



## The Greene County Senior Gazette February 2018 “News for Folks Age 60+ & Family Caregivers”

**From the Director's Desk:** Hopefully most have survived the cold weather, winter precipitation events, and the outbreak of Flu. I am looking forward to some warmer temperatures and more opportunities for exercise. Beginning in February, the Senior Center will offer **Arthritis Foundation Exercise Classes**, **Better Food/Better Health Classes**, and **training days** for **Neuse River Senior Games** coming up in April. Corn Hole Practice will begin on Wednesdays at 11am. The Pool Tables are ready for competitors to bush up their skills for Billiards. Regular Practices for the Shuffleboard Competition will start back in March. There are some changes to the Activities Calendar to accommodate some of these classes. Please review the activities schedule carefully as you plan to participate. The Senior Center is also launching a class for Family Caregivers called **Powerful Tools**, starting on February 16th. These Free Classes will be held on Fridays for 6 weeks, offering tips and helps for Family Caregivers of Older Adults and persons with Alzheimer's or related Dementias. For those who wish to enrich the mind, **Pass Port to our International Neighbors** with host Nita Smith starts back this month with “visits” to *India* on Feb. 8th, *Trinidad & Tobago* on Feb. 15th and *Ethiopia* on Feb. 22nd. Be on the lookout for more “Pass Port” Experiences in the month of March. On February 27th, in honor of **Black History Month**, our Educational Jingo Group will test their skills with a Black History Trivia Contest. On February 14th, the Senior Center will offer **Valentine Refreshments** during Bingo. There may even be some extra chocolate on the prize table that day. At 11:30, those that participated in our **Senior Center Royal Court** Fundraiser will be recognized, and the top four in collections crowned as our Senior Center Royal Court for 2018. The Senior Center Royal Court will represent the Senior Center in Parades and other events throughout the year. Our **Singles Club** will have a Spaghetti Supper on Tuesday, February 27th at 5:30pm. Cost is \$3 per person. If you have any questions about any of our services or activities, please feel free to inquire at our Business Office. Last but not least, Friday February 2nd is wear **Red Day for Women's Heart Health**. Plan to wear red that day to show support.



**Happy Valentine's Day! S. Harrison-Director**

## News about Family Caregiver Support Programs

### Eligible Program Participants:

The following specific populations of family caregivers are eligible to receive services: 1) Adult family members or other informal caregivers age 18 and older providing care to individuals 60 Years of age and older; 2) Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's Disease and related disorders 3) Grandparents and other relatives (not birth or adoptive parents) 55 years of age and older providing care to adults age 18-59 with disabilities The Caregiver receiving Respite or Supplemental services must be taking care of **someone who is frail**, which means: 1) The person receiving care is unable to perform at least 2 activities of daily living with substantial human assistance, including verbal reminding, physical cueing, or supervision or 2) Due to a cognitive or other mental impairment, requires substantial supervision because the individual behaves in a manner that poses a serious health or safety hazard to the individual or to another individual.



North Carolina Family Caregiver Support Program  
Completing the Care

**Programs & Services:** Monthly Family Caregiver Support Group Meetings-4th Fridays at 12pm, Caregiver directed Vouchers for Respite Services, Caregiver Training Programs including Powerful Tools for Caregivers, Home Safety Devices-Door Alarms

**\*Services accessed through the Greene County Senior Center. For more information call 252-747-5436.**

**FOR THE LATEST INFORMATION &  
PICTURES OF OUR ACTIVITIES!  
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SENIOR CENTER  
& SERVICES ON  
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**Nutrition Matters: Shelina Bonner, Agent**  
**Family & Consumer Sciences Greene County Cooperative Extension**

