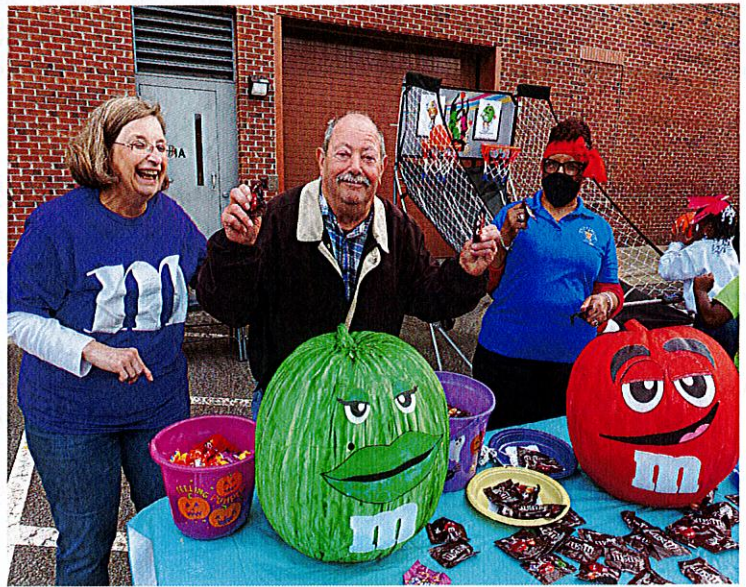
Virtual and Zoom

Fridays, November 4th, 18th: **Telephone Bingo @ 1030AM** (see pg. 22 for more info)

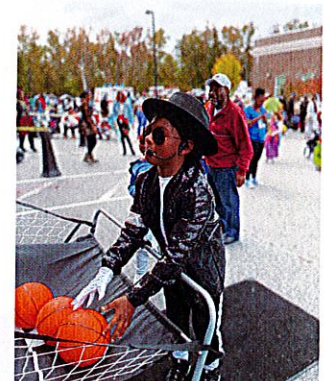
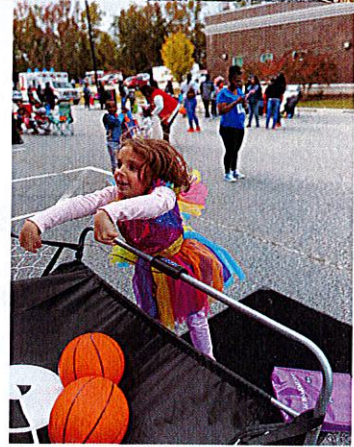
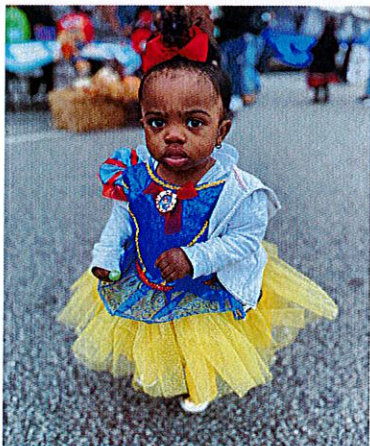
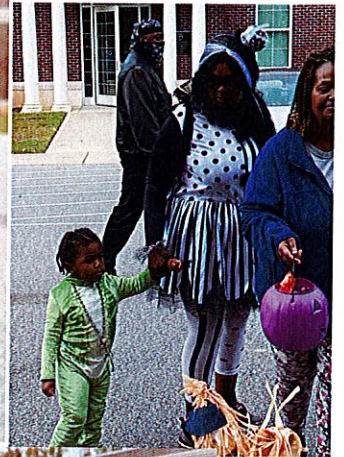
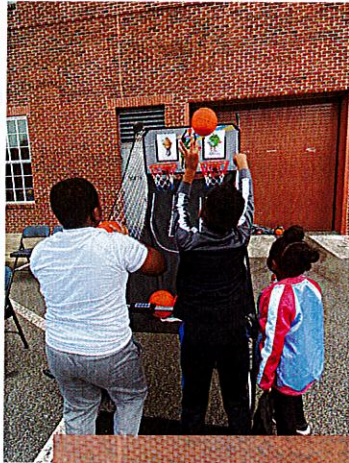
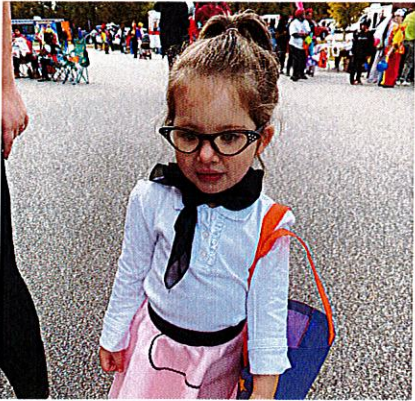
Thursdays, **No crochet classes in November**

Tuesday, November 22: **Hertford County Caregiver Support Group @**

Hertford County Government Center 2nd Annual Halloween Fun Festival was enjoyed by all ages!!!!



Hertford County Government Center 2nd Annual Halloween Fun Festival was enjoyed by all ages!!!!



Senior Breakfast

Come out and enjoy a hot breakfast and
fellowship with friends and neighbors.

Friday, November 4, 2022

8:30 am

St. Thomas Episcopal Church

424 W. Church Street

Ahoskie, NC 27910

Speakers for November will be
Representatives from Roanoke Electric Cooperative

TOPICS

Ways to Reduce your Heating Bill

Upgrade 2 \$ave

Roanoke Connect Update

Have your questions ready!



HCOA
Created & advertising
Began 10-20-2022

This event is for Hertford County Residents 55 years of age and older.
For more information please call Hertford County Office of Aging at 252-358-7856



Winton Senior Center

Monday 11/7/22

WELCOME DOOR HANGER

Winton Senior Center

Monday 10am-2pm • 11/21/22

SNOWMEN TO SHARE!



**MURFREESBORO
NUTRITION CENTER**

TUESDAY ☆ 11/8/22

WELCOME DOOR HANGER

**MURFREESBORO
NUTRITION CENTER
TUESDAY ☆ 11-22-22**

PINECONE CHARACTERS



Ahoskie Nutrition Site

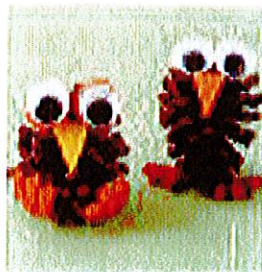
Wednesday 11/9/22

WELCOME DOOR SIGN

Ahoskie Nutrition Site

WEDNESDAY 11/23/22

PINECONE TURKEYS!



