



The Greene County Senior Gazette August 2018 **“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 “Building Momentum”! Check out this Special Events listing in celebration.

Special Events:

Tues. Sept. 4th at 11:30am announcing the Senior Center Community Service Project throughout the month of September-collecting through Sept. 28th for the Kitty Cottage Kitten Rescue: Needs Purina Complete Cat Food, Purina or Friskies Pate Canned Cat Food. Barbara Sugg will be here on Tues. Sept. 4th at 11:30am to talk about her kitten rescue.

Thurs. Sept. 6th-Free Hearing Screening, NC Division of Deaf & Hard of Hearing-starting at 10:30-taking reservations now for screenings.

Tues. Sept. 11th-Ready Set Walking Club Field Trip to Goose Creek State Park

Wed. Sept. 12th from 11:00-1:00-Hot Dog & Bake Sale Fundraiser for the Dementia Alliance Walk: A combo meal of two hot dogs, chips, & drink for \$6-baked goods extra. Relay for Extra Help With Medicare during event

Wed. Sept. 12th-Shred A Thon-Free & Open to the Public from 11:00am-1:00PM: This is the only free public shredding event offered this year by the Greene County Senior Center.

Thurs. Sept. 13th-Field Trip to Spice Bouquet from 2:00-4:00 in Kinston-\$10 per person-at least 15 for the trip-seating limited, reserve yours today!

Fri. Sept. 14th-Senior Dance & Social from 7pm-9pm-Theme-“A Taste of China”

Sept. 19th-21st: State Senior Games Competition in Raleigh, NC-10 participants from Greene County

Sept. 24th-29th: Senior Trip to Cape Cod, Martha’s Vineyard, and Plymouth

Field Trip to Falls Prevention Seminar Eastern AHEC-Sept. 24th & 25th from 9:00-11:30-Greenville, NC-Field trip is planned for Sept 25th with Debbie Maye Activities Assistant. Seating is limited. Tai Chi Demonstration on Monday September 24th-need Tai Chi Participants to volunteer for the Demo on Monday if possible.

Contact the Senior Center at 252-747-5436 for information. The Senior Center will be closed on Monday September 3rd in honor of Labor Day. *S. Harrison, Director*

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 11pm, 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.**

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PICTURES OF OUR ACTIVITIES!
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**Nutrition Matters: Shelina Bonner, Agent
Family & Consumer Sciences Greene County Cooperative Extension**

Goal... Set yourself up for success.

It's probably happened to you before — sometime in March you start to wonder what happened to the lofty goals you set for the new year back on January 1st. Whatever happened to your plan to lose a few pounds, and why haven't you signed up for that cycling club that looked like so much fun? You're not alone. A 2018 market research study revealed that less than 10% of people who made resolutions had long-term success. Past research has shown that changing the way you approach goal setting can make all the difference.

Here's how to make your goals easier to achieve:

1. *Get Specific*-A promise to simply “do better” may not get you anywhere. You need to plan out the specifics if you want results. Look at it this way: a goal like “drink less soda” doesn't mean a whole lot. Will you even remember to skip one or two of those soft drinks by the end of the week? The specifics matter: planning to cut down to one a day is a solid goal, which may keep you on track.
2. *Get Realistic*-A challenge is good, but don't go overboard. If you aim so high that your goals feel impossible, fear of failure may destroy your motivation. Don't plan to run a marathon next week when you haven't gone for a jog in years. You may not even get off the couch, and the only thing you'll marathon is the latest season of your favorite show.
3. *Get Feedback*-You'll be more likely to stay on track if you know how you're doing, so check your progress along the way. If you're doing well, you'll feel rewarded and stay motivated. If you're falling behind, you can course-correct. So, instead of planning to lose twenty pounds, create a mini-goal of two pounds a week. You'll either have a mini-celebration each week, or you'll know to double down on your efforts next week.
4. *Get Challenged*-Being realistic doesn't mean aiming low. Starting simple is a good idea but going big can be motivating. You may actually put more effort into your goals if you feel challenged. After all, will doing five pushups really feel like an accomplishment when you can already do four and a half? Nope, and you know it, so aim for ten. Big goals are more work, but they're more rewarding, too, so you'll stay committed. That may make all the difference.
5. *Get Accountable*-Not saying you should hop onto the internet and broadcast the details (and fails) of your planned self-improvement to the whole world — not everyone needs to know about your midnight ice cream binge! But sharing your goal with a few friends may keep you accountable. Better yet, maybe they'll join you.
6. *Get Ready to Try Again*-Of course, there is always a chance you won't reach your goal. But we have good news there, too. Research shows that although achieving goals makes you feel good and try even harder, failure doesn't have to lead to feeling bad and giving up on your goal. Instead, you may want to take a little break, reconsider the steps above, and give it another go with renewed determination. It's not just the goal itself that matters, but how you pursue it. Set challenging, specific goals with plenty of rewarding steps along the way, and maybe this year you'll mark some of your goals as done instead of forgotten!

For additional foods, health and nutrition information, contact Shelina Bonner, Family & Consumer Sciences Agent, NC Cooperative Extension-Greene Co. Center at (252) 747-5831.

Sources: <https://healthyforgood.heart.org/be-well/articles/setting-health-goals>

CELEBRATING August BIRTHDAYS:

Mary Foreman, Mabel Miller, Barbara Pate,
James Earl Rodgers, Willie Cannon & Verona Chisolm

Wishing you the Happiest of Birthdays!

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.

SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER

Vision Loss Support Group Meeting 3rd Thursdays at 1PM

Alzheimer's & Family Caregivers Support Luncheon-July 20th at 11Am

Family Caregiver Lending Library available during Business Hours

*Slim/Fit Weight Loss Support Group-FRIDAYS at 10:00AM



Wreath Sale!

The Wreath Class has several wreaths available including several Fall Arrangements!

Sales help the Senior Center purchase supplies for Crafts and Activities. Our complete collection is available at the Senior Center, get yours today!

VOLUNTEER OPPORTUNITIES at the Senior Center-Summer 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, & Kitty Cottage Cat Rescue. Call 252-747-5436 for more information.



Volunteer Spot Light: This month we salute volunteer JE Davis who assists us with grounds maintenance and cleaning of our exercise equipment on Friday afternoons. We appreciate all his help with keeping the grounds and recreation room looking nice for our participants. Thanks for all you do!

Volunteers for the Month of July:

Home Delivered Meals: Hookerton Methodist Church, Audrey Walker, Verona Chisolm, Mollie Murphrey, Ana Edwards, Henry Grant, Patricia Edwards, Linda Jones, Kim Stickel, Sandy Simmons, Roy Miller, Helen Harrison, Johnny Mooring, Frank Pate, Linda Dunn, Jeff Sugg, Frankie Beaman, Doris Connor, Marie Coward, Cathy Taylor, Jesse Taylor, Stephanie Radford, Kara Maurer, Cindy Beaman, Linda Dunn

Volunteering for the Senior Center: David Jones, Melinda Waters, Joan Wade, Ada Rodgers, Janice Moye, Roger Monroe, Lee Taylor, Hazel Taylor, Travis Sugg, Sandra Thomas, Art Ramos, JE Davis, Dwight Moore, Elliotte Ashburn, Ada Ashburn, Earl Rodgers, Gwen Johnson, David Freeman, Phil Harrison, James Waters, Shirley Rouse, Dianne Morris, Sheila Brann, Chris Miller, Elaine Morgan, Bennie Heath