

Nutrition Matters: Shelina Bonner, Agent

Family & Consumer Sciences Greene County Cooperative Extension Cooperative Extension Program Helps With Food Insecurity

Hunger affects every community in North Carolina. In Greene County, more than 3800 people, (18.2% of the county population) are food insecure. Children and older adults have a greater risk of being hungry. When people lack access to adequate and healthy foods, their health and well-being suffers. Children are unable to concentrate in school, and people of all ages are more likely to be sick.

There are several programs that help people access food, but the largest federal program is the Supplemental Nutrition Assistance Program (formerly Food Stamps). In North Carolina the program is called Food and Nutrition Services (FNS) and operates through the Department of Health and Human Services.

Many households depend on the monthly food supplement to help expand their grocery budget and purchase healthier foods. Greene County Cooperative Extension offers a program called *More In My Basket*, which provides education about the FNS program. Through *More In My Basket*, participants learn if they are likely eligible for FNS, how FNS can expand their food budget, and receive individualized assistance with completing an application.

More In My Basket was developed at North Carolina State University by Dr. Carolyn Bird, Family Resource Management Specialist. "People with limited resources must make tough decisions about how to spend their money. They may forego medical care in order to put food on the table. They may skip meals to pay utility bills. Through *More In My Basket*, we help connect more people to FNS, allowing them to better manage their financial resources. FNS is not only good for families, but it helps the community as well. Research shows that for every \$5 of FNS spent, there is a \$9 impact in the community."

Contact Shelina Bonner at Greene County Cooperative Extension to learn about upcoming *More In My Basket* sessions or to schedule a session. Shelina can be reached at (252) 747-5831 or shelina_bonner@ncsu.edu.

If you would like to find out if you may be eligible for FNS, contact the *More In My Basket* Toll-Free Information Line at 1-855-240-1451.



THE GREENE COUNTY SENIOR GAZETTE

September 2020

"News for Folks Age 60+ & Family Caregivers"

Dear Seniors and Family Caregivers, I can only hope that by October 1st, Phase 3 will be a reality, and we can slowly begin the reopening process. Looking forward, the Senior Center is taking extra precautions to have everything in place to safely reopen. Thermometers, touchless covered trash cans, auto soap and paper dispensers to name a few. Some have requested outdoor seating, so we are looking at that to provide an area that is covered, level, and suited for proper distancing. On a lighter note, September 13th is **Grandparents Day!** Kind thoughts and well wishes to grandparents everywhere! September 22nd is the first day of Fall. Falls Prevention Awareness Week is Sept. 21st-25th. An Introduction to **Tai Chi for Arthritis and Fall Prevention Free Zoom Event** will be held on Monday Sept. 21st from 11-12am. Go to <https://healthyagingnc.com/events/introduction-to-tca-fp-virtual/> to sign up for this event, and for more information. The month of September is National Senior Center Month. The theme for this year is Senior Centers: Delivering Vital Connections! In celebration, the Senior Center is hosting a **Drive Thru Ice Cream Sundae Party** on Sept. 17th from 1:00-2:00. Just Drive Thru and we will do the rest! Hope you have a happy, healthy, and safe Labor Day Weekend. *S. Harrison-Director*

Greene Co. Senior Center Pork Loin Plate Sale for

Lenoir/Greene United Way

Wednesday Sept. 30th, 2020 from 11-1:00

DRIVE THRU PICK UP ONLY! On the Plate: Pork Loin with

Gravy, Mashed Potatoes, Green Beans, Roll & Slice of Cake.

PLATES \$8.00 Each-Donations Welcomed! Plates Sold until gone!

Make checks payable to: Lenoir/Greene United Way

***The Senior Center uses United Way Funds for Nutrition Programs,**

Activities, Health Promotion/Exercise Classes, & Senior Games.

Event Location: Greene Co Senior Center 104 Greenridge Road

Snow Hill, NC 28580 For more information or to place an order

call 252-747-5436. Delivery for orders of at least 10 Plates

Help us reach our agency goal of \$1000!

Volunteers for the Month of August

Home Delivered Meals: St. Mary's Church

Alice Barfield	Malik Sutton	Ada Rodgers	Earl Rodgers
Verona Chisolm	Ana Edwards	Willie Coley	Duffy Lanier
Cierra Hill	Sybil Higgins	Shirley Sutton	Bill Stocks
Katrina Mitchell	Sharon Harrison	Carrie Edwards	Phil Harrison
Jerome Cooper	Diane Davis	Anthony Speight	Marcet Dawson
Brad Kearney	Susan Cole	Debbie May	Walter Dawson
Samantha Rochester	Kathy Riggins	Mary L Sutton	

Thanks for all you do!



UPCOMING EVENTS

Sept. 7th-Labor Day Senior Center Closed!