Tell Someone,

*Bring
Someone!*

No Experience Needed,
All Supplies Provided FREE
-Come As Often As You Can-
Learn Something New
Every Class



The history of the Thanksgiving holiday is the history of America itself. It all started with the Pilgrims, before the United States was even a country. The "first Thanksgiving" happened as part of that fateful harvest festival, which was held in the fall of 1621 in what is now Massachusetts. The first governor of Plymouth colony couldn't have known then that the settlers' humble harvest festival would become a landmark in U.S. history and the basis for what is the second most popular holiday in America (after Christmas).

The tale of early settlers sharing a meal with local Native Americans is just one of many stories about settling North America chronicled in the journal of William Bradford. It wasn't quite the rosy version of Thanksgiving history that most of us learned in school, but Pilgrims and people from the Wampanoag tribe did meet during a celebration.

But it was far from today's fanfare—no backyard games of touch football, obviously, but probably also no pumpkin pie or cake either. The event didn't become well known until Bradford's journal was discovered and published by Sarah Josepha Hale, a magazine editor, in the early 1800s. Hale was so taken with the story of that first Thanksgiving that she lobbied five different U.S. presidents to make it a federal holiday.

In 1863, Hale got her wish, and President Abraham Lincoln finally declared Thanksgiving an official U.S. holiday, putting it on the calendar for the last Thursday of November. He hoped that the new holiday would help reunite a country fractured by civil war.

PILLS PILLS PILLS

DO YOU KNOW YOUR MEDICATIONS ?

DO YOU KNOW THEIR NAMES?

DO YOU KNOW WHEN IT'S BEST TO TAKE THEM?

DO YOU KNOW WHY YOU TAKE THEM?

DO YOU KEEP A LIST OF YOUR MEDICATIONS ?



If you answer **NO** to any of these questions

please come to one of our presentation:

KNOW YOUR MEDICATIONS

Murfreesboro Nutrition Site

320 West Main Street, Murfreesboro, NC 27855

Thursday, November 10, 2022

10:30 am to 11:30 am

Presenter: David Harrell, Pharmacist, CVS Pharmacy, Murfreesboro, NC

Hertford County Office of Aging—Winton

408 S. Camp Street, Winton, NC 27986

Tuesday, November 15, 2022

12:30 pm to 1:30 pm

Presenter: David Collins, Pharmacist, Mizelle's Pharmacy, Ahoskie, NC

Ahoskie Nutrition Site

418 Everett Street, Ahoskie, NC 27910

Thursday, November 17, 2022

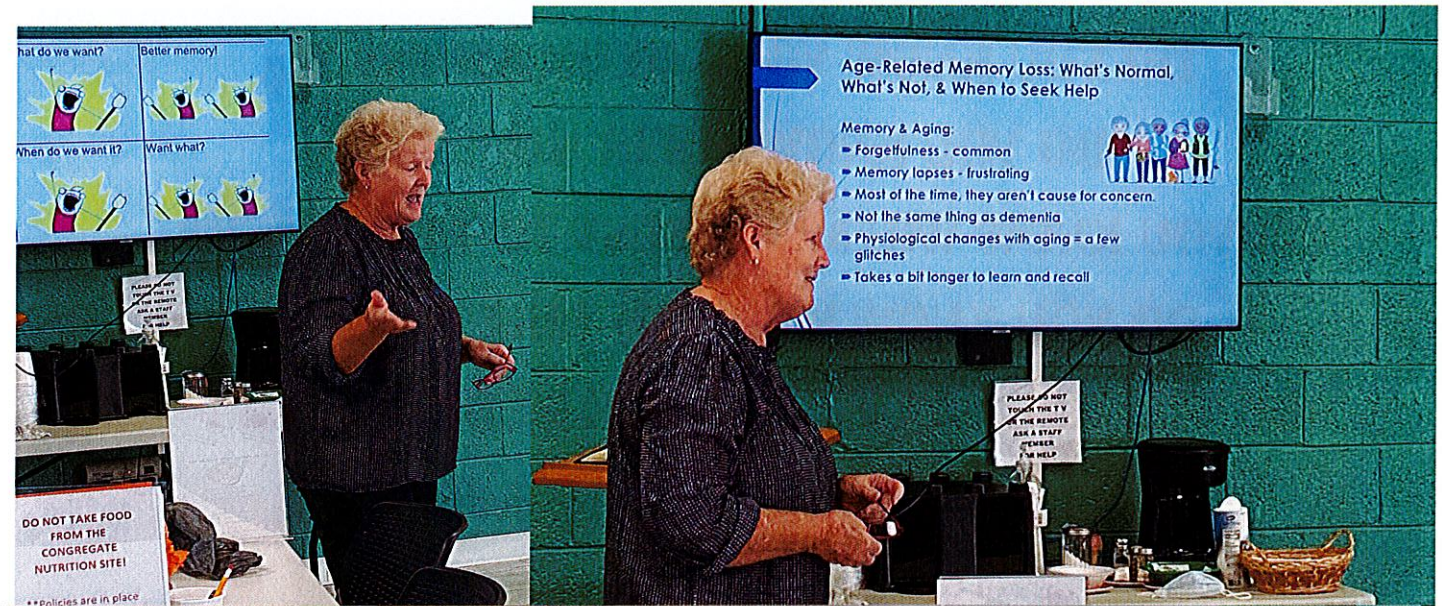
10:30am to 11:30 am

Presenter: Elizabeth Williamson Pharm D, RCCHC Pharmacy

if you have any questions, please call 252-358-7856

HCOA
Created & Advertised
10-25-2022

Special Thanks to Jean Matthews for her presentation on Healthy Brain



Beating Holiday Stress For a Better Brain

What does stress really do to my
brain?
Can stress actually damage my brain?
Can stress increase my risk for demen-



Come learn ways to BEAT your holiday stress with Jean Matthews, MSN,
RN

Murfreesboro Nutrition Site

320 West Main St, Murfreesboro, NC 27855

Wednesday, November 2, 2022

10:30 to 11:30 am

Hertford County Office of Aging-Winton

408 S. Camp Street, Winton, NC 27910

Tuesday, November 22, 2022

12:45 to 1:45 pm

Ahoskie Nutrition Site

418 Everett St., Ahoskie, NC 27910

Tuesday, November 29, 2022

10:30 am to 11:30 am

2022 Hertford County Office of Aging/Senior Site

New Year's Day	Friday, Dec. 31st
Martin Luther King, Jr. Day	Monday, Jan 17 th
Good Friday	Friday, April 15 th
Memorial Day	Monday, May 30 th
Juneteenth	Monday, June 20 th
Independence Day	Monday, July 4 th
Labor Day	Monday, Sept. 5 th
Veterans Day	Friday, Nov. 11 th
Thanksgiving	Thursday- Nov. 24 th & Friday- Nov. 25 th
Christmas	Thursday, Dec. 22 nd Friday, Dec. 23 rd Monday, Dec. 26 th

Our mission is to promote the well-being and enhance the quality of life for the older adults in Hertford County.

