



## **The Greene County Senior Gazette June 2019 “News for Folks Age 60+ & Family Caregivers”**

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**From the Director's Desk:** Ahh, the sweet days of summer! Picnics, the old swimming hole, fishing in the creek, a day at the beach, and homemade ice cream. I was so glad to get out of school! As a kid, I enjoyed chasing lighting bugs at night and playing outside in the cool of the evening. Being a cat lover, I looked forward to the neighborhood litter of kittens which were often born under a barn or a wood pile in the back yard. I couldn't understand why daddy wouldn't let me have them all! Having woodland around the house was fun too! Picking huckleberries for a pie or cake, smelling honey suckle, and eating mulberries right off the tree! The home garden was a lot of work, but nothing beats the taste of fresh cucumbers, squash, butter beans, tomatoes, and string beans to name a few. During the summer, I usually gained the pounds I lost over the school months with my mom preparing wonderful and plentiful meals. She would serve fresh vegetables, fried pork chops and chicken, homemade macaroni and cheese, and fruits which were often made into cobblers or crumbles. Mom always had fried green tomatoes at our table. I also got to see cousins that came “home” for the summer. We always had great times, laughing and playing as long as our mothers would let us. I could usually talk mom into letting a cousin or two spend the night! Not much sleeping there! Not that I disliked school, but I dreaded when the easiness of summer reverted back to the busyness of school. Vive La Summer! To all the Fathers, I wish a Happy Father's Day! *S. Harrison-Director*



Powerful Tools  
**FOR** Caregivers

**Free Classes for Family Caregivers  
June 4th, 7th, 18th, 21st, 25th, & 28th at 10am  
Call 252-747-5436 to register today!**

**Nutrition Matters: Shelina Bonner, Agent**  
**Family & Consumer Sciences Greene County Cooperative Extension**

**June Is National Safety Month**

Injuries are the leading cause of death for Americans ages 1 to 44. The good news is there are many things people can do to stay safe and prevent injuries. So make a difference in your community and spread the word about ways to reduce the risk of injuries. Encourage communities, workplaces, families, and individuals to identify and report safety hazards. How can National Safety Month make a difference? We can all use this time to raise awareness about important safety issues like:

- ◆ Preventing poisonings
- ◆ Driving, biking, and working safely
- ◆ Preventing slips, trips, and falls

Everyone can get involved in reducing the risk of injuries. Together, we can share information about steps people can take to protect themselves and others. How can you help spread the word? It is easy for you to make a difference! Here are some helpful ideas to help you take action today. For example:

- ◆ Add information about safety to your newspapers.
- ◆ Facebook, Instagram, Tweet about National Safety Month.
- ◆ Host a community event where families can learn about injury prevention.

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:** <https://healthfinder.gov/nho/JuneToolkit2.aspx#getinvolved>

**Free Box Fan Distribution:** The Senior Center will be distributing box fans starting June 1st. Requirements: reside in Greene County, be at least age 60 or older or with a disabled Adult, and have a home situation where a threat to health and well-being exists. Persons that received fans last year and/or currently have a working **Central** Air Conditioner, will be placed on a waiting list, to make sure that individuals who do not have fans or limited methods of cooling the air in their homes will receive fans first. Contact 252-747-5436 for more information.



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

Vision Loss Support Group Meeting-June 20th, 2019 at 1:00PM  
Alzheimer's & Family Caregivers Support Luncheon-June 28th at 11:00am  
Family Caregiver Lending Library available during Business Hours  
\*Slim/Fit Weight Loss Support Group-Fridays at 10:00AM

**OPENINGS FOR FREE Senior Meal Program:** *No Income Limits*-if you live in Greene County & are at least Age 60, you **QUALIFY!**

**Congregate Meals**-Hot Meals served on site at the Senior Center. Free Rides to & from the Center also available. Group Activities & Socialization too!

**Frozen Meals** for Homebound Senior Citizens delivered once a week.

Please contact us today about homebound eligibility requirements.

**For More Information: Call 252-747-5436.**

**Celebrating June Birthdays**

Sue Chapin, Sharon Harrison, Barbara Jones, Joyce King

*Wishing you the Happiest of Birthdays!*

**Senior Trip to Biloxi & New Orleans** Sept. 22nd-28th, 2019.

Trip cost for 7 Days, 6 nights-(4 Nights at a Casino Hotel): \$595 includes 6 Breakfasts/4 Dinners, tours, tips, lodging & Motorcoach Transportation. \$75 Deposit Due at the time of Signing.

28 Seats have been SOLD! Final Payment Due 7-15-2019

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



**VOLUNTEER OPPORTUNITIES at the Senior Center-SUMMER 2019:**

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, Kitty Cottage Cat Rescue, Beare Garden Plantation Animal Rescue, & 3HC Hospice Volunteer, Community Health & Hospice Volunteer, Greene County Community Garden. Call 252-747-5436 for more information.

**Volunteers for the Month of May**

Home Delivered Meals: Free Union Church

Alice Barfield, Patricia Edwards, Russell Corbett, Van Willoughby, Jeanette Jones, Henry Grant, Linda Jones, Linda Dunn, Jeff Sugg, W E Connor, Ada Rodgers, Verona Chisolm, Dewey Hart, Suzette Tilghman, William Little, Barbara Stocks, & Doris Conner

Volunteering for the Senior Center: Elliotte Ashburn, Ada Ashburn, Dwight Moore, MeLinda Waters, David Freeman, Sarah Fortesque, Barbara Dixon, Janet Dupree, Joan Wade, Lee Taylor, Hazel Taylor, Pat Avery, Travis Sugg, Art Ramos, Yvonne Ramos, Tony Tyson, James E Rodgers, Roger Monroe, Phil Harrison, Alice Barfield, David Jones, Wanda Hardy, Dianne Morris, Arthur Robinson, Jean Garner, Dwight Moore, Sheila Brann, Chris Miller, Elaine Morgan, & Wilson Clark



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**Greene County Senior  
Center & Services**