**Heart-healthy ideas for the holiday!** Every year we work diligently through the holidays to keep from gaining too much weight, then after the holidays to lose the few pounds we may have put on. We watch our calories, become more active and choose to eat only nutritious foods all through the month of January. Before we know it, here comes Valentine's Day! Another holiday associated with sugary treats. How can we show those closest to us how much we love them without lavishing them with boxes of delectable chocolates or intricately decorated cookies? Well, here are a few suggestions you can try to help make your Valentine's Day, and your loved ones, a bit healthier...**Start your Valentine's Day** by serving up a love potion for breakfast! Follow your favorite smoothie recipe using any type of red berry for the fruit. Serve it in a glass with a love note attached to a straw. You have just created a healthy Valentine's Day breakfast for the object of your affection. **For lunch**, cook up a grilled cheese sandwiches on whole wheat bread for the grandkids. When the low-fat cheese warmly melts, carve the sandwich with a heart-shaped cookie cutter to mold the sandwiches into symbols of your devotion. **In the afternoon**, invite your love ones to enjoy an indoor activity like bowling, bingo or charades. If the weather permits, go on a neighborhood walk or ride bikes. Physically moving will build muscles, sharpen minds, and strengthen hearts. **Lastly**, make dinner for the family a "love affair". Let those you adore choose their favorite dishes and join in the fun of preparing them. While cooking, talk about ways their favorite dishes can be made healthier. Cut the fat and/or sugar, use herbs instead of salt for flavoring, bake instead of fry. Get everyone thinking about how their favorite foods can also be good for them. The grandkids, may be too young to cook but they can create a festive centerpiece or draw pictures on the napkins that represent what they adore most about being a part of such a special and loving family!

**For additional foods**, health and nutrition information, contact Shelina Bonner, Family and Consumer Sciences Agent, North Carolina Cooperative Extension-Greene County Center at (252) 747-5831



Source: <http://www.choosemyplate.gov/preschoolers/healthy-habits/making-mealtime-family-time.html>

**CELEBRATING FEBRUARY BIRTHDAYS:**

Suzanne Griffin, Pearlee Jones, Eunice Kearney, Debra Scheffer, Bobbie Smith, Travis Sugg, Joan Wade

*Wishing you the Happiest of Birthdays!*

**Senior Trip to Cape Cod, Martha's Vineyard & Plymouth**

Sept. 24th-29th, 2018. Trip cost for 6 Days, 5 nights-(3 nights in quaint Cape Cod): \$525 includes 5 Breakfasts/3 Dinners, tours, tips, lodging & Motorcoach Transportation. \$75 Deposit Due at the time of Signing. Final Payment Due 7-17-18.

**Contact Sharon Harrison 252-747-5436 for more information**



**SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER**

Vision Loss Support Group Meeting 3rd Thursdays at 1PM

Alzheimer's & Family Caregivers Support Group 4th Fridays at 12PM

Family Caregiver Lending Library available during Business Hours

\*TOPS-Weight Loss Support Group-FRIDAYS at 10:00AM

**Volunteers for the Month of January:**

Home Delivered Meals: Greene County Cooperative Extension, Norman Head, Verona Chisolm, Bettie Dixon, Russell Corbett, Joyce Corbett, Henry Grant, Linda Jones, Connie Miller, Billy Goff, Mary Ann Mooring, Jeff Sugg, Cindy Beaman, Sheila Brann, Doris Connor, Shenile Ford, Ana Edwards, Jen Harper, Roy Miller, Jesse Sneed, Kim Hoskins, Van Willoughby, Fred Perry, Bobby Glossip, Linda Dunn, Shelina Bonner, Phyllis Croom, Lauren Pace

Volunteering for the Senior Center: Melinda Waters, Joan Wade, Ada Rodgers, Janice Moye, Roger Monroe, Tony Tyson, Lee Taylor, Hazel Taylor, Travis Sugg, Dwight Moore, Elliotte Ashburn, Ada Ashburn, Cliff Bryant, David Jones, Dianne Morris, Jean Garner, Sandra Thomas

**VOLUNTEER OPPORTUNITIES at the Senior Center-Winter 2018:**

Dining Room Assistant, Frozen Meals Delivery, Office Assistant & Receptionist, Activities Assistant, Grounds Assistant, Aging Advisory Committees, Cleaning  
\*Persons interested in volunteering will need to complete a volunteer application with confidentiality statement and take orientation training for volunteers. Please see someone in the business office for an application, and to schedule orientation.

**Volunteer Opportunities in the Community:** Office Assistant at Cooperative Extension, Interfaith Food Bank, Greene County Museum, SHIP Counselors, Greendale Forest Nursing Center, Cause N Dog Rescue Animal Care Volunteers, Greene Lamp Head Start/Early Head Start-Substitute Teachers.

Call 252-747-5436 for more information.



**Volunteer Spot Light:** This month we salute Melva Lee Taylor, who volunteers with the Jewelry Making Classes on Monday Mornings. She is very valuable to the Senior Center Staff, making sure that there are enough supplies for the group, and assisting those that need some extra help with their beading projects. She has been volunteering with this group for several years. Thanks Lee for all you do to help the staff and participants at the Senior Center!