Virtual Telephone Bingo

Hertford County Office of Aging is offering Telephone Bingo

When: Fridays

Time: 10:30am

Requirements:

Must be a Hertford County senior 60 years or over. Must register by each Wednesday 3:00PM to participate.

Spaces are limited

**Miss getting out and meeting people?
Come out and join our seniors at any of our 3 sites for activities and/or a meal at:**

Murfreesboro Nutrition Center

Winton Senior Center

Ahoskie Nutrition Center

Call to find out more information on how to do so at (252) 358-7856.

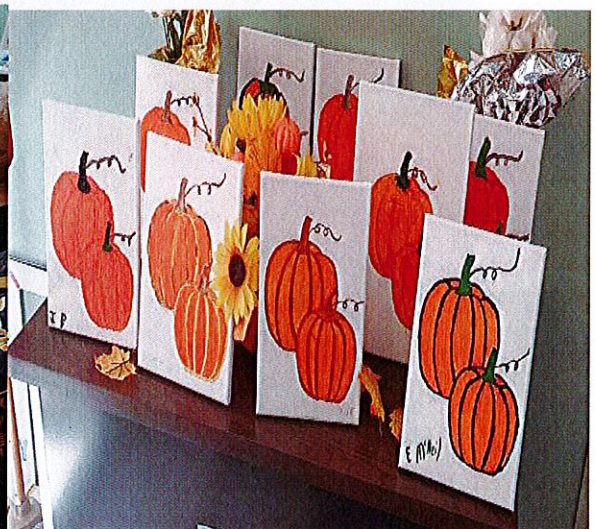


Do you have a favorite recipe that you'd like to share? The Winton Senior Center is collecting recipes for a project. Please see Edith or Belinda to contribute.

Thank you to De'vette Thomas from ECU Health on her presentation of Heal Thy Neighbors

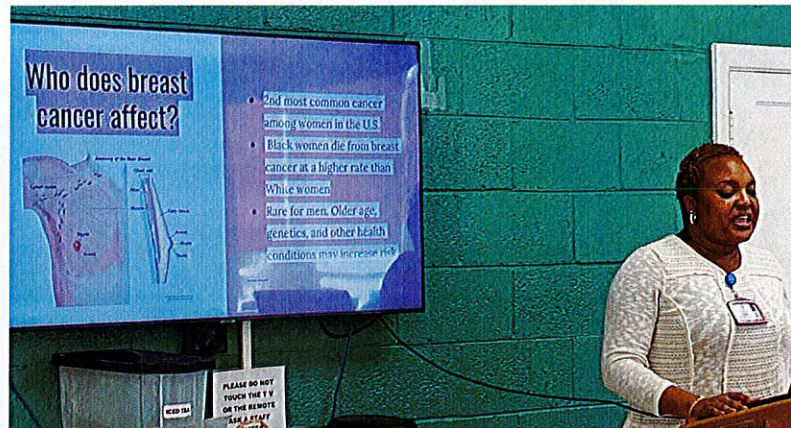


Painting with Belinda and Edith



Happy Halloween!!!!!!!!!!

Thank you to Tia Brown from Albemarle Health Department Services on her presentation on **Breast Cancer Awareness**.



ANNOUNCEMENTS

Crochet Classes will resume on Nov. 15th. No classes in Ahoskie in November

Class Days: Tuesdays from 9—12:00

Location: 408 S Camp Street Winton, NC

Location: 418 Everett St, Ahoskie, NC 27910

Class Days: Thursdays, from 9:30-12:00

Price: FREE

Who can attend? This class is open to all seniors 55 and older.

Come join the fun!

VIRTUAL ATTENDANCE IS BEING OFFERED

Call the Hertford County Office of Aging at 252-358-7856 for more information.



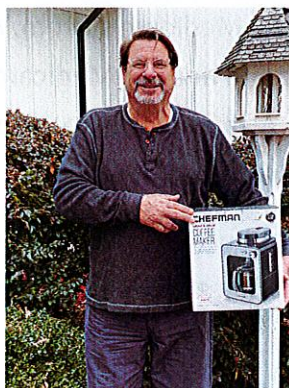
Chair Exercise with Belinda & Edith

Join us at the Senior Center in Winton every Wednesday

Morning at 10:30 am and take part in our Chair Exercise Classes!



**1ST PRIZE: 8 QUART CROCK POT
WINNER: CATHERINE PARKER**



**2ND PRIZE: CHEFMAN
COFFEE MAKER:
WINNER: DOUG TUTWILER**



**3RD PRIZE: SMOOTH TOUCH
CAN OPENER
WINNER: NETTIE BRICKERS**



Home Delivered Meal Drivers Are Needed For Our Nutrition Sites. Would you like to make a difference in someone's life? This is a great opportunity to help someone who really needs it. We need volunteers to deliver lunch meals to our seniors.

**For more information please contact
Hertford County Office Of Aging**

DONATIONS

The Senior Center has a Memorial Fund for people who would like to make donations In Memory of a friend or relative. Also, In Honor, In Kind and General Donations can be made. However, HCOA is Not a (501C3) agency. Records are kept in a Memorial Book along with the donor's name. All donations are used to enhance operations of the Senior Centers. Donations will be recognized in the newsletter or may remain anonymous upon request .

Thank you for remembering Hertford County Office of Aging.

Volunteers Needed

SHIIP, the Senior's Health Insurance Program, is a division of the N.C. Department of Insurance that Offers free, unbiased Medicare counseling. SHIIP trains volunteers so they can help beneficiaries in our community navigate the Medicare system. As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for SHIIP volunteers.

If your are interested in learning more about volunteering for SHIIP, please Hertford County Office of Aging at (252) 358-7856



Private Duty Sitter's List



Hertford County Office of Aging is trying to update our private duty sitter's list. If you are interested in being on our Private Duty list please contact Lisa Pope

DIABETES SUPPORT GROUP



July 21	On the Road To Better Managing Your Diabetes
August 18	What Can I Eat?" Diabetes and Healthy Eating
September 15	"How do I Know?" Monitoring Your Glucose
October 20	"What Next?" Continuing the Diabetes Journey
November 17	Healthy Holidays Healthy Meal Covered Dish
December	No Meeting

FREE Diabetes education support and MORE!
Questions? Contact any of the following:

- RCCHC Lifestyle Coach: 252-332-3548 ext 7042 or tkoch@rcchc.org
- RCCHC Diabetes Program Coordinator at 252-532-1404 or sliverman@rcchc.org
- ECU HEALTH (formerly Vidant) Wellness Center at 252- 209-3090

Meets every 3rd Thursday ~ 5:30 – 6:30 p.m.
Vidant Wellness Center in Ahoskie

Drug costs hard to swallow?

