



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

From the Director’s Desk: The month of May is Older American’s Month, with this year’s theme being “Age Out Loud”! Aging has changed for the better, with older adults taking charge of their health, exploring new opportunities, while focusing on their independence. Hats off to those men and women who worked, created, invented, and sacrificed to our collective benefit. It is up to this generation to provide opportunities to enrich the lives of individuals of all ages by involving older adults in the redefinition of aging in our communities, promoting home and community based services that support independent living, encouraging older adults to speak up for themselves and others, and providing opportunities for older adults to share their experiences. Special Events planned for the month include a Pool Tournament, Luau themed Fun Fair, “Age out Loud” Story Time with Greene County 4-H, Pirate Themed Senior Dance & Social, Health & Information Fair, Down East Wood Ducks Game Night, Country Western Dress Up Day, Older American’s Month Celebration by Greene County Department of Social Services, CPR Demonstration & Participant Exercise during CPR Week, and “Age Out Loud” Poster & Selfie Day. If you have not yet been to our Senior Center, I would encourage you to stop by for a tour, or better yet, come to our Health & Information Fair on May 31st! Happy Mother’s Day! *S. Harrison-Director*

**OLDER
AMERICANS
MONTH**



AGE OUT LOUD: MAY 2017

Nutrition Matters: Shelina Bonner

Family & Consumer Sciences Agent Cooperative Extension

May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a loss of bone density that can occur as adults age. This disease is responsible for over a million broken bones each year, and is a major cause of fractures, back pain, spinal problems and loss of independence, in seniors. **Osteoporosis Risk Factors:** Osteoporosis has risk factors that cannot be changed.

Gender is one of the risk factors. In their formative years, males generally build larger, thicker, denser bones than females. After middle age, both men and women lose bone mass and do so at the same rate. However, since their bones are thicker at peak density, men have many more years of losing calcium before their bones become frail and thin. For women, bone loss accelerates after menopause, when estrogen levels fall. **Race**-In general African-Americans develop stronger and thicker bones than Caucasians and Asians. African-Americans generally average a 10 percent higher bone mass than Caucasians, but this does not always hold true because some African-Americans are small and thin-boned. **Genetics**-Genetics is involved in the development of bones and in the tendency to lose or retain bone over a lifetime. If one family member has had problems with thin, frail bones, other members may be at greater risk of developing weak bones. **Factors We**

Can Change: **Weight-bearing exercise**-Bone development is stimulated when bones are under pressure. As a result, the bones of physically active individuals are usually stronger and thicker than the bones of inactive people. Normal activities, such as walking, running, or dancing, help everyone build and keep strong bones. Bones of people who are totally inactive (such as those of an astronaut in space, those in a cast, or those in people who are bedridden) lose calcium and decrease in strength and size. This can happen fairly rapidly even to those who had previously been exercising because the effects of exercise on this process cannot be stored. For example, for every week a person spends in bed, about one percent of bone mass will be lost. Therefore, daily exercise and lifelong activity are the keys to building and retaining strong bones. **Body Weight**-Bones of heavy people are usually stronger and thicker than bones of lightweight people because weight puts more physical strain on bones, causing greater formation of bone. More weight-bearing exercise occurs when a heavy person walks than when a lightweight one does. However, the location of the body fat is a mediating factor and heavy people can have thin bones. Being more than 10 percent under "ideal" body weight increases the chance of having thin bones.

Diet-Proper diet plays a major role in bone development and retention. Since bone is made up mostly of proteins, minerals, and water, lacking any of these will keep bones from forming properly. People typically get enough of these to take care of bone needs, but they don't always consume enough calcium or vitamin D. The body needs calcium for other functions and the stored calcium in bone is removable. Therefore, when our bodies are low in calcium, it is withdrawn and used where needed. As a consequence, bones will be weakened or, if this occurs during a growth period, bones may not develop adequately. So, adequate calcium is crucial to bone health.

Equally important, vitamin D from the diet or sunlight is critical to the absorption and utilization of dietary calcium. **Remember to take these steps to build strong bones or to prevent further bone loss:** Eat a calcium-rich, balanced diet based on the MyPlate, get plenty of weight-bearing exercise, such as walking, aerobics, tennis, dancing, and team sports, exercise three or more days a week, 30 minutes each time, or in three 10-minute segments over the course of the day, get 10 to 15 minutes of daily exposure to sunshine on hands, arms, and face, start eating right, getting weight-bearing exercise, and getting daily exposure to sunlight in your youth and continue throughout your life, gain weight if you are underweight and your physician thinks you should, ask your doctor about hormone replacement therapy if you are female and have no menses, don't smoke, limit alcohol and phosphorus-and caffeine-rich foods and drinks, consider taking a vitamin-mineral supplement that includes calcium and vitamin D. Shelina Bonner-Cooperative Extension

SUPPORT GROUPS THAT MEET AT THE GREENE CO. SENIOR CENTER

- *Alzheimer's & Family Caregivers Support Group 4th Fridays at 1:00PM
Family Caregiver Lending Library available during Business Hours
- *TOPS-Weight Loss Support Group-Tuesdays at 12:30PM
- *Vision Loss Support Group-4th Thursdays at 1:00PM

VOLUNTEERS For April 2017

Home Delivered Meals Volunteers: Hull Road FWB Church, First Baptist Church, Billy Sugg, Jean Garner, Denny Garner, Judy Heath, Veston Heath, Queen Quinerly, Verona Chisolm, Russell Corbitt, Van Willoughby, Jeanette Jones, Roy Miller, Doris Connor, April Jones, Charles Shirley, Willie Harris, Geraldine Harris, Fred Perry, Jeff Sugg

Volunteers at the Senior Center: Sandra Thomas, David Jones, Melinda Waters, Joan Wade, Ada Rodgers, Joyce Street, Janice Moye, Roger Monroe, Gwen Johnson, Shirley Rouse, JE Davis, Lee Taylor, Marilyn Sowers, David Freeman, & Travis Sugg.

CELEBRATING MAY BIRTHDAYS:

Gerald Edwards, Wanda Edwards, Melinda Waters

Wishing you the Happiest of Birthdays!

The Greene County Senior Center Trip to Savannah GA, Jekyll Island, & Beaufort South Carolina Sept. 25-29, 2017. Trip cost for 5 days & 4 nights: \$475 includes 4 breakfasts/4 dinners, tour costs, lodging, & Motor Coach Transportation. Call 252-747-5436 for more information.

\$75 Deposit due at the time of signing, or no later than 7-25-17.

5 Seats needed for our goal of 30!



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. Call 252-747-5436 for more information.

HOW MANY MEALS DID WE SERVE???

March: Congregate Meals-610 Home Delivery-345

April: Congregate Meals-480 Home Delivery-335

Additional Meals Purchased

by Client Contributions:

March-3

April-2



Join us for the 2017 Greene County Elder Abuse Awareness Walk

Date: June 15th, 2017

Location: Greene County Senior Center
104 Greenridge Road Snow Hill, NC 28580

Registration: 10:00AM-Walk Starts at 11:00AM

*The first **100** to Pre-register will receive a back pack, T-shirt, & much more! Hot Dogs and Ice-cream will be served to participants following the walk .

Pre-registration Online: Eastern Carolina Council website at <http://www.eccog.org/>, click on the News tab for the link to the Greene County Elder Abuse Awareness Walk Our Goal is at least 100 Registered Participants for our first Elder Abuse Awareness Walk in Greene County. Open to the Public!

