

# The Greene County Senior Gazette February 2012

*News for the Senior Citizens of Greene County*

**From the Director's Desk:** As you look at the February Calendar, you will see some changes and additions to our Activities and Programs. Some things of note are the **AARP Drivers Safety Course** on February 6th, the **Vision Loss Support Group** on February 16th, and "Man to Man", a **Prostate Cancer Support Group** which will meet on February 29th. For those needing to file **2011 Taxes**, AARP will be here on Wednesday February 15th, and Wednesday March 21st. Please call the Senior Center for an appointment.



Our **Weight Loss Support Group**, called TOPS, has moved from Tuesdays to Mondays, at 5:15. In order to get more persons involved, **Shuffleboard** has moved to 10:00 on Mondays and Tuesdays, with some of our regular players providing training for the new. The last day for Tuesday Blood Pressures will be on February 7th. There is the possibility that **Blood Pressures** will be changed to Friday Mornings, starting in March. For those with **Vision Loss**, Stephanie Wilkerson with Services for the Blind will be giving a presentation on February 16th at 11:30. Karen Caputo with the Division of Services for the Deaf and Hard of Hearing will be here on Thursday, February 23rd, to do **free Hearing Tests**. Our first **Friendship Tea** for 2012 will be held on Tuesday, February 21st at 11:00. Guest speaker will be Steve Mitchell with United Hospice. Our Special Event for February will be the announcement of our **Senior Kings and Queens** on February 14th. The Ballot Box and Ballots will go out on February 6th. Winners will represent the Senior Center throughout the year, and most importantly in December at the Christmas Parades. Looking towards March, Monday March 2nd, is **Free Talk to a Lawyer Day**. The Senior Center will assist with calls, providing a separate room for privacy. A big Event is "**Living Wise & Aging Well**", which is our Area on Aging's Conference held March 6-8th in New Bern. I would like to take some Seniors, so please let me know if you are interested. *S. Harrison-Director*

## SCENES FROM HAT DAY-JANUARY 20TH, 2012



# NUTRITION MATTERS By Shirley Howard, Nutrition Program Assistant NC Cooperative Extension

## NC Cooperative Extension

Since 1963, Congress proclaimed February as “American Heart Month”. Heart disease is the leading cause of death in the United States among men and women, a major cause of disability, and other high-risk diseases. Knowing the risk factors of heart disease is the first step in making lifestyle changes for a healthier heart. Simple tips such as watching your portion sizes, eating more fruits and vegetables, whole grains, beans, lean meats, and low-fat dairy products along with plenty of physical activity will make a big difference in fighting heart disease.

To raise the awareness of heart disease among women, the American Heart Association developed the **Go Red** campaign to help women take action against heart disease. On Friday, February 6<sup>th</sup>, known as National Wear Red Day, wear something red to celebrate and support heart disease among women.

### Low Fat Pinto Bean and Sweet Corn Chili serves 46

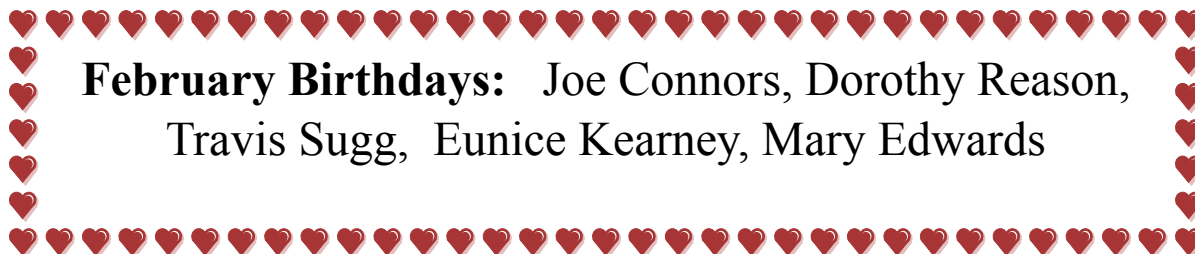
#### Ingredients:

- 1 medium onion, finely chopped
- 1 small green pepper, chopped
- 1 jalapeno or Serrano chile, finely chopped
- 1 tbsp chili powder
- 2 tsp cumin
- 1/2 pound extra-lean ground beef or turkey
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can pinto beans
- 1 1/2 cups frozen sweet corn



#### Preparation:

Spray a large nonstick skillet with nonstick cooking spray. Sauté onion, green pepper and chili pepper over a medium heat, until onions have softened. Add chili powder, cumin and cook for 2 minutes until fragrant. Crumble ground beef or turkey and cook until no longer pink. Empty can of tomatoes, pinto beans and sweet corn into meat mixture and simmer for 10-15 minutes.


**February Birthdays:** Joe Connors, Dorothy Reason,  
 Travis Sugg, Eunice Kearney, Mary Edwards

HOME DELIVERED MEALS VOLUNTEERS

Organizations:

Ormondsville FWB Church	Hull Road FWB Church	Walstonburg Community
Artis Grove MB Church	Free Union Church	Greene Regional Home Health
Tabernacle Church	Greene County Health Dept.	

Individuals:

Lisa R May	Lindsey May	Lyman R Thomas	Mike Perry	Barbara Barrow
Luther Barrow	William Galloway	Percy Artis	Jonah Artis	Thomas Strickland
Lois Strickland	Dianne Morris	Gene Smith	Nita Smith	Jasper Barfield
Billy Sugg	Gabriel Baker	Faye Holloman	Irene Gay	Angie Stocks
Frances Winstead	Jimmie Meadows	Nadine Meadows	Bennie Heath	Peggy Tugwell
Jasper Barfield	Beth Moye	Larry Moye	Jane Beaman	Gerald Beaman
Ben Rayford	Charles Shirley	Bobbie Shirley	Kay Turnage	Fred Brann
Lorraine Brann	Arleta Relyea	Patty Miller	Pete Miller	Ellen Rodriguez
Patsy Gabel	Roger Gabel	Willie Harris	Geraldine Harris	James Hemby
Bobby Tyson	Pebble Allen	Miranda Beasley	Nancy Radford	Kaye Seymour
Carrie Decker	Angela Ellis	Jamie Taylor	Shawna Wooten	Don Riddle
Linda Sewall	Mel Harper	Joe Hill	Sally Hill	Jimmy Kearney
Cora Kearney	Linda Saltz	Connie Mewborn	Dorothy Harrison	Chet Harrison
Lou Sparrow	Faye Elmore	Helen Roberson	Dianne Tyndall	Dal Tyndall
Cynthia Summerville	Aaron Summerville	Laura Wade	James Fulghum	Debra Farmer
Kay Schaefer	Wayne Schaefer	Skip Morris	Nancy Morris	Jean Garner-
Denny Garner				

**2012 Living Wise and Aging Well in Eastern NC**

March 6-8, 2012

Riverfront Convention Center in New Bern, NC

Contact the Senior Center to register.

Sponsored by the Eastern Carolina Council Area Agency on Aging  
(\*Registration Fees and Transportation may be covered for Greene  
County Senior Citizens see Sharon Harrison)