

The Greene County Senior Gazette June 2018 "News for Folks Age 60+ & Family Caregivers"

From the Director's Desk: June 15th is World Elder Abuse Awareness Day. On that same day, Greene County will host the **2nd Annual Elder Abuse Awareness Walk** starting promptly at 11am. Registration will start at 10am. The Walk will take place in the Town of Snow Hill with the starting and finishing location being the Senior Center. As the population is living longer, so is the increase in the number of cases of Elder Abuse. The most common form of mistreatment is neglect, with most cases being self neglect, meaning that the individual is no longer able to take care of themselves. A red flag for self neglect is a person who lacks basic hygiene, adequate food, clean clothes, missing medical aids like glasses, dentures, or hearing aids, a filthy cluttered home, which is an increased fire and safety hazard, home without adequate facilities like heating units, stove, refrigerator, electricity, or working plumbing. The evidence of untreated bed or pressure sores is another indicator of self neglect. Financial abuse and exploitation is another form of elder abuse. Scams are on the rise, and even the sharpest can be fooled by telephone, online, or even scams by mail. In some cases, a family member has control over the bank account, but does not provide for their basic needs of the person who owns the money. Signs of emotional or psychological abuse may be an unexplained change in behavior such as withdrawal from society, isolation from others by the caregiver, and a caregiver that is verbally aggressive or demeaning, controlling, or uncaring. Physical or sexual abuse can be manifested through unexplained fractures, bruises, welt, cuts, sores, burns, or unexplained sexually transmitted diseases. If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff. To report suspected abuse in the community, contact the Greene County Department of Social Services at 252-747-5932. To report suspected abuse in a nursing home or long term care facility, contact your local Long-Term Care Ombudsman through the Eastern Carolina Council, Area Agency on Aging at 252-638-3185. Persons can choose to keep their name off of reports taken in the case of suspected abuse. You may also contact the Greene County Senior Center for more information.



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

Freezer Magic: 8 Tips for Freezing Fruits and Vegetables

We are about to be in the peak of summer time produce. I tend to buy a little extra when the produce is a good price but it is impossible to use all the fresh fruit and vegetables up, in one week. In search of ways to preserve what I have bought and ensure that I use the fruits and vegetables for more than one meal, I came across the publication, Freezer Magic: Tips for Freezing Fruits and Vegetables.

Here are a few things I want to highlight for you:

Freeze ripe, high-quality fruits and vegetables. Freezing won't magically fix any rot, lack of ripeness, or mold- it will just preserve those pesky problems.

Think about how you want your fruits and vegetables to appear when you reach for them in the freezer.



Consider the serving size. Freeze in “ready-to-eat” sizes that you and/or your family regularly consume.

Many vegetables need to be “**blanched**” or **partially cooked** before they are frozen. For a full list, see the publication.

Freezing fruits and vegetables can be a good way to **save you money**. Be sure to follow the instructions and use the produce, instead of letting them go to waste. Otherwise, you will end up not saving money, on your purchased produce!

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.

Sources: <http://foodandhealth.com/freezer-magic-8-freezing-tips/>

<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/freezer-magic-8-tips-for-freezing-fruits-and-vegetables/>



CELEBRATING JUNE BIRTHDAYS:

Sue Chapin, Sharon Harrison, Barbara Jones, Joyce King,
Shirley Rouse, Gaynell Smith, Sharon Smith

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 for more information.



SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER

Vision Loss Support Group Meeting 3rd Thursdays at 1PM
Alzheimer's & Family Caregivers Support Group 4th Fridays at 11PM
Family Caregiver Lending Library available during Business Hours
*Slim/Fit Weight Loss Support Group-FRIDAYS at 10:00AM

Happy
Father's
Day

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 a volunteer couple, **Elliotte & Ada Ashburn**. Elliotte is our Alternate Delegate for the Senior Tar Heel Legislature, which includes serving on several boards at the Senior Center. Ada Ashburn, a member of our Senior Center Advisory Board, provides valuable input as to new programming for the Senior Center. Both Ada and Elliotte are very involved at the Senior Center which includes being strong advocates for Senior programs and services. We appreciate their hard work and dedication!

Volunteers for the Month of May:

Home Delivered Meals: Free Union Church, Norman Head, Verona Chisolm, Russell Corbitt, Van Willoughby, Henry Grant, Patricia Edwards, Linda Jones, Kim Strickland, Roy Miller, Larke Herring, Jeff Sugg, Cindy Beaman, Doris Connor, Jackie Harris, Debbie Daniell, Jill Stocks, Jesse Sneed, Jeanette Jones, Kim Stickel, Audrey Walker, Linda Dunn, & Edna Blount

Volunteering for the Senior Center: David Jones, Melinda Waters, Joan Wade, Ada Rodgers, Janice Moye, Roger Monroe, Tony Tyson, 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, Jean Garner, Dianne Morris, Sheila Brann, Chris Miller, Elaine Morgan, & James Waters.