




The Greene County Senior Gazette September 2019 "News for Folks Age 60+ & Family Caregivers"

From the Director's Desk: The month of September is **National Senior Center Month**. The theme for this year is "*Senior Centers: The Key to Aging Well*". Indeed, our Senior Center does offer a lot of keys to aging well with a variety of activities, exercise opportunities, health education classes, and nutrition workshops. This month, 16 Seniors from Greene County will compete in the annual NC Senior Games & Silver Arts State Finals. These participants had to qualify first at regional games to be able to compete at the State Level. Wish them good luck and lots of medals! Some of these participants take advantage of the equipment available at the Senior Center to practice horseshoes, bocce, shuffleboard, and billiards-all a part of Senior Games. The Senior Center also offers evidenced based health promotion classes like Living Healthy with Diabetes and Chronic Conditions, Tai Chi for Arthritis, Arthritis Foundation Exercise, and BINGOCIZE! The Greene County Cooperative Extension offers monthly Nutrition Workshops, Steps to Health Classes, and an annual class on Food Safety. Greene County Health Care comes out once a month to check blood pressures and blood sugars with the nurse providing counseling and follow-up on the results of the tests. The Senior Center offers a variety of recreational activities like pool, corn hole, shuffleboard, bocce, exercise equipment, a Senior Walking Club and line dancing. If you are looking for fun things to do, try bingo, arts & crafts classes, field trips, computer classes, Singles Club Meetings, and weekly movie. For a healthy meal, contact us about our free lunch program, which is offered Monday through Friday at 12:00. The Senior Center also offers support groups for Weight Loss, Vision Loss, and Family Caregivers/Alzheimer's. **Special Events** planned for September include a presentation on how to apply for Extra Help paying for Medicare Part D Prescription Insurance, Falls Prevention Awareness Bingo & Screenings on Sept. 11th from 10-12, a presentation from Legal Aid NC on Sept. 12th at 11am, an event on Sept. 16th to promote the reauthorization of the Older American's Act-includes breakfast, and a trip to Spice Bouquet on September 10th at 2pm. Please feel free to drop by for a tour of your Senior Center. The Grandkids are back I school now, so check us out! *S. Harrison-Director*



The Senior Center will be closed Monday September 2nd for Labor Day!

Nutrition Matters: Shelina Bonner, Agent

Family & Consumer Sciences Greene County Cooperative Extension

Farmers Markets: Bringing the Farm to Table: Using all of the unique food finds after a trip to the local farmers market can be a challenge. With a little planning, your fieldtrip to the farmers market can be a perfect way to introduce your family to new foods while learning where food comes from. Here are the six most important things to remember for bringing a piece of the farm back to your table.

Plan ahead. Bring a list of what foods you need. Scoping out the market's website or event guide gives an idea of what is offered. Get your family excited about what new foods will be there, and ask children what new things they would like to try.

Try something new. Challenge yourself and your family to try at least one new food item. The farmers market is the perfect setting for sampling unique foods. Many food stands will offer tasters to passersby interested in trying their foods.

Talk to the farmers. Take this opportunity to meet farmers and producers in a relaxed setting. Use this time to have a conversation with the people responsible for growing or making your food. Farmers enjoy getting to know you and appreciate your interest in their crops.

Ask questions. Not sure how to incorporate that purple potato into a dish your family would like? Ask the individuals selling the foods; they are a wealth of knowledge for various ideas of how to use their food as ingredients in recipes. Some even have recipes available for you to take home.

Follow the MyPlate method. Most farmers markets offer a wide variety of foods: most are delicious and nutritious, but some are high in calories. When choosing foods, remember the USDA's MyPlate method which emphasizes making half your plate fruits and vegetables, and the rest of your plate with whole grains and lean protein.