If you're on Medicare, call

855-408-1212.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

WWW.NCSHIIP.COM

Pumpkin Face Painting

NOVEMBER 15, 2023



TECHNOLOGY SKILLS CLASSES

Every Friday, November 4—December 16, 2022

(6- week program)

10:30 am to noon

Ahoskie Nutrition Site

418 Everett St., Ahoskie, NC 27910



Come Learn

Basic Computer Skills

Access to Social Media

Cell phone and Tablet use

How to Use Email

Open to Hertford County Residents 55 years of age and older

Registration is required

To register: call 252-358-7856

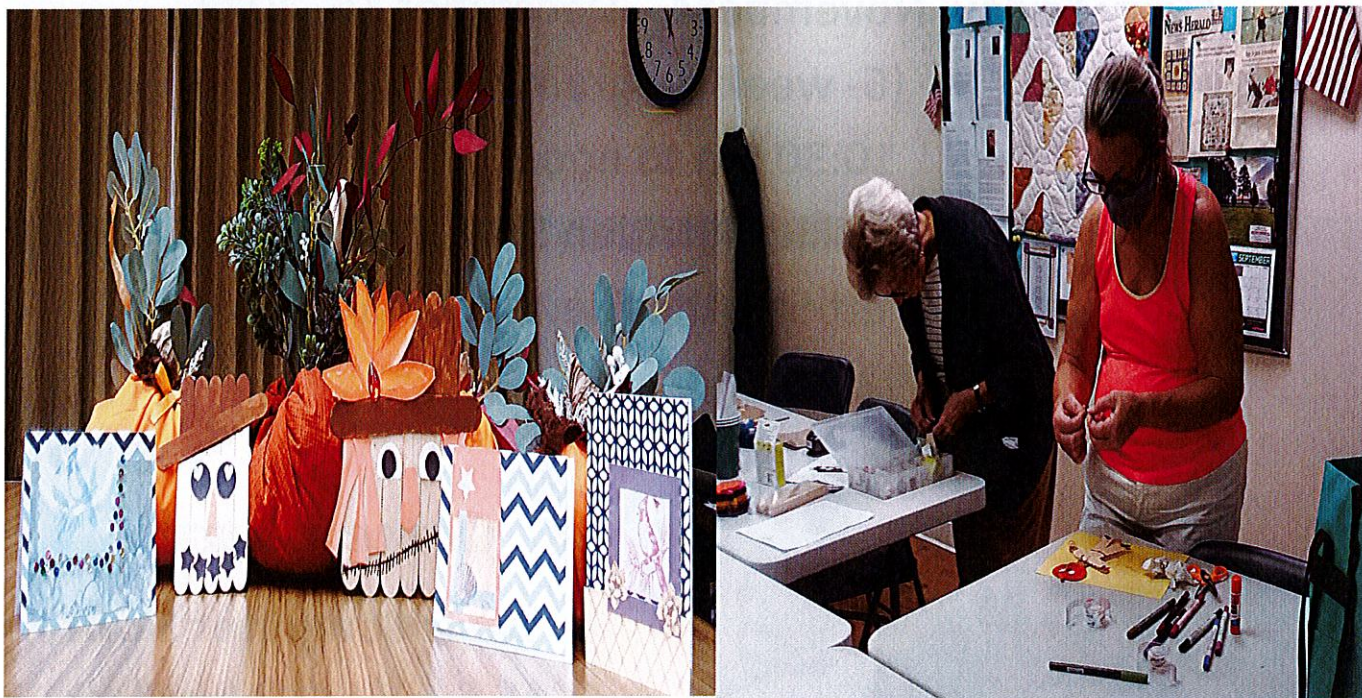
Classes Sponsored through partnership of

Hertford County Office of Aging

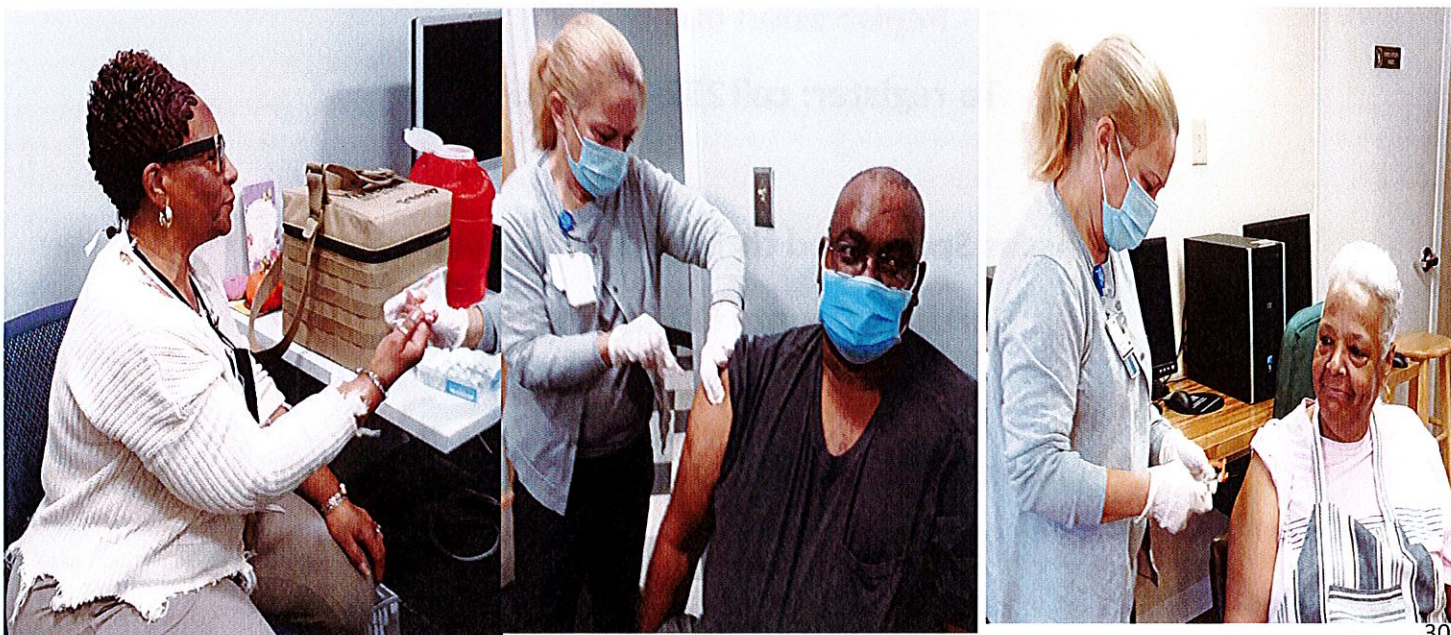
and

Roanoke Chowan Community College

10-17-2022 Anna is on a roll today with her crafters, look at all the pretty things they have made to day, would you believe the flower arrangements began with a roll of toilet paper. Amazing what we can make with simple items! Be on the lookout for **Crafts with Anna's** next class and put your imagination to the test!



