



# Harnett County Caregiver Support Group Newsletter

Volume 10, Issue 2 February 2018

## Harnett County Happenings:

- ◆ Wednesday, February 14th is **Valentine's Day**. Make sure you tell the special people in your life how much they mean to you.
- ◆ Monday, February 19th is **Presidents Day**.
- ◆ **The Volunteer Income Tax Assistance Program** will be offering free tax assistance for the elderly and disabled in Lillington, Erwin, and Coats. Please contact the Department on Aging at 910-893-7578 for more information about this program.
- ◆ **Go Red Lunch and Learn**-In recognition of American Heart Month, Harnett County Health Department and Harnett Health are partnering to offer a Go Red Lunch and Learn on Wednesday, February 21st from 11:30am-1:00pm at the Governmental Complex Commons Area. This event is free, however registration is required. To register call 910-814-6298.

## Next Meeting:

Our next meeting will be held on **Thursday, February 15, 2018** at **11:00 a.m.** at the Harnett County Division on Aging, Kitchen Area. **Kayla Gilbert, Outreach Specialist** with the Better Businesses Bureau will be speaking about scams targeting senior citizens— these include telephone scams, computer scams, email scams, identity theft, etc. Refreshments will be provided at this meeting. Please RSVP to Latorius Adams at (910) 814-6075.

## HIGHLIGHTS

### Sharing the Love

You'll find towns named Valentine or Valentines in a few states, including Arizona, Nebraska, Texas and Virginia.

can instruct you on how to get the safest and most effective workout.

### Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

### Best Times for a Doctor's Appointment

For general checkups, experts advise scheduling doctor visits first thing in the morning or right after lunch, when doctors are more likely to be on time. Also, avoid Mondays and Fridays, which tend to be the busiest days at doctors' offices.

### Veggies with Vitamin C

Mention vitamin C, and citrus fruits such as oranges most likely come to mind. But many vegetables are actually better sources of the immune-supporting nutrient. Try bell peppers, broccoli, cauliflower and kale.

### Fitness Tip: Learn the Equipment

Using exercise equipment properly can prevent injury and help you get the best workout possible. Before you start on a new machine, read the directions carefully. If a trainer is available, ask if he or she



## Super Bowl Sunday

The **52nd Super Bowl** will be on Sunday, February 4th. The Philadelphia Eagles will play the New England Patriots. Good Luck to both teams!



## Peppermint Bark

### Ingredients

- 1 (6 ounce) package white chocolate, chopped
- 3 peppermint candy canes

### Directions

- ♥ Line a baking sheet with waxed paper.
- ♥ Place white chocolate in a microwave-safe bowl; heat in the microwave until melted, 60 to 90 seconds. Stir until smooth.
- ♥ Place one gallon-sized re-sealable bag inside a second gallon-sized bag, creating a double-layered bag. Place candy canes inside the inner bag and seal. Crush the candy canes inside bag with a rolling pin. Stir crushed candy canes into melted white chocolate.
- ♥ Pour white chocolate mixture onto the prepared baking sheet. Chill in refrigerator until hardened, 1 hour.

