RICHMOND COUNTY AGING SERVICES

Newsletter

JULY 2016

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Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.

~ Dwight D. Eisenhower

Family Members In Music

Answers on page 5

1) Musical talent ran in the family when Debby Boone sang "You Light Up My Life." She is the daughter of _____Boone.
2) The Pips were brothers and cousins of lead singer Gladys _____. They sang "Midnight Train to Georgia".
3) The Four Seasons sang " Big _____Don't Cry " and " Walk Like a _____."
4) Daughter of Cissy and cousin of Dionne Warwick, this pop singer has had many #1 hits including " I Wanna Dance With Somebody." She is Whitney _____.
5) Robin, Maurice, and Barry Gibb who sang "Stayin' Alive" and " Night Fever" were better known as the _____ _____ .

Upcoming Closings

East Rockingham, Ellerbe and Hamlet Meal Sites will be closed on Monday, July 4th.

East Rockingham, Rockingham, and Ellerbe Senior Centers will be closed on Monday, July 4th.

A Matter of Balance Classes

What Is It?

Many seniors experience fear of falling and restrict their activities. A Matter of Balance: Managing Concerns About Falls emphasizes practical strategies to reduce this fear and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

A Matter of Balance includes eight two-hour sessions for a small group led by two trained facilitators. This program was developed at the Roybal Center at Boston University, and has been nationally recognized.

Who should attend A Matter of Balance Class?

The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

What are the components of A Matter of Balance?

A Matter of Balance is a structured group intervention that utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to teach fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training.

During the class, participants learn to:

- View falls and fear of falling as controllable (involves changing behavior with a focus on building falls self-efficacy, i.e., the belief that one can engage in an activity without falling).
- Set realistic goals for increasing activity (by instilling adaptive beliefs such as greater perceived control, greater confidence in one's abilities and more realistic assessment of failures).
- Change their environment to reduce fall risk factors (uses a home safety evaluation and action planner to reduce fall risk hazards in the home and community).
- Promote exercise to increase strength and balance.

Each of the eight sessions is two hours in length, including a break for light refreshments. Early sessions focus on changing attitudes and self-efficacy before attempting changes in actual behavior. The exercise component, which begins in the third session, takes about 30 minutes of the session to complete.

Classes will be held at the Ellerbe Senior Center beginning
Thursday, July 7th from 1:00 pm - 3:00 pm
Please call Judy Tyndall to register. 652-6006
Classes are Free.

Upcoming Trips

Pamper Day– to Sandhills

Community College to have hair fixed and lunch afterwards.

East Rockingham……...Tues...July 19th
……@ 8:00 am……Free
Ellerbe…….Wed. July 20th
…….@8:00 am…….Free

Support Groups

East Rockingham Senior Center

Grief and Loss Support Group

- 1st Wednesday of each month
- 2:00 pm

Rockingham Senior Center

Alzheimer's Support Group

- Tuesday, July 26th
- 5:30 pm— 6:30 pm

Ice Cream Social

Hamlet Senior Center

Friday,
July 29th
2 pm-4 pm

Old Wives' Tales

1) *If you swallow a watermelon see, what will happen?*
2) *If you spill salt, what should you do to avoid bad luck?*
3) *According to this OWT, some people can predict whether it is going to rain or snow when this part of their body hurts. What part is it?*
4) *After making an extremely boastful claim (such as "I'm sure I'll get a A on the test"), what should you do?*
5) *What food should you eat if you want to be smarter?*

Answers and facts on page 5

SHIIP

Seniors' Health Insurance Information Program
Call 1-855-408-1212
Locally 910-997-4491 or
www.shiip.com

Remember to check out the Downtown's Farmer's Market

Shop Local and Eat Fresh

Be sure to join them on:

- Saturdays at 8 am on Harrington Square
- Wednesdays at 3:30 pm in DSS Parking Lot.

Tomato and Chickpea Salad

Ingredients:

- 1 (15 oz.) can garbanzo beans, drained and rinsed
- ½ cup chopped parsley
- 2 tbsp. red onion chopped
- 3 tbsp. oil
- 2 cloves garlic, minced
- 1 tbsp. lemon juice *or* vinegar
- 1 tomato, chopped
- Salt and pepper to taste

Directions:

Combine ingredients in large bowl. Chill 1-2 hours before **serving.**

For more information on food and nutrition contact:

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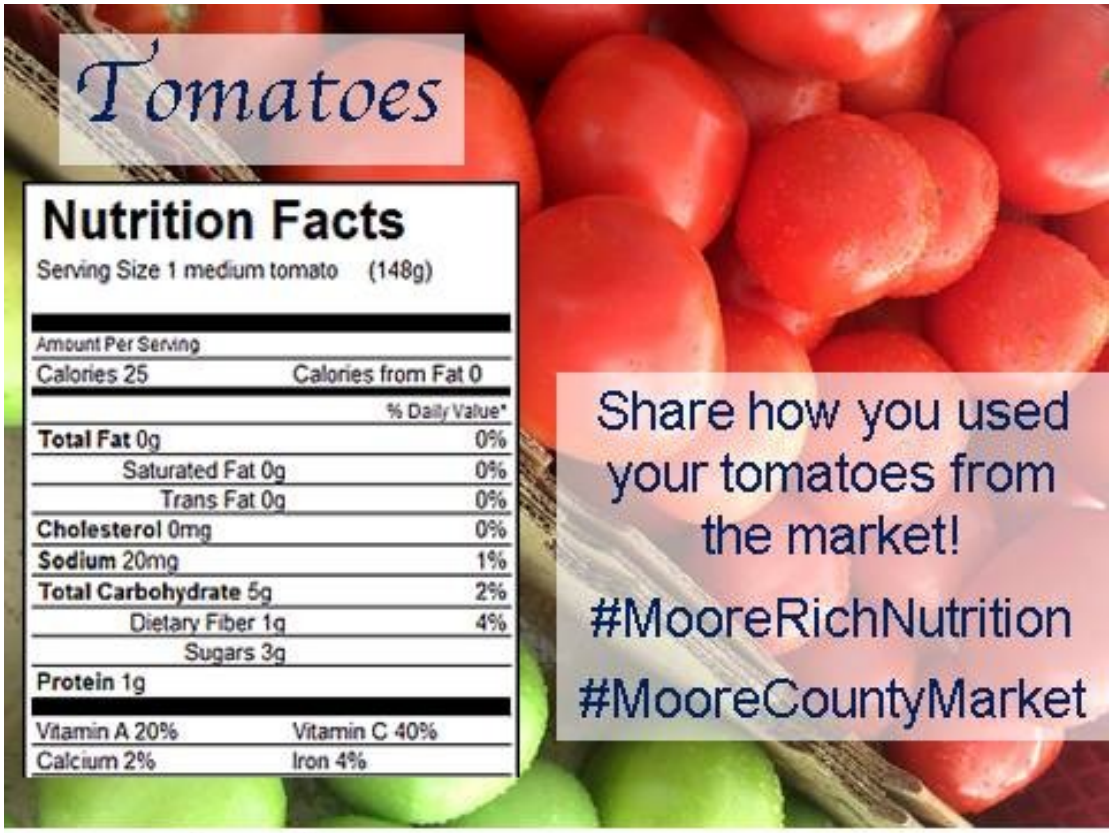


Source: www.fruitsandveggiesmorematters.org

BOX TOPS FOR EDUCATION

You Can Make a Difference!

Help us collect Box Tops for our local schools.

Each one is worth 10 cents.

All box tops collected will be given to Richmond County Schools Main Office for them to equally divide between all participating schools.

Box Tops can be found on hundreds of quality products from brands like these:

- General Mills
- Pillsbury,
- Betty Crocker
- Ziploc
- Kleenex
- Hefty

Visit btfe.com for a complete list.

Old Wives' Tales Answers & Facts

1) OWT Answer: A watermelon will grow in your stomach.

The Facts: That would be impossible.

Did You Know? Watermelon seeds are rich in protein. In China, people eat them like peanuts.

2) OWT Answer: Throw a pinch of it over your left shoulder.

Origin: Why the left shoulder, not the right? According to an old superstation, the Devil sits on your left shoulder and an angel sits on you right. Therefore, to ward off evil spirits, throw a pinch of salt over your left shoulder.

Did You Know? IN Leonardo da Vinci's masterpiece "The Last Supper," Judas– who would later betray Jesus– is seen knocking over a salt cellar with his elbow.

3) OWT Answer: Their joints.

The facts: Shifts in barometric pressure can cause painful swelling in joints and ligaments, especially for those who have arthritis or have suffered previous injury.

4) OWT Answer: Knock on wood.

Origin: In ancient times, people believed that spirits lived in oak trees. By tapping the tree as they passed by, they were acknowledging the spirits and calling on them for protection against bad luck.

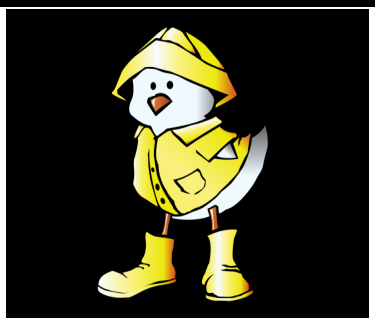
5) OWT Answer: Fish

The facts: There may actually be some truth in this OWT. Researchers have shown that eating food that is rich in omega-3 , such as oily fish, boosts blood flow to the brain and improves performance during mental tasks.

Answers (from page 1):

1. Pat 2. Knight 3. Girls, Man 4. Houston 5. Bee Gees

For more trivia and games such as word search and crossword puzzles, please ask your senior center director.

Did you know?

Our newsletter, monthly activities calendars and meal site menus are available on-line at:
http://www.richmondnc.com/245/Aging-Services