Make a farm-to-table meal. Now, use a medley of what you gathered at the farmers market to prepare your meal. Involve your child or grandchild in the kitchen, helping to prepare the various ingredients. Try this Heirloom Tomato-Basil Salad recipe after going to your next farmers market visit:

Heirloom Tomato- Basil Salad Ingredients: 5 heirloom tomatoes cut into wedges
¼ cup fresh chopped basil 1 clove minced garlic 1 tablespoon olive oil
3 tablespoons balsamic vinegar

Directions: Toss together and serve either alone or on top of a bed of fresh greens. 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.eatright.org/food/planning-and-prep/smart-shopping/farmers-markets-bringing-the-farm-to-table>

SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER

Vision Loss Support Group Meeting-September 19th, 2019 at 1:00PM

Alzheimer's & Family Caregivers Support Luncheon-Sept. 27th 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.

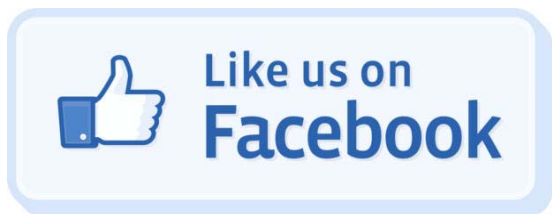


Celebrating September Birthdays:

Janet Dupree, Emma Grant, Linda Jones,

Susan McCullen, Anna Moore, Sylvester Speight,

Minnie Williams *Happy Birthday!*



FOR THE LATEST INFORMATION & PICTURES OF OUR ACTIVITIES CHECK OUT GREENE COUNTY SENIOR CENTER & SERVICES ON FACEBOOK!

SEPTEMBER SPECIAL EVENTS: Sept. 3rd-Extra Help & Medicare Saving Programs-How to Apply, Sept. 10th-Trip to Spice Bouquet, Sept. 11th-Falls Prevention Awareness Bingo, Sept. 12th-Presentation by Legal Aid on their services, Sept. 16th-Older American's Act Reauthorization Advocacy Event with Breakfast, Sept. 30th-Special Meal for Senior Center Month. For more information check out our September Activities Calendar.

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 August:

Home Delivered Meals: **Hookerton Methodist**

Alice Barfield, Jerry Jones, Ada Rodgers, Ana Edwards, Malik Sutton, Fred Mitchell, Jesse Taylor, Janet Skelton, Linda Dunn, Henry Grant, Bill Stocks, Verona Chisolm, Duffie Lanier, Anthony Yelverton, Jalin Connor, Jeff Sugg, Linda Jones

Volunteering for the Senior Center: MeLinda Waters, David Jones, 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, Alice Barfield, Wanda Hardy, Gwendolyn Johnson, Madia Harris, Alyiah Shackelford, Angel Vilella.

Thanks for ALL you Do!



Volunteer Spot Light! This month, we honor Angel Vilella! Angel hasn't been coming to the Senior Center very long. With a bright smile and cheerful mood, his experience in Food Service has been a valuable asset to the Senior Meal Program. Staff Member Anna Moore really appreciates his help especially when it comes to packing meals for Home Delivery. Volunteer Angel Vilella, thanks for volunteering and all the things you do for our Senior Nutrition Program!

SENIOR CITIZEN'S ...DAY...

Greene County Senior Center Presents:
NC STATE FAIR
SENIOR CITIZEN'S DAY TRIP
TUESDAY, OCTOBER 22nd, 2019 for
the Senior Citizen Fun Festival



The Greene County Senior Center will take a chartered bus to the State Fair On Tuesday, October 22nd, 2019. We will leave the Senior Center at **6:30AM**, and leave the State Fair to return home at **3:00PM**. Persons interested in going on this trip should be at least age 60 or older. To reserve your seat, you must submit a **State Fair Permission Form**, along with **\$10 Registration Fee** to the Greene County Senior Center. **We are limited to 55 seats, so reserve yours today! For more information, call 252-747-5436! Forms in the Business Office.**

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Enjoy a free Bojangles' breakfast and entertainment at the Senior Citizen Fun Festival. The event will take place in Dorton Arena from 9 to 10:30 a.m.