Hertford County Office of Aging hosted **Flu Shot Clinics** in all 3 of their sites on Wednesday, October 19, 2022. Albemarle Regional Health Services Nurse Supervisor, Valerie Pearce, RN visited each site to administer Seasonal Flu Shots to site participants and visitors. Seniors were able to make the most of their day, by playing games, having lunch and getting their Flu Shot. One stop for all. CDC does recommend everyone 6 month and older receive their flu shots. For more information on where flu shots are available in our area contact your local Health Department, Doctor's Office or Pharmacy. There are multiple options for receiving your Seasonal Flu Vaccination. Please don't become a CDC Flu Statistic this year. **GET YOUR FLU SHOT!**





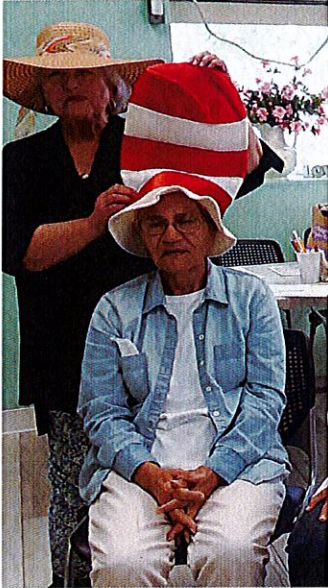
NOVEMBER

BIRTHDAYS

Harris, Bernita	Nov 01	Liverman, Betty	Nov 15	Bess, Ida	Nov 27
Riddick, Mary	Nov 01	Watford, Earline	Nov 15	Bazemore, Cecil	Nov 27
White, Jessie	Nov 01	Mitchell, Winfred	Nov 15	Bazemore, Richard	Nov 27
Farmer, Johnnie	Nov 01	Theodorakis, Betsy	Nov 16	Jordan, Joyce	Nov 27
Gatling, Eley	Nov 02	Harris, Annie	Nov 16	Winn, Margaret	Nov 28
Toliver, Bernell	Nov 02	Williams, Carroll	Nov 16	Thomas, Maxine	Nov 28
Britt, Joan	Nov 02	Futrell, Kathy	Nov 16	Pearce, Beulah	Nov 28
Peoples, Helen	Nov 03	Bess, Ida	Nov 16	Jordan, Minerva	Nov 29
Jenkins, Bessie Ailene	Nov 03	Mitchell, Lionell	Nov 16	Lowe, Peggy	Nov 29
Jernigan, Billy	Nov 04	Harrell, Elizabeth	Nov 17	Bazemore, Nancy	Nov 30
Smallwood, James	Nov 05	Newsome, Delia	Nov 17	Arline, Constance	Nov 30
Brickers, Michelle	Nov 05	Gatewood, Aldeen	Nov 17	Perry, Sylvia	Nov 30
Powell, Magalene	Nov 06	Lassiter, Loraine	Nov 17	Walston, Alton	Nov 30
Hall, Shirley	Nov 06	Newsome, Delia	Nov 17		
Banks, Willie	Nov 06	Deloatch, Joan	Nov 18		
Edwards, Bernice	Nov 07	Bourn, Diane	Nov 18		
Boone, Barbara	Nov 07	Sheppard, Shirley	Nov 18		
Burden, Patricia	Nov 07	Harrell, Cynthia	Nov 18		
Minton, Virginia	Nov 07	Fleetwood, James	Nov 19		
Deloatch, George	Nov 07	Simons, Nancy	Nov 19		
Morris, Janice	Nov 08	Jordan, Ivory	Nov 19		
Washington, Deborah	Nov 08	Jordan, Troy	Nov 19		
Harris, William	Nov 08	Jones, Bertha	Nov 19		
Rawls, Jerry	Nov 08	Privott, Kathleen	Nov 20		
Holmes, Jessica	Nov 08	Forist, Elven	Nov 20		
Winborne, Linwood	Nov 09	Riddick, Leon	Nov 20		
Moye, Mattie	Nov 09	Bass, Bernice	Nov 22		
Combo, Carolyn	Nov 09	Banks, Marian	Nov 22		
Simmons, Selma	Nov 09	Bowser, Irene	Nov 23		
Barnes, Janet	Nov 09	Deloatch, Herbert	Nov 23		
Deloatch, Donnie	Nov 09	Curey, Jessica	Nov 23		
Brown, Benjie	Nov 09	Dunn, Connie	Nov 24		
Willson, Rebecca	Nov 10	Parker, Sara	Nov 24		
Eaton, Patricia	Nov 10	McKeel, Burnell	Nov 24		
Hoggard, Mae Ellen	Nov 10	Carter, George	Nov 24		
Fennell, Katie	Nov 10	Manley, Barbara	Nov 24		
Melton, Dorothy	Nov 11	Charlie, Cherry	Nov 25		
Monger, Stanley	Nov 11	Wright, Arden	Nov 25		
Moore, Audrey	Nov 11	Stephenson, Lillian	Nov 26		
Modlin, Rachel	Nov 12	Stephenson, Beatrice	Nov 26		
Mitchell, Reginald	Nov 12				
Eckart, Donna	Nov 12				
Hedgepeth, Icy	Nov 12				
Simmons, Iris	Nov 13				
Hardin, Gene	Nov 13				
Hurdle, Mary	Nov 13				
Burgess, William	Nov 14				