Sept. 8th-Drive Thru Pickup/Home Delivered Meals go out

September 15th-Aging Planning Meeting 10am

September 16th-Senoir Center Advisory Meeting 3:30pm-

(Trey Cash, Elections Board Director will be guest speaker)

Sept. 21st-Free Zoom Event-Tai Chi for Arthritis/Falls at 11am

September 30th-Plate Sale Lenoir Greene United Way 11-1:00

Oct. 19th-Senior Games Visual Arts Awards Ceremony-Online 5pm

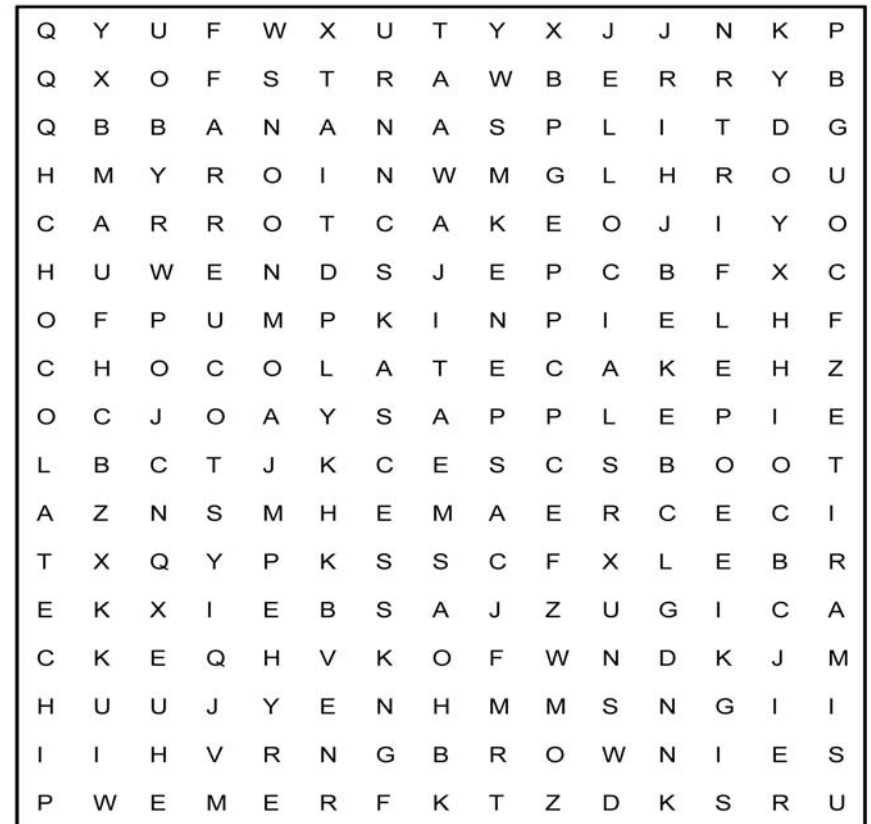
Oct 21st-Hot Dog Sale for NC Dementia Alliance-11-1:00

Oct. 28th-Family Caregiver Support Zoom Meeting-2pm

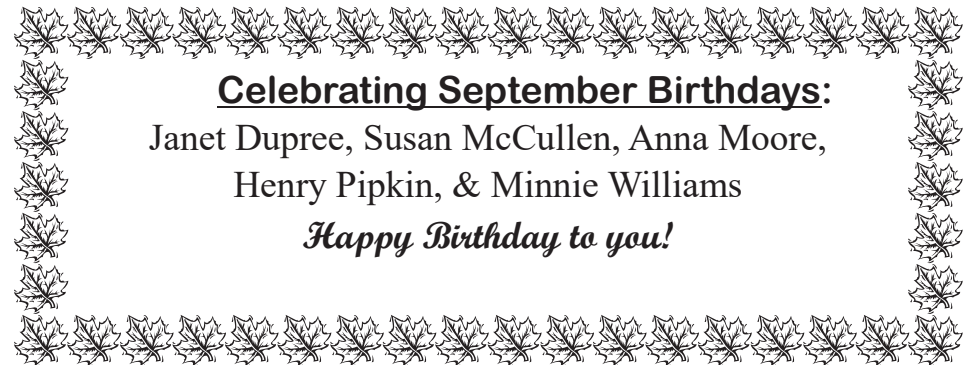
***The Senior Center will not open to the public until Phase 3 goes into effect. Currently the State is under Phase 2 until September 11th, but that can change. Staff will notify participants when they can return to the Senior Center which will start out through a reservation only System. Call the Center at 252-747-5436 for info.**



EAT AN EXTRA DESSERT WORD SEARCH



Word List-Apple Pie, Banana Split, Brownies, Carrot Cake, Cheesecake, Chocolate Cake, Chocolate Chip Cookies, Cupcakes, Fudge, Ice Cream, Jell-o, Peach Pie, Pumpkin Pie, Strawberry Shortcake, Tiramisu, Trifle



Celebrating September Birthdays:

Janet Dupree, Susan McCullen, Anna Moore,
Henry Pipkin, & Minnie Williams

Happy Birthday to you!