

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

From the Director’s Desk: I am glad to let our readers know that there are 15 registered Greene County participants for the **33rd Annual Neuse River Senior Games & Silver Arts Competition**. Events including track & field, billiards, corn hole, shuffleboard, horseshoes, softball throw, and silver arts which are held in New Bern April 18th-20th. The Bowling Competition will be in Kinston on April 23rd. Participants compete with residents of Craven, Duplin, Jones, Lenoir, and Pamlico Counties. Typically, we do quite well in these events. Opening Ceremony is April 18th, with a roll call of all the counties participating, which is very exciting. For Silver Arts, we have a knitted afghan, poetry, and an oil painting. I wish everyone the best of luck as they compete! On April 4th, the Senior Center will offer a class for individuals that provide care for family members of adults that are at least age 60 and older. **Powerful Tools for Caregivers** is a free class offered in 6 sessions. Classes will be held April 4th, 6th, 11th, 25th, May 2nd & 4th. Free Lunch will be provided with each session. Another workshop starting April 23rd is **Living Healthy with Chronic Conditions**. The goal of these classes is to reduce the risk and occurrence of disease and disability among adults 60 and older. Workshops are 2 hours long with breaks, and are held on Mondays & Tuesdays for 6 sessions. Participants will learn medication management, healthy eating and exercise tips, how to make informed treatment decisions, techniques to deal with frustration, fatigue, pain, and isolation, how to communicate with friends, family, and health care providers regarding their condition. Again, there is no cost to attend this class. Contact the Senior Center to register for workshops or for more information at 252-747-5436. There have been a few additions and changes to our activity calendar, so please make sure you read over it carefully for the month of April. Election time is near, and the **2018 Primary Early Voting Dates** are April 19th, 20th, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, & 30th. There are some Early Voting dates in May also. Copies of Voting Schedules are available in the Senior Center Business Office. For more information about early voting, you can contact the Greene County Board of Elections at 252-747-5921, or check out their web site at www.greeneboe.com. Last but not least, the month of **May is Older American’s Month**, so be on the lookout for special events planned throughout the month. This year’s theme is engage at every age! Are you engaged? If not, we have plenty of opportunities to be active and involved through your local Senior Center. Hope we can help! *S. Harrison-Director*



**May is Older American’s Month-Engage at Every Age!
In Celebration, special events will be held in the month of May**

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!
"LIKE" GREENE COUNTY
SENIOR CENTER
& SERVICES ON
FACEBOOK!**



Like us on
Facebook

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

The Cheapest Way to Improve Your Health, Drink Water

In America water is free just about anywhere you go. Drinking water instead of sugar-sweetened beverages will not only help your wallet but could help to improve your health.

Although there are currently no set requirements for water consumption, the Food and Nutrition Board recommends that the average women consume 91 ounces daily (about 11 cups) and men consume 125 ounces daily (about 15 cups). (Certain groups may require higher intake levels, check with your doctor for more information).

This may seem unattainable to some but don't worry, typically 20% of this amount is consumed within the foods you eat. With this in mind, women should aim to drink 8 cups of water-based beverages daily and men, 12 cups. This may still seem like a daunting task for some, below are some tips to include healthy drinks into your daily routine.

1. Reusable water bottles can be a good way to encourage water consumption.
2. **Tip:** Look for a 16-ounce water bottle and every refill counts as 2 cups!
3. Infuse your water with your favorite fruits and herbs. See the recipe below to get you started.
4. **Tip:** Freeze fruits when they are in season, and usually a great deal. Once you need them they can serve to flavor your water and help keep it cold!
5. Soda-lover? Try switching to seltzer water or club soda. Look in your grocery store for calorie-free, carbonated drinks, available in a variety of flavors.
6. **Tip:** Most restaurants have club soda available on draft, just ask!
7. Attention caffeine-lovers: coffee and tea count towards your daily intake as well! Take it easy on the cream and sugar and these drinks can be a healthy way to reach your recommendations.

Tip: Always, remember tea does not have to be sweet! Try different flavors, (honey vanilla chamomile) and make it hot or iced.

Try this: **Strawberry Mint Water**

Ingredients: 1/2 Cup frozen strawberries, 1/4 Cup fresh mint, 8 oz. water.

Directions: Combine all ingredients in a cup or water bottle.

Enjoy the refreshing flavor! 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://www.choosemyplate.gov/ten-tips-make-better-beverage-choices.entry-content>

<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/tag/on-the-go/>

CELEBRATING APRIL BIRTHDAYS:

Mary Bryd, Ada Edwards, Mercie Edwards,
Gail Letchworth, Margaret Nelson, Lee Taylor

Wishing you the Happiest of Birthdays!



Please wish the following Neuse River Senior Games & Silver Arts Participants well as they compete this month in New Bern!

Silver Arts Participants: Sybil Thomas, Shirley Ransom, Dwight Moore

Senior Games Participants: Alice Barfield, Lemon Edwards, Lee Sutton, Joan Wade, Janice Moye, David Jones, Cliff Bryant, Art Ramos, Mary Sheppard, Bronnie Chase, Melinda Waters, Perry Baker, and Dwight Moore.

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

VOLUNTEER OPPORTUNITIES at the Senior Center-Spring 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, SHIIP Counselors, Greendale Forest Nursing Center, Cause N Dog Rescue Animal Care Volunteers, Greene County Community Garden.
Call 252-747-5436 for more information.



Volunteer Spot Light: This month we salute **Jean Garner**. Jean currently serves on our Aging Planning Committee, Regional Aging Advisory Committee in New Bern, and serves on our Community Advisory Committee for Nursing and Adult Care Homes. Her service on these boards shows her dedication to older adults, not only at the Senior Center, but throughout her community. We appreciate all your years of service. Thanks for all you do!



Volunteers for the Month of March:

Home Delivered Meals: Norman Head, Verona Chisolm, Russell Corbett, Van Willoughby, Henry Grant, Bill Stocks, Jeff Sugg, Cindy Beaman, William Connor, Rebecca Pate, Linda Jones, Roy Miller, Doris Connor, Jane Beaman, Fred Perry, Linda Dunn, Frankie Beaman, Pete Miller, Beth Moyer, Larry Moyer

Volunteering for the Senior Center: Melinda Waters, Joan Wade, Ada Rodgers, Janice Moyer, Roger Monroe, Tony Tyson, Lee Taylor, Hazel Taylor, Travis Sugg, Ada Ashburn, Sandra Thomas, Margaret Nelson, Art Ramos, JE Davis, Yvonne Ramos, David Jones, Sheila Brann, Chris Miller, Dwight Moore, Elaine Morgan, Elliotte Ashburn, Ada Ashburn, Dianne Morris, Earl Rodgers

National Volunteer Week-April 15th-April 20th!

Volunteers make a World of Difference!