

The Greene County Senior Gazette November 2016 “News for Folks Age 55+ & Family Caregivers”

From the Director’s Desk: For most, this past month was full of challenges for those who had loss from the flood after Hurricane Matthew. I had staff and clients with flood damage to their homes. Some had water damage, not from flooding, but from all the rain that came down in such a short period of time. With all that is going on, I find that keeping to the normal schedule and routine is helpful. Some concerns that I hear from senior citizens is how their pets fared with all the changes such as moving to another location. Even though you are there with them, it’s still not home or familiar surroundings. Another concern is having children and grandchildren that have been displaced moving back into the home temporarily. When you are used to your own personal space, having someone move back into your home can be a real adjustment. Not that they don’t love you, but many adults choose to downsize their housing as they get older or move into Senior Housing Apartments, so space is limited. With all that is going on, don’t be afraid to ask for help or assistance. If we don’t have the answer, we will get one for you. Some calls coming into the Senior Center are in regards to work trucks going house to house offering to repair roofs, cut trees, and clean yard debris. In most cases their work is not quality, and prices are too high. After storms, it is not at all uncommon for groups to come from other states to do these types of repairs. My suggestion is to only deal with local contractors for repair and cleanup. You can easily find out if their work is good, and check references. If you feel uneasy at all about it, don’t do business. Still not sure, call the Senior Center for more information. As always, the Senior Center is a good place to go for socialization, a hot meal, and assistance. It’s also nice to get away from home and the cares of life for a couple of hours. Let us know if we can help you. With Thanksgiving coming up, considering all this past month, we still have much for which to be thankful. Don’t forget to thank a Veteran for their service to our country, on November 11th which is Veteran’s Day! *S. Harrison-Director*



HOW MANY MEALS DID WE SERVE???

Sept. 2016: Congregate Meals-621 Home Delivery-336
Oct. 2016: Congregate Meals-425 Home Delivery-530
Additional Meals Purchased by Client Contributions:
September-2 October-2

VOLUNTEER OPPORTUNITIES at the Senior Center

Dining Room Assistant Frozen Meals Delivery
Office Assistant & Receptionist Activities Assistant
Grounds Assistant Aging Advisory Boards
*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.
Call 252-747-5436 for information.

VOLUNTEERS FOR OCTOBER 2016

Home Delivered Meals Volunteers: Hull Road Church, First Baptist Church, Queen Quinerly, Bettie Rouse, Verona Chisolm, Roy Miller, Wayne Nobles, Doris S. Conner, Fred Perry, Judy Heath, Faye Hardy, Maggie Whitmore, Norma Noble, Sharon Harrison, Emma Grant, Matt Nobles, Jean Garner, Mike Perry, Lorraine Brann, Fred Brann, Russell Corbett, Van Willoughby, Travis Sugg, Charles Shirley
Volunteers at the Senior Center: Sandra Thomas, David Jones, MeLinda Waters, Joan Wade, Ada Rodgers, Joyce Street, Janice Moye, Roger Monroe, Gwen Johnson, Helen Faircloth, Shirley Rouse, JE Davis, & Lee Taylor.

Thanks for all you do!

Nutrition Matters: Shirley Howard

Nutrition Program Associate NC Cooperative Extension

Here we are almost at the end of the year, and the holidays are around the corner. Consider how you should spend your calorie salary during the holidays and throughout the year. The calorie salary is compared to “MyPlate” the nutrition food guide that helps you get the most health and enjoyment from what you eat. USDA’S MyPlate symbolizes a simple, personalized approach to remind Consumers to make healthy food choices and be active every day. Calories need to be planned in the same way that we plan other major events in our lives such as buying a car, going on vacation, etc. Here are four “budgeting” steps to help you spend your calorie salary:

Step 1. Stay within your calorie budget: Knowing your daily calorie needs based on your age, gender, height, weight, and physical activity level may be a helpful reference point in deciding whether calories consumed are appropriate in relation to the amount needed daily. However, monitoring whether you maintain your weight over time by adjusting calories and physical activity is the most helpful. **Be aware that 100 extra calories per day can add up to a 10 pound’ weight gain in one year!**

Step 2 — Choose the Most Value for Calorie Salary: Get the most for your “calorie salary” by eating more “nutrient-dense” foods. Nutrient-dense foods and beverages provide vitamins, minerals, and other beneficial substances and relatively few calories without solid fats in the food or added to it and without added sugars, refined starches, and sodium.

