

Save the Date

Join us for

THIRD THURSDAY FORUM AT FOUR

for an opportunity to hear about

What You Might Not Know About Hospice

with

Betsy Lane

Director of Hospice and Inpatient Services
Carteret Health Care

THURSDAY, AUGUST 17, 4 P.M.
PINE KNOLL SHORES TOWN HALL

Free and Sponsored by the Age-Friendly Advisory Committee

NEXT THIRD THURSDAY FORUM AT FOUR:
SEPTEMBER 21

AMF Season Begins

By Linda Seale

The American Music Festival will present its first concert of the 2017-18 season on September 9 at 8 p.m. at the First Presbyterian Church in Morehead City. This will be a collaboration—a cello orchestra concert by Amit Peled of New York City and his students. This dynamic ensemble of international protégés will present a wide range of classical favorites from the Baroque to the contemporary. The concert will include works by Boccherini, Handel, Ligeti, Schubert and Haydn.

Season tickets are available, or single tickets can be purchased at the door for \$30 per ticket. For more information, call 728-6152 or go to americanmusicfestival.org.

AGE-FRIENDLY COMMUNITY

For Our Longer Lives

By Kathy Werle

The Senior Tar Heel Legislature is on your side

There are many variations to the quote “A nation’s greatness is measured by how it treats its weakest members,” which has been attributed to Mahatma Gandhi. Victor Heinrich, the Senior Tar Heel Legislator serving Carteret County, shared his variation of that quote—“A nation’s greatness is measured by how it treats its seniors”—when he spoke with attendees at the Third Thursday Forum held at town hall in June.

The Senior Tar Heel Legislature, under the guidance of Beverly Purdue, was created 24 years ago to deal with issues pertaining to the state’s growing older adult population, including health care and financial security, and to make recommendations on how the state can better support our seniors as they strive to age with dignity and style. The legislature has 100 delegates representing the 100 counties in North Carolina, and has a mandate to assess legislative needs of its senior citizens and, in turn, provide them with information that will enrich their lives.

In an attempt to absorb the vast array of duties of the legislature as presented by Mr. Heinrich, I found it useful to visit their website at ncsth.org, and encourage you to do the same. Dr. Althea Taylor-Jones, the newly elected speaker of the legislature, describes aging beautifully and expands on the role of the legislature.

Mr. Heinrich is diligent about being an advocate for our seasoned citizens, whether speaking at senior centers, drafting proposals affecting seniors for presentation to the state legislature or pursuing funding initiatives. He works tirelessly toward increasing home and community CARE block grants (Caregiver Alternatives to Running on Empty). The block grant combines federal and state dollars with local matching funds and is critical in providing respite care services for caregivers of those with dementia and Alzheimer’s. Increasing funding for senior centers and expanding programs that are working throughout the state are also on Mr. Heinrich’s to-do list. Overall, his primary goal is to improve the quality of life and extend services and benefits to our golden oldies, enabling them to live independently as long as possible—and to provide those services in a cost-effective manner.

The significance of the Senior Tar Heel Legislature is more evident when you read the projections for our aging population. In North Carolina today, one person in five is more than 60 years of age, by 2033 about one in four will have reached that milestone, and people who have passed age 85 will be the fastest growing population group. By 2018, there will be more people in the state who have had their 60th birthday than those having turned 18. The state’s older population grew at a rate of 38.1% from 2003 to 2013, faster than the national average by 10%. Proactive attention is needed to address the dramatic shift in our demographics. Our Senior Tar Heel Legislature is working for you and is on your side.

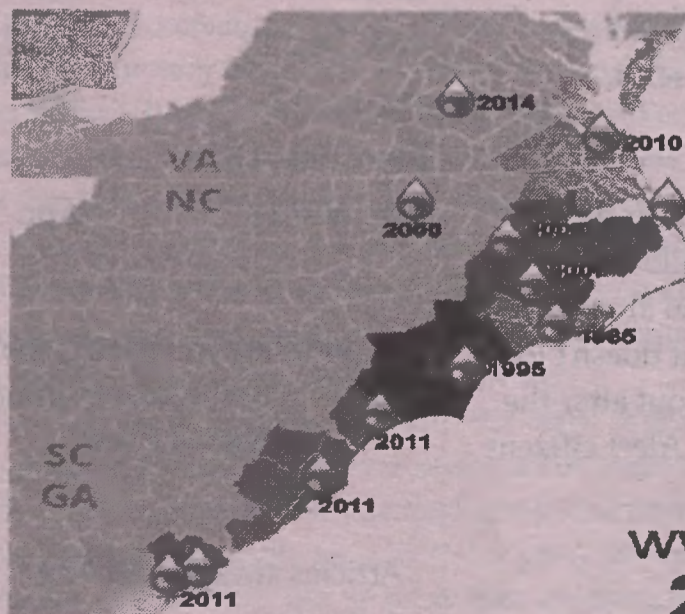
The Age-Friendly Advisory Committee is grateful for the many OPALS (Older People with Active Life Styles) who support our forums through their attendance and for the speakers who have given generously of their time and talent to bring topics of timely importance to our forums and our citizens. As always, we are searching for topics of particular interest to our citizens for future forums and welcome your suggestions as we all continue growing healthier, smarter and more informed together.

Suggestions for future forums may be submitted to Sarah Williams at town hall at SWilliams@townofpks.com or by calling 247-4353, ext. 13.

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