



**Food Safety & Nutrition**

**FOOD for Thought**



**NC COOPERATIVE EXTENSION**

BY FAMILY CONSUMER SCIENCE(FCS)EXTENSION AGENT, JENNIFER GRABLE

PERSON & GRANVILLE COUNTIES

# FREE Diabetes Self-Management Program



**2 out of 5**

2 out of every 5 Americans are expected to develop type 2 diabetes in their lifetime.



Reaching and maintaining a healthy weight contributes to your overall health and well-being. Losing even a few pounds or preventing further weight gain has health benefits. The main things people can do to help make themselves and their family healthier is cooking better. Simple things like using less salt, sugar, and fat in your cooking process helps. Diabetes and heart disease are two of the highest and deadliest chronic diseases in the community. By making simple lifestyle changes, you can live a longer and healthier life.

Registration is open for the free 6-week Living Healthy with Diabetes self-management program which will meet each **Monday from 2:00 p.m. – 4:00 p.m. from July 9 – August 13, 2018.** Weekly sessions will be held in a meeting room at the Cambridge Hills Assisted Living at 5660 Durham Road Roxboro, NC 27574.

This program is for anyone in the county who has type 2 diabetes or who may have been told they are borderline or pre-diabetic. Trained leaders will facilitate discussions and introduce participants to tools to help them better manage their condition. The focus of the weekly sessions is to help people understand how they can control diabetes rather than letting it control them.

This is an educational and very interactive program that informs people how to change their behaviors, in order to live healthy lives and to delay and even avoid the complications that may result from diabetes. Living Healthy with Diabetes teaches participants how to set goals, how to talk to their doctors, how to better manage their medication, how to count carbohydrates and plan healthier meals, and much more.

The curriculum was originally created by Stanford University that will help you manage symptoms including fatigue and depression, improve your communication skills, use relaxation techniques, eat healthy, use medication effectively, monitor your blood sugar, and set goals

Registration is required by July 2. Class size is limited. This program is offered as a series so participants are asked to commit to attending as many sessions as possible. To register, call Sandra Carden at 336-598-4697. This program is a collaborative effort of the North Carolina Cooperative Extension Service, Person County Health Department, Cambridge Hills Assisted Living, and the Kerr-Tar Regional Council of Governments.



## Meal Planning Lunch N' Learn

There are a lot of tips and delicious recipes available on the Fruits & Veggies More Matters website. Come to our Lunch N' Learn to find out more about Meal Planning or just go online to check out their resources.



## More In My Basket Resources

The Extension Office can provide information for individuals that think they may qualify for Food Nutrition Services. Or call 1-855-240-1451.

NC Cooperative Extension  
Person & Granville Counties  
Family & Consumer Sciences (FCS)

Person County Center  
304 South Morgan Street Roxboro, 27573  
336-599-1195

Granville County Center  
125 Oxford Outer Loop Rd. Oxford, 27565  
919-603-1350

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## Meal Planning Lunch N' Learn

Planning can take some of the headache out of preparing delicious, healthy meals for you and your family. It is helpful to keep your pantry stocked with basic items and food staples that you will use often. It will save you time and money.

Something as simple as making a grocery list can be very helpful but only if you stick to it. It is recommended that you make your list with similar items placed together. Grouping foods by category helps you remember food items and avoid a return trip to the store. With technology, there are several grocery list apps that can help you stay organized and you can check off the items as you go through the store. Some people like to arrange their list around the order in which foods are found in the store.

Our Extension Office is always providing information to help families make healthier meals. There are a variety of ways to do that but one of the most important tips we give people is to plan, shop, fix and eat. Therefore, our monthly Lunch N' Learn will focus on this topic.



### LUNCH N' LEARN: JULY 18, 2018

July's monthly session will be **Wednesday, July 18<sup>th</sup> from 12:00 p.m. – 1:00 p.m.** at the Person County Extension Office and will focus on Meal Planning. Information will be provided on making freezer meals, using a slow cooker, and planned-overs. Registration is only \$5 and is due by Friday, July 13.

10 Meal Planning & Shopping Tips from [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org).

10. Use dried fruits to dress up meals
9. Recreate leftovers
8. Use frozen/canned items for convenience
7. Experiment with new foods
6. Buy plan and season with herbs
5. Drink 100% juice
4. Try smoothies for quick and easy breakfast
3. Keep fruit handy for easy to grab and go
2. Plan one or more meatless meals weekly
1. Make more and plan for leftovers



Medical expenses that can be claimed:

- Prescription and over-the counter medications
- Insurance premiums, Medicare premiums, Medicaid cost-sharing expenses
- Dentures, hearing aids, prescription eyeglasses, prosthetics
- Transportation and lodging costs to obtain medical treatment and services
- Service animal expenses, including food and veterinarian bills
- Hospitalization, outpatient care, dental care, nursing care, psychotherapy

## More in My Basket

There are several programs that help people access food, but the largest federal program is the Supplemental Nutrition Assistance Program (formerly Food Stamps). Many households depend on the monthly food supplement to help expand their grocery budget and purchase healthier foods. The Person & Granville County Cooperative Extension offers a program called *More In My Basket*, which provides education about the FNS program. Through *More In My Basket*, participants learn if they are likely eligible for FNS, how FNS can expand their food budget, and receive individualized assistance with completing an application.

Households with seniors and/or individuals with disabilities often have higher than average healthcare costs and sometimes face the difficult choice of buying food or medicine—a situation that places these households at greater risk of food insecurity. Seniors (age 60 and older) and individuals with disabilities can claim medical expenses when applying for SNAP. Unreimbursed, out-of-pocket medical expenses over \$35 per month can be claimed, and there is no cap on the amount of medical expenses that can be claimed. Claiming these expenses can potentially increase the amount of SNAP benefits a household receives each month.

