

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

**From the Director’s Desk:** Please join us for the **Community Health Fair** on **Saturday August 19th** from 9:00-12:00 at the Greene County Health Care Office Complex, which is right beside Kate B. Reynolds Medical Center. The Senior Center will have a table there, handing out information on how to qualify for extra help paying for Medicare Part D Drug Plan Premiums, Deductibles, and Copayments. Information on Senior Services for Senior Citizens and Family Caregivers will also be provided. Next month, we celebrate Senior Center Month with extra events and activities. The theme for Senior Center Month is Senior Centers: Masters of Aging! There is a **Senior Dance** scheduled for September 8th, a **Shred a Thon** on September 12th, **Hot Dog and Bake Sale** for Alzheimer’s NC on September 13th, Senior Center **National Advocacy Day** Event on September 15th, **Senior Games & Silver Arts** State Finals on the week of September 18th-24th, free **Hearing Screenings** on September 21st, a **Falls Awareness** Presentation on September 22nd, and last but not least, our first **over night trip** to Savannah Georgia, Jekyll Island, and Beaufort South Carolina is the last week of the month, September 25th through the 29th. I am pleased that we have 12 participants that qualified for Senior Games, with 11 registered for State Finals. Three qualified and were registered for Silver Arts. Best of luck to all! *S. Harrison-Director*

### TRIP TO SAVANNAH, JEKYL ISLAND, & BEAUFORT

**It’s not too late** to join us for the trip to Savannah GA, Jekyll Island, & Beaufort South Carolina Sept. 25-29, 2017. Trip cost for **5 days & 4 nights** for a double occupancy room-\$**475** includes **4** breakfasts/**4** dinners, tour costs, lodging, & Motor Coach Transportation. Last payments will be taken no later than Friday, **September 8th**. We must have the full amount-\$**475** to add you to our Trip Roster. We have 20 seats left, just enough for you! For more information or to sign up for the trip, contact Sharon Harrison at the Greene County Senior Center, 252-747-5436.



**CELEBRATING AUGUST BIRTHDAYS:**

Verona Chisolm, Helen Faircloth, Mary Foreman,  
Mabel Miller, James Rodgers, Cora Streeter,  
Burnice Taylor, & Willie Cannon

*Wishing you the Happiest of Birthdays!*

**FRESH BUCKS \$\$\$\$\$ Program at the Local Farmer's Market**

The Elaney Wood Heritage Farmers Market accepts SNAP/EBT-Food Stamp Benefits- to purchase fresh produce at the Farmer's Market. The Farmer's Market is offering "FRESH BUCKS" tokens-up to \$10 each market day for fresh produce purchases made by using your SNAP/EBT card. You may use your tokens (that day or later) to purchase locally grown produce at our Elaney Wood Farmers Market. For more information, call Charles Lanier, Market Manager, at (252) 747-5831. The Elaney Wood Heritage Farmer's Market is located at 470 Hwy. 13 South in Snow Hill, beside the Greene County Recreation Complex.



**VOLUNTEER OPPORTUNITIES at the Senior Center:**

Dining Room Assistant, Frozen Meals Delivery, Office Assistant & Receptionist, Activities Assistant, Grounds Assistant, Aging Advisory Committees

\*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:** Greene County Community Garden, Office Assistant at Cooperative Extension, Interfaith Food Bank, Greene County Museum, SHIP Counselors, Greendale Forest Nursing Center, Cause N Dog Rescue Animal Care Volunteers with puppies and kittens. Call 252-747-5436 for more information.

**VOLUNTEERS for July 2017:**

Home Delivered Meals Volunteers: NC Cooperative Extension, Queen Quinerly, Verona Chisolm, Anna Edwards, Patricia Baker, Doris Conner, Jeff Sugg, Sheri Dail, Shenile Ford, Shelina Bonner, Sheila Sloen, Mason Ware, Connie Miller, Fred Perry, Sheri Dail, April Jones, Lauren Pace, Mattie Whitmore, Roy Miller, Jeanette Jones, Missy Jernigan, Cathy Taylor

Volunteers at the Senior Center: Sandra Thomas, David Jones, Melinda Waters, Joan Wade, Ada Rodgers, Janice Moye, Roger Monroe, Gwen Johnson, JE Davis, Lee Taylor, Yvonne Ramos, Travis Sugg, Dwight Moore, Elliotte Ashburn, Elaine Morgan, Yvonne Ramos, Jean Garner, Nathan Smith, David Freeman, James Waters, Chris Miller, Sheila Brann, Dianne Morris, Bille Albritton, Elizabeth Lapergolo

*Thanks for Volunteering!*

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

\*Alzheimer's & Family Caregivers Support Group 4th Fridays at 1:30PM Family Caregiver Lending Library available during Business Hours

\*TOPS-Weight Loss Support Group-Tuesdays at 12:30PM

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

June: Congregate Meals-560 Home Delivery-335

July: Congregate Meals-569 Home Delivery-375

Additional Meals Purchased  
by Client Contributions:

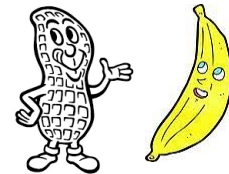
June-2 July-1



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

As a child, I was not a big fan of breakfast. I would skip breakfast, and make all kinds of excuses as to why I could not eat breakfast, or grab something like a bag of chips. My grandmother would tell me that I need to eat breakfast because it is the most important meal of the day. I still am not a big fan of traditional breakfasts each and every day, but I do understand what my grandmother was trying to explain to me about breakfast being the most important meal of the day. Also, that my body needs a healthy breakfast in order for me to function and not feel sluggish, throughout the whole day. I have learned over the years that I don't have to eat a traditional breakfast of bacon and eggs in the morning, and I certainly don't want to spend an hour in front of the stove before I go to work. What I do eat at least two mornings during the week is a simple peanut butter and banana sandwich. I can fix it and eat it while on the way to work. It is delicious, healthy, and not messy. If you don't like bananas, you can choose a fruit that you do like. Peanut butter goes great with just about any fruit like apples and pears but if you are allergic to peanut butter, you can substitute it with low-fat vanilla yogurt or low-fat strawberry cream cheese. Here is my recipe:

**Ingredients:** 1/2 banana peeled and sliced, 2 tablespoons of peanut butter, 2 slices of whole-wheat or multigrain bread



**Instructions:** Wash your hands with soap and water, then gather all your ingredients and put them on a clean counter. Use a dinner knife to spread most of the peanut butter on one slice of bread and a little bit on the other slice. Arrange the banana slices over the peanut butter on one slice and top with the other slice (peanut butter side down). Cut the sandwich in half and serve right away. This is a delicious, healthy and fast breakfast food. Enjoy!

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/2015/08/>

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