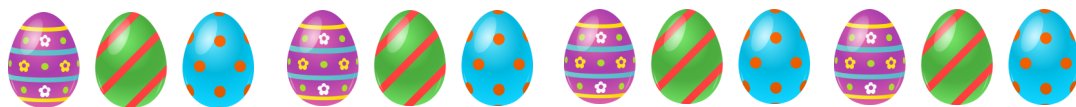




## The Greene County Senior Gazette April 2017 “News for Folks Age 60+ & Family Caregivers”

**From the Director’s Desk:** With all the latest news headlines about “Meals on Wheels” being cut, I thought I would take to time to assure those that receive meals under our Senior Nutrition Programs that all is well. For starters, “Meals on Wheels” is the copy write name for a National Non-Profit that provides meals to Older Adults in the United States. This is not to be confused with the program offered through this Senior Center, which is called the *Home Delivered Meals Program*. Our meals meet specific guidelines, contain 1/3 of the Recommended Daily Allowance (RDA) of Nutrition, with our target population being home bound older adults at least age 60. Recently, the NC Division of Aging and Adult Services sent out an email, which said this: “Home-delivered meals programs supporting older adults have been receiving media attention since the Budget Blueprint was released. DAAS has received reports that some HCCBG recipients are very worried that they might lose their services. If you are hearing this from providers or recipients, please reassure them that no federal cuts have been made to current funding and they will continue to receive services. “ Some other Federal Programs under the Budget Blueprint were on the list for elimination which include the *Senior Community Service Employment Program* under Title V-of which our Senior Center has trained and hired several from this program, the *Community Service Block Grant*-which enhances local community housing & environments to include home improvements for the low income, and the *Low Income Energy Assistance Program (LIEAP)*, which provides a one time payment to the utility company of qualifying low income Senior Citizens to cover the high cost of utilities during the Winter months. Cuts in these areas may very well increase the need for service assistance through the Senior Center. Having said that, May is Older American’s Month, a good time to express your concerns to your local, state, and federal representatives as they work on next year’s budgets. Be on the look out for an event during May, which will give you that opportunity. I hope this information provided helpful information on the proposed cuts to Senior Programs and Services. *S. Harrison-Director-Greene County Senior Center*



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

Sometimes, many of us do not have access to a large garden for fresh fruits and vegetables, but there are still many available healthy canned options. Researchers at Michigan State University found that canned fruits and vegetables are just as nutritious as frozen or fresh. For canned tomatoes, in particular, canning improves the content of B vitamins, vitamin E and carotenoids compared to fresh. Fiber in beans becomes more soluble through the canning process, and thus more useful to the human body. Additionally, a nationally represented survey of American adults found that adults and children who frequently eat canned foods (6 or more items over 2 weeks) have healthier eating habits compared to those who eat 1-2 canned food items in the same time period. Eat the fruits and vegetables you prefer whether canned, fresh, frozen or dried. Canned foods simply make healthy eating easy. Canned fruits and veggies are convenient to have in your pantry for times you can't get to the store; they can even be for a quick lunch or an afternoon snack. Since they don't expire quickly, you won't waste money when buying canned veggies – which sometimes happens with fresh produce that goes bad. Here are a few tips when buying canned fruit and vegetables:

Watch for sodium: Sodium is usually added to canned foods to preserve them. Look for low-sodium, reduced-sodium or no-salt-added labeled foods. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Drain and rinse canned veggies to reduce sodium even more.

Watch for added sugar: Look for fruit that's canned in water, its own juice, or light syrup (drain and rinse).

Delicious uses: Add drained cans of corn, tomatoes and pinto beans or any other vegetable to low-sodium chicken broth for a super-fast and filling vegetable soup. Use a blender, food processor or a fork to smash drained and rinsed garbanzo beans, northern beans, or any beans into a bean dip for baby carrots; add a little lemon juice and garlic powder for some zip. Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole grain cereal with canned fruit. You can feel confident that canned fruits and vegetables are nutritious, safe and full of flavor. Fill up your pantry with your favorite canned produce to help you prepare nutritious, quick everyday meals for yourself and family more often while saving time and money. 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.ncfamilieseatingbetter.org/EFNEP/participants/tips/are-canned-fruits-and-vegetables-healthy/>

Source: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Fresh-Frozen-or-Canned-Fruits-and-Vegetables-All-Can-Be-Healthy-Choices\\_UCM\\_459350\\_Article.jsp#.Vp0xBVMrJmA](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Fresh-Frozen-or-Canned-Fruits-and-Vegetables-All-Can-Be-Healthy-Choices_UCM_459350_Article.jsp#.Vp0xBVMrJmA) <http://www.fruitsandveggiesmorematters.org/canned-fruits-and-vegetables-are-good-for-you>



