



Silver Belles focuses on seniors who are 60 years and older. Caring about our seniors will ensure they are offered the best care, and comfort, along with physical wellness, and emotional support.

- ✓ Perform light to moderate exercise to help prevent disease, boost mood, and support weight loss.
- ✓ Promote healthy eating habits by removing unhealthy and processed foods and encourage an increase of fresh fruits and vegetables.
- ✓ Provide emotional support through visitations, phone calls, and sending notes and cards.
- ✓ Provide comfort to seniors who have special needs by connecting with other agencies within the community who can cater to your specific need.

The Cornerstone Community Based Programs has initiated a new program called "Silver Belles" to assist the elderly citizens living in the Beaufort County area. This program will be centered around the elderly that do not have members of their family or close friends in the city to check on them on a regular basis. Cornerstone Community Based Programs will develop an online contact form which will consist of the elderly person's name, address, and telephone number, along with other important information.

The Silver Belles Program will offer one-on-one and group community outreach dedicated to the elderly sixty and older. This age group will be offered care, comfort, food, exercise, and encouragement by visitation, sending notes/ cards, bi-weekly telephone calls and other engaging activities and resources to those that are willing to participate. Any elderly with a special need or an emergency need due to an unusual circumstance or natural disaster will be referred to an agency in the city that can help with what is needed.

Cornerstone Community Based Programs will partner with other agencies and churches to better serve the elderly in Beaufort County. Cornerstone Community Based Programs will provide the Silver Belles an emergency contact form to list emergency names and telephone numbers in case of an emergency.

Contact Forms will be available online and can be picked up at 1918 West 5th Street, Washington, North Carolina. If you or someone you know is a potential candidate for the Silver Belles program, you may contact Debra Hill at (252) 917-1095 or Cornerstone Community Based Programs at (252) 946-6109.

For those that will be picking up their forms once completely filled out, may return to: Cornerstone Community Based Programs Post Office Box 444, Washington, NC 27889 or drop off at the office.



SILVER BELLES



1918 West 5th Street
Post Office Box 444
Washington, NC 27889
Phone: (252) 946-6109

Silver Belles Coordinator: Debra Hill
Phone: (252) 917-1095



CCBPS Silver Belles

Mission

The Silver Belles Group is open to seniors 60 years and older within the Beaufort County area. The purpose of the Silver Belles Group is to transform the power of meaningful exercises that will aid in brainpower, improve flexibility, mental health, and to encourage continued participation in life.



Goals

The Silver Belles Group goals are to increase strength, reduce inflammation, reduce anxiety, and improve the quality of life.

