



"Don't forget the hands of the aged; they have touched much." ~Anonymous

Hands that have given us so much help through the years now need a helping hand from us. The Council on Older Adults is able to respond to the critical needs of seniors in our community because of the caring support of individual donors, businesses, the faith community, civic organizations and foundations. Gifts from the community make it possible for the agency to bridge the gap between federal, state and local funding and the actual cost of providing essential services.

Donate Today

All donations, no matter the size, ensure that the Council on Older Adults is able to support services for seniors **Today** and sustain services for seniors **Tomorrow**.

Donations may be sent by mail to:
CCCOA, 339 Devers St, Fayetteville, NC 28303
or by going online at www.ccccoa.org/donate.

Support the Council Forever

Make a lasting impact with an estate gift of any size to the **Friends of Seniors Endowment**, a fund for the perpetual benefit of the Council managed by Cumberland Community Foundation. Examples of estate gifts include designation as a beneficiary of an insurance policy or investment accounts (such as an IRA, 401K, other accounts), designation in a Charitable Remainder Trust, or a simple gift in the donor's will.

To learn how to add to the **Friends of Seniors Endowment** through an outright gift or a gift from your estate please contact Cumberland Community Foundation at 910-483-4449.

Volunteer With Us!

Volunteers play an essential role in providing services to our seniors and we could not do what we do without them. If you are interested in volunteering please call our office or visit our website for more information.



Contact us by calling
910-484-0111

or visit our website at
www.ccccoa.org

Be sure to visit our Facebook page at
www.facebook.com/councilonolderadults

Cumberland County Council on Older Adults is qualified as a charitable organization under Section 501(c)(3) of the Internal Revenue Code. Contributions made to Cumberland County Council on Older Adults are tax-deductible to the extent permitted by law. Tax ID #56-0902659.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Section at 919-807-2214. The license is not an endorsement by the State.



A United Way Community Partner



*Dedicated to Helping
Older Adults
Maintain Independence
with Dignity*



About Us

Cumberland County Council on Older Adults is a nonprofit organization founded in 1968 to help address the needs of our aging population. Our mission is to help older adults maintain their independence at home.

We fulfill our mission by providing a variety of home and community-based supportive services that help older adults and those caring for older adults achieve their desired goal to remain at home and in their community.

Services are provided at no cost to eligible older adults who are age 60 and older (some programs 65 and older) and who reside within Cumberland County. Each program is unique and offers services and/or volunteer opportunities which support our mission.



Information & Assistance Services

Informs seniors or those acting on their behalf about local, state and federal resources that may be available to address their needs. Assists seniors who have difficulty following through on the information given by making referrals and/or advocating on their behalf.

Options Counseling

Offers a person-centered approach to talking about long-term options based on the needs and preferences of older adults and their caregivers by supporting individual informed choices, connecting the individual to services and follow-up.

Home Delivered Meals (Meals on Wheels)

Delivers nutritious meals to homebound older adults who are unable to prepare meals for themselves and have no one willing or able to provide meals for them. Volunteers delivering meals also provide much needed social contact and wellness checks.

Congregate Lunch Program

Provides nutritious noon-time meals at designated community sites while creating an opportunity for social interaction and activities.

In-Home Aide Services

Assists older adults with personal care and home management needs through certified nursing assistants and/or personal care assistants supervised by registered nurses.

Home Improvement Services

Improves the mobility and stability of older adults by installing accessibility equipment such as ramps, handrails, grab bars etc. Enhances the safety of older adults by installing security features such as door/window locks, etc.

Senior Companion Program

Connects older adults with volunteers who provide companionship within the home to ease loneliness and social isolation, help to serve as eyes and ears to professionals who can provide additional assistance, and give support to informal caregivers. May be able to assist with transportation and light chores.

Telephone Reassurance Program

Connects older adults experiencing social isolation and loneliness with volunteers to provide regular telephone contact. Calls are primarily provided to increase social contact through conversation and to check on the safety and well-being of the older adult.

Alzheimer's Disease & Related Dementia Community Support & Awareness

Supports the older adult community with dementia-related diagnoses and their caregivers through such resources as Alzheimer's Foundation of America-sponsored memory screenings, caregiver classes and community presentations, respite funds to provide family caregivers a break, and personalized Dementia Alliance of NC-sponsored Music and Memory at Home kits.

Caregiver Support Services

Supports caregivers of older adults through such resources as caregiver classes including Assisting Older Adults and the evidence-based Powerful Tools for Caregivers program, and both virtual and in-person caregiver support groups.

Seniors' Health Insurance Information Program

Provides information, personal counseling and public classes relating to Medicare, Medicare supplements, Medicare Advantage and Medicare Part D. Also provides information on Medicare scams and fraud.