



The Greene County Senior Gazette January 2018 “News for Folks Age 60+ & Family Caregivers”

From the Director's Desk: With the coming of a New Year, people often look at what went well, and what didn't. We often call them New Year's Resolutions. I remember one year that I bet my Mom that I could gain more weight than she could lose. I was in my early 20's and didn't eat so well. I can't say that I was trying to cheat, but I thought that some of those Liquid Meal Supplements would be the way for me to add on some extra pounds in a hurry. I bought a six pack of Chocolate Nutritional Shakes from Eckerd Drug Store and thought I had it made. Two cans of that stuff, and I was ready to hand it over to someone else that could use it. All I could taste was vitamins and sugar! I lost that bet and told my Mother that I would have to gain the weight the old fashioned way through eating. That, I can assure you is not a problem for me now. ☺ If you are planning on Writing some **Resolutions for 2018** here are some tips that will help. 1) **Write** out your main goal, being specific. Think about health, relationships, leisure activities, and even educational goals that you would like to change. 2) After writing your goal, come up with a **deadline** or date in which you will meet it. 3) Then, **answer** these questions: What do I need to do in order to reach my goal, What am I willing to change or sacrifice to reach it, How strong is my desire to achieve my goal, What are the benefits of reaching my goal, What resources are available to help me reach my goal, How will I encourage myself when I want to give up, How can friends and family help me in achieving my goal, Is there a local support group that can help me join to achieve my goal? At the Senior Center, we have several Evidenced Based Health Promotion Classes that include **Action Plans**. These are similar to the format of Resolutions. Action Plans are simply stated and includes the following: It's something that you want to do, It's reachable, meaning it something you think could be accomplished within a week of writing the plan, answers these questions-*What? How Much? When? How Often?* and it has a high confidence level for completion. Of Resolutions for the New Year, the 10 most popular are: Spend more time with family & friends, exercise, enjoy life more, help others-do something meaningful, eat healthy, manage stress better, improve relationships, stop procrastinating, step aside time for yourself, and get organized! Hope you have a Happy, Safe, & Prosperous New Year!

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 12pm, 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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How to Make Your New Year Resolutions Stick.. Past Mid-January
Shelina Bonner, Family and Consumer Sciences Agent
Greene County Cooperative Extension Service

Make 2018 the best yet! Are you a list maker? For those of us that are, the resolution-making tradition of the new year can feed our drive to plan, list, organize, and sometimes unfortunately bury ourselves in more tasks. In the past, you may have been guilty of creating such a long resolution list that you gave up on it by mid-January because the changes just didn't fit with your schedule. It can be difficult to prioritize the changes we want to make in our lives, so take a little time to reflect before jumping in.

Simplify your New Year's resolutions to avoid getting overwhelmed. You may already have a picture in mind of your ideal 2018 self. Remember that major life changes take time. Depending on the other responsibilities that you have, it may not be realistic to suddenly devote an extra two-hour block each day to cooking and working out. All too often we start out strong in January and fizzle by the end of February (if we even last that long)! Try these tricks to increase your likelihood of lifelong success:

Start Slowly. Pick one or two small changes that you are ready to tackle and you can start right now. Swap your sugary soda for spring water, or start asking for sauces and dressings on the side and then use them sparingly. Once you've incorporated these changes into your lifestyle to the point where they are natural habits, then you're ready to tackle the next change. Acknowledge the small positive changes you make along the way. Practicing patience will keep you moving toward long-term goals.

Get Creative. You don't have to give up everything you love in order to work healthy habits into your routine. Not ready to give up your favorite TV show? Don't skip the commercials. Instead, use them as reminders to get up and move. How many crunches or jumping jacks can you fit in during one commercial break?

Not big on packing lunches? Give this a try: Make healthy dinners more often, and save time, money and calories the next day by packing your lunch from the leftovers. Keep in mind that almost any leftover can go nicely on a bed of spinach or other healthy greens to make an interesting and tasty salad for lunch. There will be slip ups and challenges along the way, but don't use these as excuses to give up. Remember that when you encounter a problem, chances are the solution involves loving more, not loving less. Be kind to yourself, celebrate the changes you've adopted that have worked, and continue on your path to a healthier you!

For additional information on Foods, Health and Nutrition, contact Shelina Bonner, Family and Consumer Sciences Agent, Greene County Cooperative Extension Service, (252) 747-5831.

GET YOUR TAXES PREPARED FOR FREE!

*Certified Tax Preparers will be at the Senior Center on **February 23rd & March 23rd** to assist with taxes. Appointments will start at 9:00am both days, and we can take up to 30 participants per day.

Call 252-747-5436 for an appointment.

Only for Senior Citizens who live in Greene County

Volunteers for the Month of December:

Home Delivered Meals: Hookerton Methodist Church, Verona Chilsom, Tonya Darden, Leveria Miller, Russell Corbett, Joyce Corbett, Henry Grant, Linda Jones, Roy Miller, Alice Shirley, Mary Ann Mooring, Jeff Sugg, April Jones, Alice Royal, Doris Connor, Jesse Taylor, Cathy Taylor, Linda Dunn, Jesse Sneed, Frankie Beaman, Sheila Brann, & Lou Ann Shackelford

Volunteering for the Senior Center: Sandra Thomas, Melinda Waters, Joan Wade, Ada Rodgers, Janice Moye, Roger Monroe, Tony Tyson, Lee Taylor, Yvonne Ramos, Hazel Taylor, Travis Sugg, Dwight Moore, Elliotte Ashburn, Ada Ashburn, David Freeman, Cliff Bryant, Gail Letchworth, James Earl Rodgers, & David Jones

SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER

*Alzheimer's & Family Caregiver Support Group 4th Fri at 12PM

Family Caregiver Lending Library available

*TOPS-Weight Loss Support Group-FRIDAYS at 10AM



VOLUNTEER OPPORTUNITIES at the Senior Center-Winter 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, SHIP Counselors, Greendale Forest Nursing Center, Cause N Dog Rescue Animal Care Volunteers. Call 252-747-5436 for more information.



Volunteer Spot Light: This month we salute Mr. Travis Sugg, who assists staff with cleaning up rooms and offices after lunch, especially collecting the trash in the Congregate Dining Room and Kitchen. He often braves the weather to make sure trash bags go to receptacles outside. Travis is always willing to help, and has been volunteering at the Senior Center for over 12 years! Thanks Mr. Travis for all you do to help the staff and participants at the Senior Center!



CELEBRATING JANUARY BIRTHDAYS:

Percy Artis, David Freeman,
Janice Moye, Lena Stocks,
Ada Suggs, Hazel Taylor, and James Waters

Wishing you the Happiest of Birthdays!

