



Harnett County Caregiver Support Group Newsletter

Volume 10, Issue 4 April 2018

Highlights

In the Kitchen: Long-Lasting Lemons

America's Test Kitchen says the best way to store lemons is in a zip-close plastic bag in the refrigerator. They will stay fresh for more than a month.

Asparagus Is Cropping Up

April is the peak of asparagus season. While green is the vegetable's most common variety, there are also white spears, which have more delicate flavor, and purple asparagus, known for its sweeter taste.

Fitness Tip: Stand Up

A standing workout will almost always burn more calories than a seated one, with the exception of a high-intensity cycling class. Get on your feet for some more vigorous activity to see real results.



Wellness Tips: Screening Saves Lives

Colorectal cancer screening saves lives. Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If you are 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.

- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early, when treatment works best.

This is one cancer you can prevent! Getting screened for colorectal cancer beginning at age 50 helps prevent the disease. If you're 50 years old or older, get screened!

- About one-third of adults aged 50 or older, the age group at greatest risk of developing colorectal cancer—have not been screened as recommended.

Who gets Colorectal Cancer? Both men and women can get it. It is most often found in people 50 or older, the risk increases with age.

Which test is right for You? There is no single "best test" for any person. Each test has advantages and disadvantages. Talk to your doctor about which test or tests are right for you and how often you should be screened. People at increased risk for colorectal cancer may need earlier or more frequent tests than other people.

Wellness tip provided by the Harnett County Health Department



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.

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 19, 2018 at 11:00 a.m.** at the Harnett County Division on Aging, Kitchen Area. Our guest will be **Angie Ceroli**, health and wellness educator. She will discuss how our natural resources can be used in caregiving. **Snacks will be provided.** Please call Latorius Adams at (910) 814-6075 for more information.

