



# Harnett County Caregiver Support Group Newsletter

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## Wellness Tips: On Your Mark, Get Set... Walk!

### Harnett County Happenings:

- ◆ **“Sailing into Better Health” RSVP Senior Citizens’ Fair** will be held at the Dunn Community Center on Thursday, May 11, 2017. Please join us for a fun filled day beginning at 10:00 am –2:00 pm For more information call 910-893-7579.
- ◆ **Senior Games** will be held April 19 – May 8, 2017. For more information contact the Harnett County Division on Aging 910-893-7578.
- ◆ **Mobile Mammography:** The Health Department provides mobile mammography screenings in partnership with Rex Mobile Mammography. Screenings will be held on April 27, 2017. Pre-registration is required. For an application call 910-814-6197.

Wednesday, April 6 is the American Heart Association’s National Walking Day, and we want people to lace up for their heart and get moving.

These days, we’re spending more time at work and sitting in front of a screen than ever before. We’re becoming less active, which can increase our risk of heart disease, stroke and other diseases.

The American Heart Association sponsors this day to remind people about the health benefits of taking a Walk.

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

Take the first step to a healthier life by taking part in the American Heart Association’s National Walking Day. Use National Walking Day to kick off a month-long focus on being more active and creating healthy habits.

Thirty minutes a day, five

times a week, is an easy goal to remember. You’ll experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

So, grab your sneakers, lace up and get moving toward a healthier heart! \*If you’ve been inactive for an extended amount of time, are overweight, have a high risk of heart disease or another chronic health problem, talk to your doctor before you start a walking program.



Lace Up For National Walking Day

### Benefits of the Caregiver Program Reminder:

Remember one of the benefits of our Family Caregiver Support Program is we can offer Respite and Supplemental Supplies at no charge to you if you qualify for these services. Please talk to Latorius about this great resource.

*Wellness tip provided by the Harnett County Health Department*

### Citrus Berry Smoothie

#### Ingredients

- 1 1/4 cups fresh berries
- 3/4 cup low-fat plain yogurt
- 1/2 cup orange juice
- 2 tablespoons nonfat dry milk
- 1 tablespoon toasted wheat germ
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract



#### Preparation

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

#### Nutrition

Per serving: 432 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 77 g carbohydrates; 20 g protein; 7 g fiber; 250 mg sodium; 617 mg potassium.

Nutrition Bonus: Vitamin C (175% daily value), Calcium (63% dv), Potassium (18% dv), Magnesium (16% dv).

### Next Meeting:

Our next meeting will be held on **Thursday, April 13, 2017 at 11:00 a.m.** at the Harnett County Division on Aging, Kitchen Area. We will make crafts and gifts to distribute at Pinecrest Gardens, Lillington in June. Any cards or small gifts you would like to bring to give to the residents please bring them to the meeting. **Snacks will be provided.** Please call Latorius Adams at (910) 814-6075 for more information.