Through *More In My Basket*, participants learn if they are likely eligible for FNS, how FNS can expand their food budget, and receive individualized assistance with completing an application including claiming medical deductions.

Contact Jennifer Grable at Person & Granville County Cooperative Extension for nutrition information. If you would like to find out if you may be eligible for FNS, contact the *More In My Basket* Toll-Free Information Line at 1-855-240-1451.

## ALZHEIMER'S CONFERENCE

## WHAT'S THE DIFFERENCE BETWEEN ALZHEIMER'S DISEASE AND DEMENTIA?

**Tuesday, August 7<sup>th</sup> 9am - 4pm**

Kerr Tar Area Agency on Aging is hosting this event at Vance-Granville Civic Center. Session will help you better understand Alzheimer's and dementia and caregiving issues.



Thirteen vendors were in attendance last year for all of the participants to visit, along with attending two educational and informative workshops. This annual event is cohosted by the Extension Office and the Person County Senior Center.

## Aging with Gusto

No matter your age or capabilities, the Person County Extension Service believes that you are more than capable of serving as a volunteer and helping out your community. No matter which organization you choose to serve, we encourage you to 'Engage at every Age' and help out Person County. One of the ways that you can get into the act with our organization is serving as 4-H Volunteer, Extension Volunteer, Master Food Volunteer, serving as a board member, etc. No matter what you do for a living or do in your retirement years, it is always important to continue to stay active. If you are interested in learning more about our Extension volunteers and programs that we offer, contact our Extension Office at 336-599-1195 (Person) or 919-603-1350 (Granville).

If you are retired or just interested in learning to stay active as you age, we invite you to participate in our annual Aging with Gusto event scheduled for **Tuesday, August 28<sup>th</sup> at the Person County Office Building**. Our theme for the event is "Engage At Every Age" because we understand and believe that our aging population still plays a vital role in our communities. We will have several organizations that will set up booths for the morning period where all of our participants will have a chance to visit, gather information, and pick up some materials from each organization. We will then have two workshop timeslots where you have three different topics to choose from. After our workshops, we will then come back together as a group for lunch, our guest speaker, entertainment and door prizes. It costs \$12 to attend and that includes breakfast snacks, goodie bag, lunch and a door prize ticket. The registration form and fee are due by August 17th and can be found online at <http://person.ces.ncsu.edu> starting in July.

During the workshop sessions, participants will be given three options of workshops to choose from during each of the two timeslots. Some of the workshops already planned for this year's event include Living a Heart Smart Life with information provided by our local cardiologist, Dr. Tori Bradsher; Taking the Confusion out of Buying a Lightbulb discussing energy efficiency presented by Dr. Sarah Kirby from NC State University; and Spot the Con about how to spot and avoid scams, presented by Kayla Gilbert from the Better Business Bureau of Eastern NC. Other workshops are being finalized and will be listed on our finalized registration brochure, set to come out in early July.

Following the workshop session is lunch, entertainment and the keynote speaker is slated to be from one of our local law enforcement agencies discussing issues affecting seniors such as safety, scams, etc. We will end the program with door prizes and evaluations. Aging with Gusto is a joint venture between the Person & Granville County Extension Offices, Extension and Community Association and the Person County Senior Center.



**Tuesday, August 21<sup>st</sup> 10am - 12pm**

The Person County Library will be hosting their Senior Citizen Fair to celebrate National Senior Citizen Day with informational booths for seniors to visit.

## FAST FACTS

80%

Approximately 80% of older adults have at least one chronic disease, and 77% have at least two.

23%

Diabetes affects 12.2 million Americans aged 60+, or 23% of the older population.

## FOR MORE INFORMATION

Visit the National Council on Aging website at <https://www.ncoa.org> or visit your local Senior Center to see what programs they have available in your area.



# ECA, EVA, EMFV??? What Do All of the Letters Mean?

## FOR MORE INFORMATION

ECA – Extension Community Association

EVA – Extension Volunteer Association

EMFV – Extension Master Food Volunteer

There are numerous ways for individuals to volunteer with the NC Cooperative Extension programs. The Family Consumer Science (FCS) Extension Agent currently serves both Person & Granville Counties. In order for this to be able to happen, we need volunteers to help us with our programming efforts as well as simply be another avenue for Extension to help serve the community.

Many years ago, our volunteers were simply known as Extension Homemakers, or members of our Home Demonstration Clubs. However, over the years, we have slightly changed our names because everyone is welcome to join and participate. In Person County, the members are known as Extension Community Association (ECA) club members but in Granville, they are referred to as Extension Volunteer Association (EVA). These individuals are members of 3-4 clubs in the community and they tackle a variety of issues helping provide community service and education to the community. In Person County, our volunteers have helped organizations such as the Ronald McDonald House, Christian Help Center, Boys & Girls Club of NC, Caswell House, Roxboro Reunion Scholarship program, etc. In Granville County, they have provided dictionaries to local school children, served meals at Ronald McDonald House, prepared backpacks for the Appalachian Christmas Outreach program, and helped financially support the Backpack Buddies program in the community.

Our main program focus is food and nutrition so we have started recruiting individuals to help serve as Extension Master Food Volunteers which help us prepare and serve meals at events, teach nutrition to local school children, set up educational booths at local events or health fairs, etc. These individuals have to complete 30 hours of training in order to become certified and help conduct programs with the Extension Office as well as conduct programs by themselves out in the community. For more information or to volunteer, contact Extension Agent at [jbgrable@ncsu.edu](mailto:jbgrable@ncsu.edu)

## Volunteers Are Always Needed & Appreciated!!

