



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

From the Director's Desk: Not long after I started working at the Senior Center, I learned that some of the most patriotic individuals were those that served in the Military. Some joined up because that's what they wanted to do, and others were drafted into service, both defending our land and freedoms. Regardless of the circumstances, those Veteran's that frequent the Senior Center can get real serious about things that we take for granted every day. Take for instance, the Flag of the United States of America which has to be displayed in a certain way. The U.S. Flag is the symbol of our country. We have a pole outside by the dining room which displays the American Flag. After some gentle reminders, I have acquired the habit of making sure the Flag on that pole is displayed properly, and is replaced if it gets to looking worn or is torn. Because it stays up overnight, making sure that there an adequate and proper lighting is a must. Not only does it stand for our Independence, but it is also a reminder of what it took to get it, and what it still takes to keep our freedoms. Those that served in foreign countries say there is no place like home when they return. No place like the United States. We are vast nation, and as the song says from sea to shining sea, from the mountains to the plains, and places in between. As we celebrate Independence Day, let us take time to think about our history, our heritage, and our freedoms. Not all is or was pretty, but we still are “One Nation, Under God, with Liberty and Justice for All”. *S. Harrison-Director*



Happy Independence Day

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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SENIOR CENTER
& SERVICES ON
FACEBOOK!**



Like us on
Facebook

Nutrition Matters: Shelina Bonner, Agent

Family & Consumer Sciences Greene County Cooperative Extension

Stay Fresh with Fruits and Vegetables: Stretch your produce and your dollars by knowing how to store fresh fruits and vegetables. Do not wash, cut or peel until you're ready to eat (except lettuce and greens). Always refrigerate cut or peeled produce. Fridge temperature should be at 40 degrees F or below. The daily recommendation for fruits and vegetables=4-5 cups per day.

Keep them apart: Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.

Pantry: Pack away in a cool, dark place like your pantry or cellar Onions, Garlic & Shallots, Hard Squash (Winter, Acorn, Spaghetti, Butternut), Sweet Potatoes, Potatoes & Yams, Watermelon

Refrigerator: Store in plastic bags with holes, in your produce drawer, unless noted, Apples & Pears, Beets & Turnips – Remove greens and keep loose in the crisper drawer, Berries, Cherries and Grapes – Keep dry in covered containers or plastic bags, Broccoli & Cauliflower, Carrots & Parsnips – Remove greens, Celery, Corn – Store inside their husks, Cucumbers, Eggplant & Peppers – Store on the upper shelf, which is the warmer part of the fridge, Fresh herbs – Except basil. Keep stems moist and wrap loosely in plastic, Green Beans, Lettuce & leafy greens – Wash, spin or pat dry, wrap loosely in a dishtowel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist. Melons, Mushrooms – Keep dry and unwashed in store container or paper bag, Peas, Zucchini and summer/yellow squash

Countertop: Store loose and away from sunlight, heat and moisture Bananas, Citrus fruit – Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage, Stone fruit – Ripen avocados, apricots, nectarines, peaches and plums in a paper bag move to the fridge where they'll last a few more days, Tomatoes.

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: <http://www.choosemyplate.gov/preschoolers/healthy-habits/making-mealtime-family-time.html>

★
★ **CELEBRATING JULY BIRTHDAYS:** ★
★ **Edna Barrow, Estelle Brown, Charles Collins,** ★
★ **Ronald Corbett, Ada Rodgers, Sue Smith, Pearlie Turnage** ★
★ *Wishing you the Happiest of Birthdays!* ★
★ ★

Free Box Fan Distribution : Must reside in Greene County, be at least age 60 or older or with a disabled Adult, must have a home situation where a threat to health and well being exists. Persons that received fans last year and/or currently have a working Central Air Conditioner, will be placed on a waiting list, to make sure that individuals who do not have fans or another method of cooling the air in their homes will receive fans first. Quantities are limited. Contact the Greene County Senior Center at 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

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.

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 Mrs. Hazel Taylor who assists with serving Congregate Meals on Fridays at the Senior Center. Hazel is always willing to help, and is quick to lend a hand, especially when it comes to parties and special events. We appreciate all her help and support of the programs at the Senior Center! Thanks for all you do!

Volunteers for the Month of June

Home Delivered Meals: NC Cooperative Extension, Verona Chisolm, Audrey Walker, Henry Grant, Linda Jones, Patricia Edwards, Roy Miller, Jeff Sugg, Kim Stickel, Russell Corbett, Van Willoughby, Cindy Beaman, Doris Connor, Kim Hoskins, Linda Dunn, Phyllis Brown, Ana Edwards, Johnny Mooring, Shenile Ford, Sandy Simmons, Kara Maurer, Larke Herring, W.E. Connor, Coleman Becton, Joan Rose, Shelina Bonner

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, Margaret Nelson, Art Ramos, JE Davis, Dwight Moore, Elliotte Ashburn, Ada Ashburn, Earl Rodgers, Gwen Johnson, David Freeman, Phil Harrison, James Waters.