Spirit Week



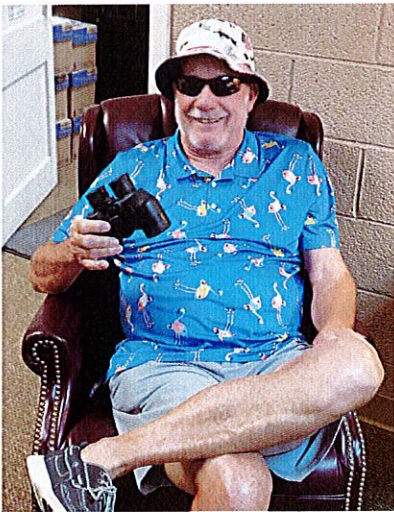
Hat Day Winner

Helena Reid



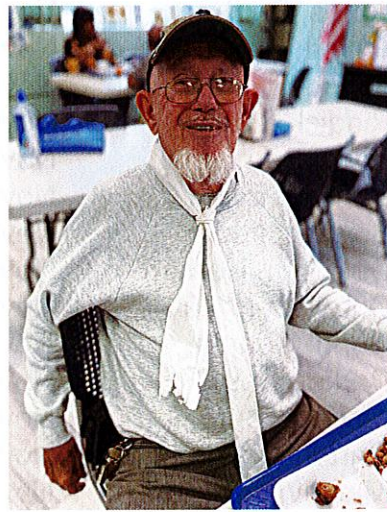
Patriotic Day Winner

Gloria Lassiter



Tacky Tourist Day Winner

Doug White



Tie Day Winner

Stuart Brady



Team Day Winner

Marva Mitchell

Thank you to all who participated!!

Do you need assistance accessing the following Senior Services?

Hertford County Office of Aging offers:

- Congregate Lunches
- Home Delivered Meals
- Non Emergency Medical & General Transportation
- Medicare Counseling
- Caregiver Supplies
- Respite Services
- In Home Aide Program
- Fall Prevention
- Volunteer Opportunities
- And More!!!

Call 252-358-7856 for assistance.

FIND US. FOLLOW US.

LIKE US. 

Facebook.com/Hertford County



Do you play Hearts?

The Winton Center needs you!
Give us a call at 252-358-7856



Movie Title: Mack and Rita



When 30-year-old self-proclaimed homebody Mack Martin (Elizabeth Lail) reluctantly joins a Palm Springs bachelorette trip for her best friend Carla (Taylour Paige), her inner 70-year-old is released — literally. The frustrated writer and influencer magically transforms into her future self: “Aunt Rita” (Oscar winner Diane Keaton). Freed from the constraints of other people’s expectations, Rita comes into her own, becoming an unlikely social media sensation and sparking a tentative romance with Mack’s adorable dog-sitter, Jack (Dustin Milligan). A sparkling comedy with a magical twist, Mack & Rita celebrates being true to yourself at any age. “... a quirky movie that reminds the audience to live life to the fullest, whatever age they are.”

Ahoskie: Thursday, November 10th @ 10:00AM

Murfreesboro: Friday, November 18th @ 10:00AM

Winton: Wednesday, November 23rd @ 1:00PM



FALL

WORD SEARCH PUZZLE

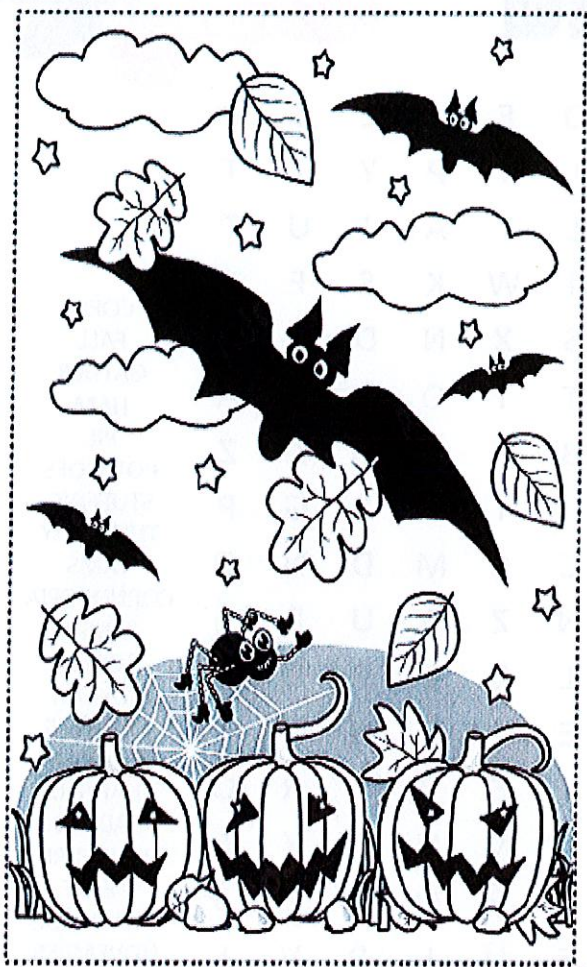
- BIRDS
- BRISK
- CHANGING
- CLOUDS
- COAT
- COLD
- COLORS
- CORN
- CROPS
- FOOTBALL
- FROST
- GOURD
- HARVEST
- HEATER
- JACKET
- LEAVES
- MIGRATE
- NOVEMBER
- OCTOBER
- PUMPKINS
- RAKE
- SCARECROW
- SEASON
- SWEATER
- TREES
- WIND

E E S N I K P M U P T V L M
O R A N B E S S E V A E L C
H L P R K D H C S R O L O C
D F N N U L H R D B C L S N
M T O O O A S G E E D C Z N
V I L O N V O D K B D M R I
W C G G T U E H R V O O M S
Y N I R R B A M O I C T C T
N N O D A R A T B O B A C S
G S W S V T E L H E R B R O
W Y E E A K E E L E R W O R
E I S E C E A S C A G B P F
K T N A R T S R P K M K S P
A N J D E T O Y J B R I S K
R L H R S W E A T E R U C H

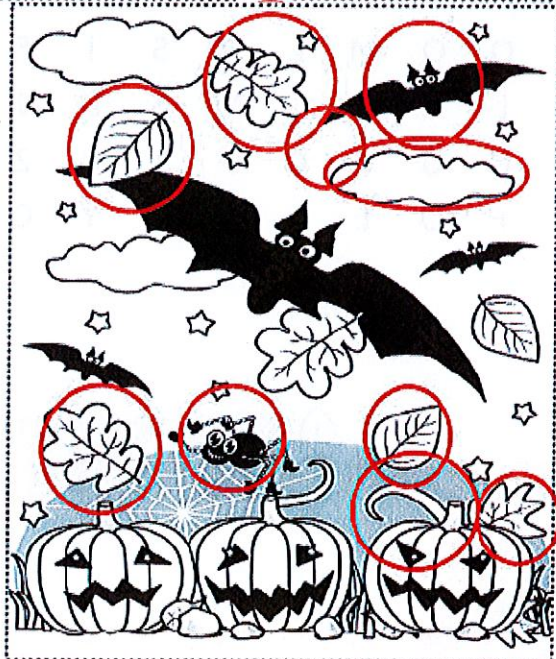
The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Find the Ten Differences



