

AGE-FRIENDLY COMMUNITY

For Our Longer Lives

By Joan Lamson

The Third Thursday Forum at Four (TTFF) in July focused on "Caregiving and Caregivers." The speakers were Pat Wesson, Director of Marketing for Friendly Caregivers, a private firm, and Betsy Howell, a social worker with the Carteret County Department of Social Services. A key point made by the speakers was that care should be taken when engaging a caretaker for a loved one. They recommended working with a licensed agency to assure safety for the patient as well as safety for the caregiver. However, many of us hire or engage a family member or friend or neighbor to help out at these times. Sometimes the care needed from our chosen caregiver exceeds that person's skill level or available time, and we need to be cognizant of the situation and find alternatives.

Many people think that services from the Carteret County Department of Social Services (DSS) are only for people on welfare. Betsy Howell informed us that, in Carteret County, the County Health Department and DSS have merged to provide human services for everyone. Coastal Community Action, located in Newport, is another agency that can be called upon for assistance. One of their programs is respite care for caregivers, which can provide much-needed time off for a weary caregiver. For more information about the subject of caregiving, go to the website for the National Alliance for Caregiving at caregiving.org/.

In August, the TTFF focused on "Long Term Care Insurance and Alternatives." The speakers were Henry Kahen, Pine Knoll Shores neighbor and Financial Advisor with Edward Jones, and Jane Gordon, attorney with Kirkman, Whitford, Brady, Berryman & Faria, P.A. Ms. Gordon was also a speaker at our first forum in March on "Financial Resilience." For more information about health insurance and local resources available to us, the Carteret County Senior's Health Insurance Information Program, also known as SHIIP, has a wealth of information at ncdoi.com/shiip/shiip_county_sites.aspx. A handout was given to those who attended the forum, and extra copies are available at town hall. Ask for the booklet entitled "Buyer's Guide to Long-Term Care Insurance."

Please plan to join us on Thursday, September 17, at 4 p.m. for the next forum, which will focus on "Creativity as We Age." The speaker for this event will be Lucy Daniels, Pine Knoll Shores neighbor. Ms. Daniels says, "I'm a writer and clinical psychologist, still practicing at 81. Currently I'm also interested in and speaking about creativity in aging. This came about because of a film about me that has been shown around the country, "In So Many Words." You can check me out on my website, www.lucydaniels.com."

If you have a topic you would like to have discussed in a future forum, please contact Joan Lamson at 240-3110 or by email to joanlamson@embarqmail.com.

Pine Knoll Shores

VISION AND MISSION STATEMENT

Our *vision* is to provide a quality environment in which all residents and visitors are safe and secure, where individual talents flourish and everyone enjoys the natural resources of our area.

It is the *mission* of the town of Pine Knoll Shores to provide for the safety and well-being of all residents and visitors in an efficient and well-organized manner; develop and implement plans for the continuous improvement of the town, its services and its beach; and encourage the participation of residents in service to the town and community.

CORN MAZE

GET LOST AT THE FARM

Opening September 11th

Join Us for our

Grand Opening on September 26th

of Our Corn Maze & U-Pick Pumpkin Patch

lots of family fun activities including

bounce house, hay rides,
food, games & more!

Garner's Landscaping &

THE Plant Stand

f 252-241-1184

Garner
Farms

PRODUCE

Hwy. 70, Newport, NC 28570
252-223-5283

TOWN OF

Pine Knoll Shores

100 Municipal Circle • Main – 247-4353 • Fax – 247-4355 • Mon-Fri 8 a.m. to 4:30 p.m.

ELECTED OFFICIALS

MAYOR

Ken Jones – 247-4353, ext. 17 – Two-year term – elected in 2013
mayorjones@townofpks.com

COMMISSIONERS

Four-year terms

John Brodman – 726-7643 – elected in 2013 – admin@townofpks.com
Larry Corsello – 247-0262 – elected in 2013 – admin@townofpks.com
Robert Danehy – 240-2945 – (Mayor pro tempore) elected in 2011 – admin@townofpks.com
Clark Edwards – 726-7429 – elected in 2011 – admin@townofpks.com
Fred Fulcher – 808-2569 – elected in 2013 – admin@townofpks.com

TOWN OFFICIALS

TOWN MANAGER: Brian Kramer – 247-4353, ext. 16 – manager@townofpks.com
TOWN CLERK: Scott Sherrill – 247-4353, ext. 11 – admin@townofpks.com
FIN & ADMIN: Julie Anderson – 247-4353, ext. 14 – janderson@townofpks.com
PLANNING & INSPECTIONS: Jim Taylor – 247-4353, ext. 18 – biceo@townofpks.com
PUBLIC SERVICES: Ernie Rudolph – 247-4353, ext. 27 – psd@townofpks.com

PUBLIC SAFETY BUILDING – 314 Salter Path Road – 247-2268; Fax – 247-2897
POLICE: Chief Ryan Thompson – 247-2474 – rthompson@townofpks.com
FIRE & EMS: Fire Chief Jason Baker – 247-2268 – jbaker@townofpks.com

Emergency: Call 911

Emergency Communications Center (ECC) – 726-1911; Public Safety – 247-2474