

Harnett County Caregiver Support Group Newsletter

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Harnett County Happenings: Wellness Wednesday: Make Fruit more Appealing!

- ◆ Sunday, May 14th is Mothers Day.



- ◆ **Memorial Day** will be observed on Monday, May 29th, All county offices will be closed.
- ◆ **“Casino Royale” Senior Fair** will be held at the Dunn Community Center on Thursday, May 11th. Please join us for a fun filled day beginning at 10:00 am—2:00 pm. For more information call 910-897-7579.
- ◆ **Don't Miss a Beat: Control High Blood Pressure.** On Tuesday, May 16th from 12:00 pm-1:00 pm, Dr. Ashley Lewis with North Carolina Health and Vascular will be presenting an informative session on how to prevent and control high blood pressure. Lunch will be provided. To register call 910-814-6196

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.

Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, calories and none have cholesterol.

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

Don't think just apples or bananas. All

fresh, frozen, or canned fruits are great choices. Be sure to try some different fruits—how about a mango, or pineapple or kiwi fruit or even dragon fruit!

Make fruit more appealing:



- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber.
- Try different textures of fruits.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

Keep it safe:

- Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.

*Buy fresh fruits in season when they may be less expensive and at their peak flavor.

Wellness tip provided by the 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.



Next Meeting:

Due to the Senior Fair being held in May, we will wait and have our next Family Caregiver Support Group meeting in June. We are doing this to encourage you to attend this wonderful event in our community. It will be held on **Thursday, May 11, 2017.** If you have any questions please call me at 910-814-6075. Hope to see you there!!

Cool Ranch Crockpot Chicken Tacos

Ingredients

- 4 chicken breast (about 1 1/2 lbs)
- 1 packet of taco seasoning
- 1 packet of ranch dressing
- 14 ounces of chicken broth

Instructions

1. Put chicken breasts, taco & ranch mixes and chicken broth in crock pot.
2. Set crock pot on low for 5 hours.
3. After 5 hours, shred chicken with 2 forks.
4. Replace lid and continue cooking on low for 30 more minutes.
5. Serve shredded chicken on a tostadas, tacos burritos or salad, with your favorite toppings!