Answers



THANKSGIVING



T F G R A T I T U D E Y L S R
 H F A L L F A M I L Y P Y T T
 U S T E V F A M I L Y A I U T
 R R H I Z O A H I I W K S F F
 S F E A S T L R Q S X N D F A
 D Q R W T R A D I T I O N I A
 A Y T B H R U L K B K V Z N Z
 Y D C R A N B E R R I E S G P
 F T H Z N H K M N C C M D N O
 P U M P K I N V H N Z B U B T
 L R Y M S Z J P M L B E P D A
 Y K T M G O B B L E J R H K T
 M E N P I E E R X T S B L R O
 O Y H E V F H R V B M H H Y E
 U G G F I S C A M Z R O L L S
 T N J P N A Y A M S U L R V L
 H A M K G Q Q M E Y S I F E C
 H X V P I L G R I M S D J S O
 M U C O R N U C O P I A Z K R
 T H A N K F U L A O Q Y Q X N

CORN
 FALL
 GATHER
 HAM
 PIE
 POTATOES
 STUFFING
 THURSDAY
 YAMS
 CORNUCOPIA
 FAMILY
 GOBBLE
 HOLIDAY
 PILGRIMS
 PUMPKIN
 THANKFUL
 TRADITION
 CRANBERRIES
 FEAST
 GRATITUDE
 NOVEMBER
 PLYMOUTH
 ROLLS
 TURKEY
 THANKSGIVING

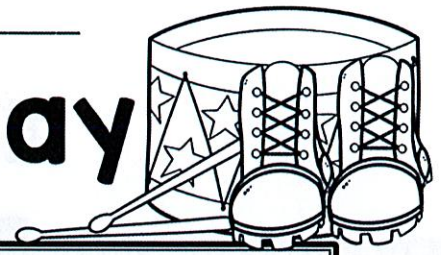



SCOUTERLIFE.com

Name: _____



Veteran's Day



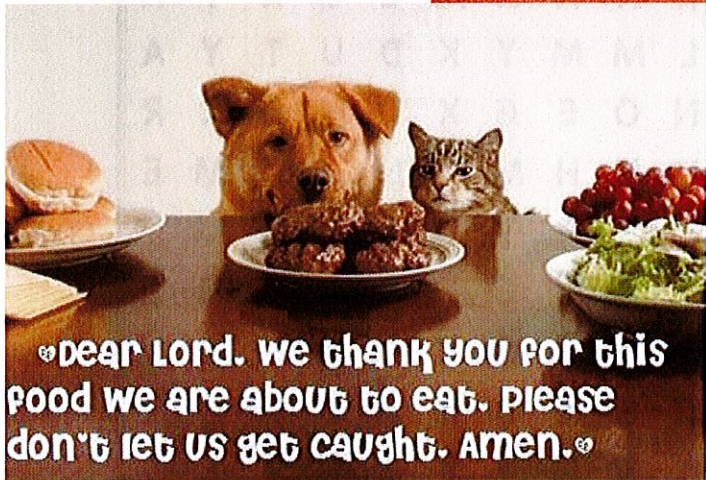
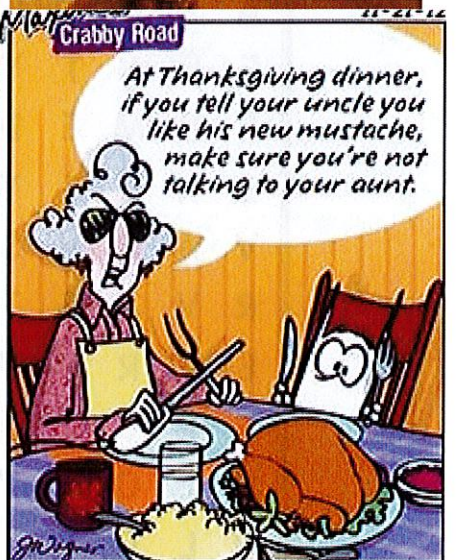
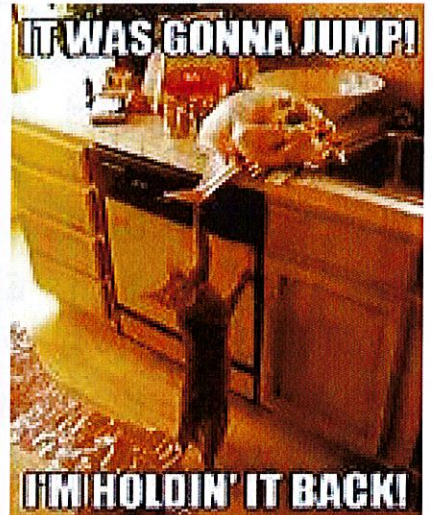
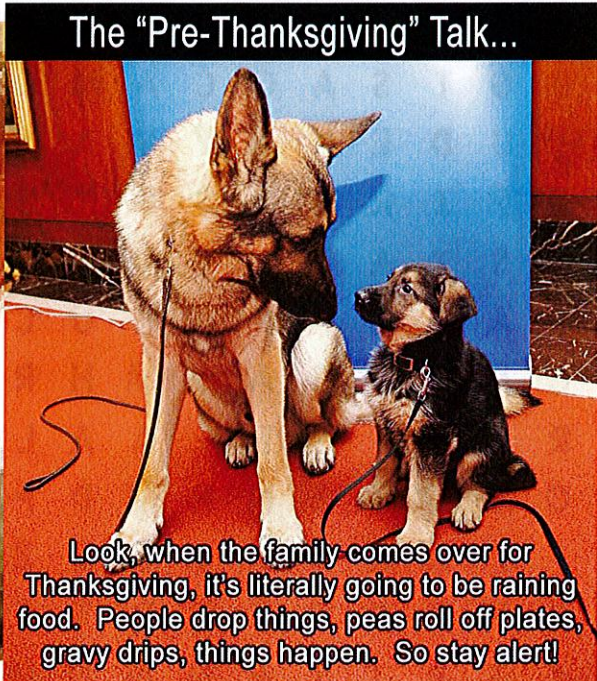
H	X	D	R	A	U	G	T	S	A	O	C	A	M	E	R	I	C	A	N
G	R	A	T	I	T	U	D	E	K	R	Y	V	A	N	R	M	R	S	P
G	O	D	E	C	I	F	I	R	C	A	S	G	Y	E	O	B	E	R	R
U	N	I	T	E	D	S	T	A	T	E	S	M	M	N	W	N	E	M	O
M	O	N	R	P	E	A	C	E	P	P	R	E	U	C	I	S	D	I	T
G	H	K	I	M	C	R	M	B	C	A	M	M	H	R	O	N	A	L	E
M	G	H	B	T	R	O	O	P	S	B	E	A	A	L	E	X	R	I	C
A	J	R	U	L	O	Y	N	T	E	N	R	M	D	F	F	G	A	T	T
E	R	X	T	Y	F	P	A	R	T	A	V	I	E	Z	R	W	P	A	T
C	B	M	E	D	R	N	F	D	C	K	E	D	T	F	E	M	T	R	S
I	R	E	I	Y	I	T	R	T	I	R	N	N	H	M	E	Q	R	Y	N
V	A	G	V	S	A	C	E	E	S	L	M	M	Y	K	D	U	T	Y	A
R	V	A	G	T	T	R	M	T	B	N	O	E	G	X	O	M	D	R	R
E	E	R	B	Y	L	I	O	P	U	M	N	H	M	T	M	J	Q	M	E
S	R	U	P	T	G	I	C	N	R	L	E	P	T	O	A	M	R	M	T
F	L	O	G	Y	R	L	H	E	L	I	A	V	C	F	R	B	L	G	E
V	L	C	B	T	J	E	N	T	Y	M	D	S	O	H	M	I	M	C	V
V	L	A	A	T	R	E	S	P	E	C	T	E	D	N	H	D	A	O	Z
T	T	P	G	O	M	E	D	A	L	Y	R	O	T	S	I	H	L	L	C