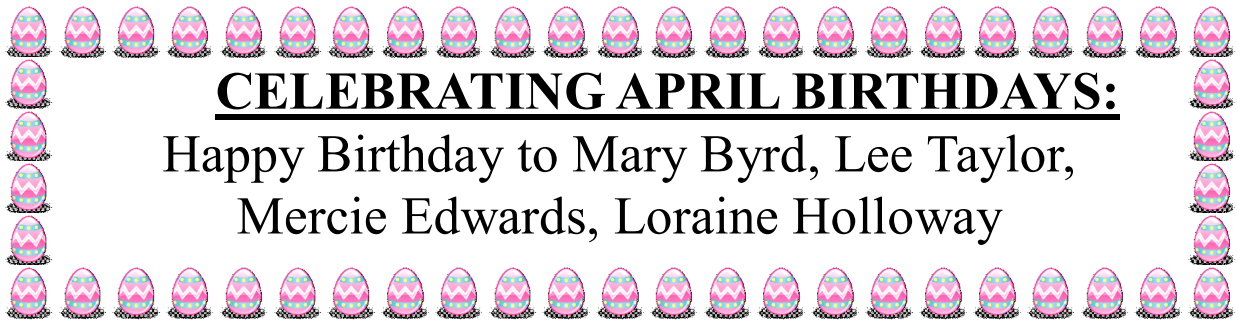
**SUPPORT GROUPS THAT MEET AT THE GREENE CO. SENIOR CENTER**

- \*Alzheimer's & Family Caregivers Support Group 4th Fridays at 1:00PM  
Family Caregiver Lending Library available during Business Hours
- \*TOPS-Weight Loss Support Group-Tuesdays at 12:30PM
- \*Vision Loss Support Group-4th Thursdays at 1:00PM

**VOLUNTEERS FOR MARCH 2017**

Home Delivered Meals Volunteers: Hull Road FWB Church, Snow Hill Presbyterian Church, Maggie Whitmore, Verona Chisolm, Connie Miller, Jeff Sugg, Doris Conner, Bobby Tyson, Roy Miller, Faye Hardy, Queen Quinerly, Rebecca Pate, Mike Perry, Bobby Glossip, Russell Corbett, Jeanette Jones, Fred Perry, April Jones, Joyce Corbett, Carol Miller, Anna Moore, Phyllis Croom, Pete Miller

Volunteers at the Senior Center: Sandra Thomas, David Jones, Melinda Waters, Joan Wade, Ada Rodgers, Joyce Street, Janice Moye, Roger Monroe, Gwen Johnson, Helen Faircloth, Shirley Rouse, JE Davis, Lee Taylor, Marilyn Sowers, David Freeman, & Travis Sugg, Dwight Moore, Debbie Maye, Jean Garner, Nathan Smith, Bennie Heath, Dianne Andrews, Dianne Morris, Preston Craddock, Shenile Ford, Bille Albritton, Elliotte Ashburn, Michael Rhodes, Angela Bates



**CELEBRATING APRIL BIRTHDAYS:**

Happy Birthday to Mary Byrd, Lee Taylor,  
Mercie Edwards, Loraine Holloway

**The Greene County Senior Center Trip to Savannah GA, Jekyll Island, & Beaufort South Carolina Sept. 25-29, 2017. Trip cost for 5 days & 4 nights: \$475 includes 4 breakfasts/4 dinners, tour costs, lodging, & Motor Coach Transportation. Call 252-747-5436 for more information.**

**\$75 Deposit due at the time of signing, or no later than 7-25-17.**



**VOLUNTEER OPPORTUNITIES at the Senior Center**

Dining Room Assistant

Frozen Meals Delivery

Office Assistant & Receptionist

Activities Assistant

Grounds Assistant

Aging Advisory Boards

\*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. Call 252-747-5436 for information.

**HOW MANY MEALS DID WE SERVE???**

Feb. 2017 Congregate Meals-565 Home Delivery-330

March 2017 Congregate Meals-610 Home Delivery-345

Additional Meals Purchased by Client Contributions:

February-3

March-3



**FOR THE LATEST INFORMATION AND PICTURES OF OUR ACTIVITIES! "LIKE" GREENE COUNTY SENIOR CENTER & SERVICES ON FACEBOOK!**



**Neuse River Senior Games**  
&  
*Silver Arts*



\*There are 20 Participants from Greene County going to New Bern April 26th, 27th, 28th, & May 1st! Competing in the Fun Walk, Cycling, Horseshoes, Basketball Shooting, Shuffleboard, Football Throw, Soft Ball Throw, Billiards, Corn Hole, Bowling, Track Events, & Silver Arts!