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How is School Affecting Children's and Families' Mental Health During COVID-19? A Survey.

The National Federation of Families is conducting a survey on the topic of "How is School Affecting Children's and Families' Mental Health During COVID-19?" Suzanne Maness, Family Advocate for the Connections Family Support & Community Collaboration Program at Sandhills Center said, "I am sharing this survey from the National Federation with you and hope you share it with other parents. It should only take 5-10 minutes to complete it."

Maness continued, "This survey will provide us with valuable information about the challenges families are currently experiencing and will inform our advocacy efforts at the national level."

Please feel free to share the survey link with other parents and caregivers. Hearing from as many families as possible will only strengthen our ability to represent family voice.

www.surveymonkey.com/r/EducationandMentalHealth

Thanksgiving 'Click It or Ticket' Statewide Enforcement Campaign is Underway

The N.C. Governor's Highway Safety Program is reminding drivers this Thanksgiving week about their responsibility to buckle up when behind the wheel.

Law enforcement will be out patrolling North Carolina roads as part of the Thanksgiving 'Click It or Ticket' campaign, starting Monday and running through Sunday, Nov. 29.

"Our goal is to save lives by increasing public awareness about the importance of seat belt use," said Mark Ezzell, Director of the N.C. Governor's Highway Safety Program.

Despite reduced traffic volumes during the COVID-19 pandemic, roadway deaths and serious accidents have increased in North Carolina in 2020. Last year there were 434 unbelted deaths across the state. Already in 2020, 440 people have lost their lives while not wearing a seatbelt.

"This year, we're facing two public health crises at the same time," Ezzell said. "One, the pandemic, is getting a lot of attention. But the other, an increase in unbelted traffic deaths, can't be ignored. We need to stay vigilant and stay careful this holiday season to save people from losing their life to either."

During Thanksgiving Week 2019, eight people lost their lives on North Carolina roadways while not wearing a seatbelt, and another 22 were seriously injured.

North Carolina law requires all passengers in a vehicle to be properly restrained. Violations are punishable by fines up to \$179.

To help you and your loved ones stay safe this Thanksgiving holiday, GHSP recommends the following safety tips to drivers and passengers as they travel:

- Buckle Up. Every Seat. Every Time. It's the law.
- Don't drink and drive. Make sure you have a sober designated driver.
- Obey the posted speed limit.
- Keep a safe following distance.
- Turn on your headlights in the rain or snow.
- Put away all distractions including cell phones.

Social media users can show NCGHSP how they are practicing good driving behavior by buckling up. Mention @NCGHSP on Facebook or tag @NC_GHSP on Twitter and Instagram with #NCGHSP to show how they are celebrating this Thanksgiving, Click It or Ticket It.

A downloadable, broadcast quality video on this subject can be found at vimeo.com/481709644.

Families Urged to Take Action Before Medicare Open Enrollment Ends

Avoid scams when changing Medicare supplement plans

North Carolina Insurance Commissioner Mike Causey encourages families to talk to their Medicare-aged loved ones about getting solid, reliable information about the best health and prescription plan before open enrollment ends Dec. 7. This is a very important time for beneficiaries to decide on a suitable plan so they have the proper coverage beginning Jan. 1, 2021.

"Holidays are the perfect time for families to discuss important life issues" said Commissioner Causey. "There is a lot of confusing information about Medicare health and prescription plans, so I encourage people to call us so we can help beneficiaries get the perfect plan to suit their needs."

Since Medicare plans change each year, subscribers should review their current policy, research options and plans to determine if there are cost-saving benefits to changing plans.

Changes that can be made during open enrollment include the following:

- Changes to Part D (prescription drug coverage)
- Changes to Part C (Medicare health plan)

There is no annual Open Enrollment Period for a Medicare supplemental plan. Consumers can apply to change this coverage at any time if companies allow.

If Medicare beneficiaries need help to decide what health or prescription drug plan is best for them, they can contact the Seniors' Health Insurance Information Program or SHIIP. SHIIP is a division within the N.C. Dept. of Insurance that is dedicated to assisting seniors with their Medicare plan free-of-charge. Medicare experts are available to help people decide on a health or prescription drug plan or compare their current one to see if it still fits their medical profile.

"I am also concerned about the fraudulent activity surrounding Medicare during open enrollment," Causey added. "Be suspicious of telephone calls, solicitations and even some commercials."

Since Medicare Open Enrollment began Oct. 15, the N.C. Department of Insurance has learned that people are going door-to-door pretending to be from the Department offering free insurance with extra benefits for vision, dental and life insurance. During the visit, the impersonator asks to see the resident's current health insurance policy and other personal information such as their Social Security number, bank account and other sensitive information.

If residents feel they are a victim of a scam, Commissioner Causey urges residents to contact their bank and have a security notification put on their account. Residents will then be notified if anyone attempts to make withdrawals or if new accounts are created using their Social Security number.

To contact SHIIP for assistance in choosing or comparing a Medicare health or prescription drug plan or to report suspected fraudulent activity, call NCDI at 1-855-408-1212. Locally you can call Grace Senior Center at 704-694-6616.

The Seniors' Health Insurance Information Program (SHIIP) is a free N.C. Department of Insurance health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIIP's mission is to educate, advocate, counsel and empower people to make informed decisions about Medicare or their prescription drug plan. SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan, or company. If you have questions about your specific plan, we encourage you to contact your insurance agent or the insurance company.

Enrichment for Mothers Night

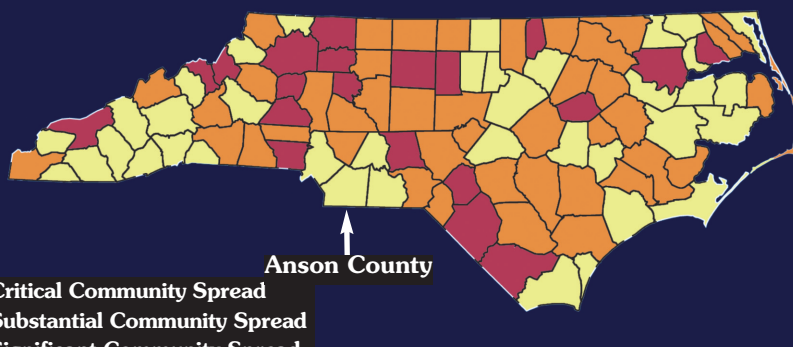
Lamb of God Church in Wadesboro will be holding an event called Enrichment for Mothers Night soon. The event is for single mothers, to encourage and uplift. Free diapers and refreshments will be given.

For information such as the date of the event and to sign up call 843-623-3777. Lamb of God Church is located at 118 West Wade Street in Wadesboro.

The website is www.logomchurch.com.

North Carolina's COVID-19 County Alert System Map

COVID-19 County Alert System



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