Step 3 — Consider the “True Cost” of Poor Nutrition: Foods that do little to meet nutrient needs — even if they’re within our calorie salary — can put our HEALTH and MONEY at risk. Healthy diets may help reduce or eliminate the need for, and cost of, medications for some people.

Step 4 — Plan a Budget for YOU: Fine-tune what you’re already eating to meet MyPlate guidelines. As you “budget,” choose foods that taste good as well as are good for you.

Practicing these few steps will help you to spend your “**calorie salary**” wisely! This article is credited to Alice Henneman, MS, RD UNL Extension Educator For more information about healthy eating, visit <http://food.unl.ed>

If this information is helpful to you, please call me at 252-747-5831 or email me at Shirley_Howard@ncsu.edu

CELEBRATING NOVEMBER BIRTHDAYS:



Robert Chisolm,
Larke Herring,
Lewis Wood



FOR THE LATEST INFORMATION AND PICTURES OF OUR ACTIVITIES! "LIKE" GREENE COUNTY SENIOR CENTER & SERVICES ON FACEBOOK!

**The Medicare Annual Election Period to check and/or change your Medicare Part D Prescription Drug Plan for 2017 is:
October 15th-December 7th, 2016**

SHIIP Volunteers at the Senior Center and Cooperative Extension can compare 2017 plans, enroll you in a Part D Medicare Prescription Plan, or help you apply for Extra Help to pay for your Part D premiums, deductibles, & copays. Call 252-747-5436 for an appointment! We ask that you schedule an appointment, Walk Ins are limited!



The Senior Center will be closed on:

Friday November 11th for Veteran's Day

Thurs. November 24th & Friday November 25th in observance of Thanksgiving!

FUNDRAISING TIME FOR THE GREENE COUNTY SENIOR CENTER

Each Year, the Senior Center holds a Tree Lighting Ceremony on the first Tuesday of December, to kick off the Holiday Season. This Event is a major fund raiser that helps in covering the cost of programs & activities throughout the year. Most of our programs are offered FREE with no membership fee to join the Center. Donations can be made to the Senior Center, or there is an option to purchase ornaments to go on our Tree in the front dining room. For those who enjoy the Pool Tables, Exercise Equipment, Wreath Making, Jewelry Making, Tai Chi, Chair Exercise, Hot lunches, Home Delivered Meals, and many other services & activities offered, won't you consider donating to the Senior Center, which is tax deductible. This year, the goal has been set for at least \$2,000. If you choose to purchase an ornament, the deadline is Friday, December 2nd. Order forms are available at the Senior Center. Thanks for your Support!



You are Invited to a **BOOK SIGNING AT THE SENIOR CENTER ON** **Thursday, November 10th at 6:30PM**

A Season of Life

A Season of Life is based on the chronology of tending a crop of flue-cured tobacco in the sixties and seventies from the seedbed to the market. It is told from the perspective of a young man dealing with divorce, adjusting to a blended family, and confronting racism and prejudice. Sowers uses a mix of humor and personal anecdotes to engage the reader as he takes you through the process of farming tobacco. Those who grew up working in tobacco, and those interested in rural life and the period, will want to read *A Season of Life*.

Five boys could be a basketball team, but in the case of the Sowers family, it made for the beginning of a labor force. They worked and played hard! Prepare to laugh and cry as you read.



W. Scott Sowers grew up on a flue-cured tobacco farm in the North Carolina community of Arba. He earned degrees in religion and philosophy from Mount Olive College and Atlantic Christian College. He earned master's degrees in education and educational technology from Abilene Christian University and Lamar University, respectively. Sowers pastored three Original Free Will Baptist churches, the last and longest of which was Marlboro Original Free Will Baptist Church in Farmville, North Carolina. Sowers also taught high school English, language arts, debate, communications, and technology in Kansas and Texas.

Sowers is currently retired from teaching. He is married to Marilyn Sanchez Sowers and they are the parents of a blended family of five children and 16 grandchildren. They reside on the farm where Sowers was born.