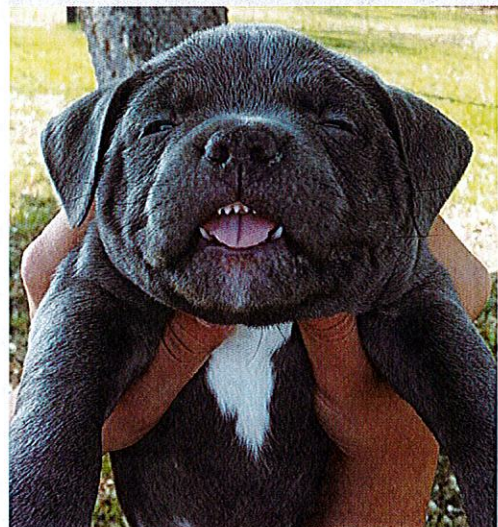
©Windup Teacher

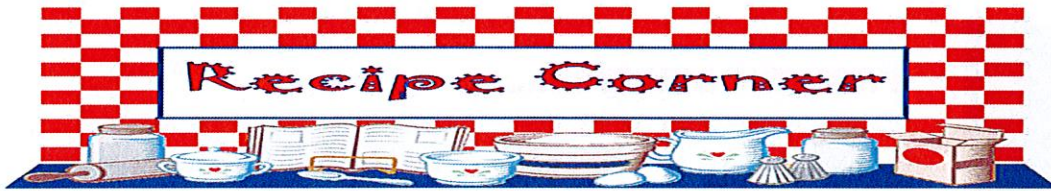
Army	medal	patriot	Air Force	November
Navy	peace	parade	American	United States
flag	salute	courage	armistice	remember
hero	tribute	protect	freedom	memorial
duty	respect	service	military	monument
pride	troops	history	gratitude	sacrifice
brave	combat	holiday	Marines	character
honor	defend	soldiers	veterans	Coast Guard

Just for laughs



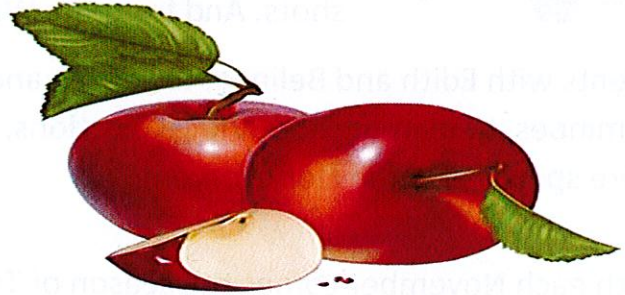
If you don't look like this by 6pm Thanksgiving day, you ain't doing it right...





German Apple Cake

- 3 cups all purpose flour
- 3 tsp baking powder
- 1 tsp salt
- 4 large eggs room temperature
- 2 cups sugar
- 1 cup canola oil
- 1/2 cup orange juice
- 2-1/2 tsp vanilla extract
- 4 cups thinly sliced peeled apples (4-5)
- 2 tsp cinnamon
- 2 TB sugar
- Confectioner sugar



1. Preheat oven to 350'. Grease and flour a 10 inch tube pan. Combine the flour, baking powder and salt. Set aside.
2. In a large bowl, beat eggs and sugar, combine oil and orange juice and alternate with dry ingredients to egg mixture. Beat until smooth, add vanilla, beat well.
3. Pour half the batter into prepared pan, arrange the apples over the batter. Combine cinnamon and sugar and sprinkle half of the mixture over the apples. Top with remaining batter, apples and cinnamon mixture.
4. Bake until toothpick inserted in the center comes out clean about 70 minutes. Cool 1 hour before removing from pan. Cool apple side up on wire rack. If desired, sprinkle with confectioner's sugar.



FROM THE DIRECTOR.....

Hello Friends,

Well, October was another busy month at the Office of Aging! We had a fun filled day at the State Fair. We rolled up our sleeves for flu shots. And from the Winton seniors unleashing their artistic

talents with Edith and Belinda, to sewing and crocheting, to chair exercises, to spades and dominoes, to learning about local elections, to breast cancer awareness and more, there were special activities for everyone.

With each November comes the season of Thanksgiving. Fall has arrived. The farmer's crops have been harvested. The air has grown crisp, the nights are longer and the days are shorter. I must admit, I love living in Northeast NC where we can experience all 4 seasons!

November can also be viewed as the beginning of the holiday season. While this can be a joyous time, it can also be a stressful time. To better equip yourselves with tools to manage holiday stress, we hope you will join Jean Matthews as she visits our 3 sites with a program designed to help you understand and conquer your seasonal stress.

We have a FUN shopping trip to Smithfield planned for any of you needing a little retail therapy. Maybe you can get some early Christmas shopping done.

HCOA will be holding a Food Drive for the Just in Time Food Pantry at Chowan University for student in need, because it truly is better to give than to receive.

For this and much more, you need to mark your calendars and spend some time with us!

In closing I would like to wish you all a Happy Thanksgiving filled with togetherness. May thankful hearts be filled with gratitude for the blessings you have received.

Warm Regards,

Deda

