



# Harnett County Caregiver Support Group Newsletter

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## Harnett County Happenings:

- ◆ **Labor Day** will be recognized on Monday, September 4th, all county offices will be closed.
- ◆ **The first day of Fall** is Friday, September 22nd.
- ◆ **Benefits of the Caregiver Program.** Remember one of the benefits of our Family Caregiver Support Program is we offer Respite and Supplemental supplies at no charge to you if you qualify for these services. Please talk to Latorius about this great resource.
- ◆ We will begin scheduling appointments for **Medicare Open Enrollment** at the end of the month. The Open Enrollment period runs from October 15th — December 7th. For more information call 910-893-7578.
- ◆ Harnett County will be taking the seniors to the **NC State Fair** on Tuesday, October 17th. If you are interested in attending please call Carl Davis at 910-893-7518. The bus ride and entrance is free.

## September is National Rice Month

Although a tiny grain, rice is a staple food source for more than half of the world's population. While brown rice is a whole grain and higher in fiber, both brown and white varieties are low in calories and contain a number of vitamins and minerals, including folate, magnesium and iron.



## Celebrate National Honey Month

Celebrate National Honey Month in September by learning what honey has to offer in addition to natural sweetness.

*Ease cold symptoms.* A bit of honey in some hot tea or water will soothe a sore throat, and swallowing a spoonful can help quell a cough. According to [www.MayoClinic.org](http://www.MayoClinic.org), a study involving children found that honey did a better job of easing nighttime coughs and improving sleep than the cough suppressant dextromethorphan. (However, honey should not be given to children under 1 year old.) ‘

*Give yourself a wake-up call.* If you're feeling a bit lethargic in the morning or facing an afternoon slump at your desk, skip the coffee and mix a spoonful of honey into a cup of tea. The blend of fructose and glucose offers an energy lift, plus you'll reap the benefits of the vitamins and minerals found in honey.

*Be Good to your skin.* Honey's antimicrobial and moisturizing properties make it a great skin care product. Mix one teaspoon of honey and two tablespoons of warm water and massage it into dry or irritated skin. Honey is also an antibacterial agent and can reduce swelling. Some people use it to treat minor burns, cuts, scrapes, and sunburn. The website WebMD notes that honey is considered one of the oldest known wound dressings.

## September Meeting

Our next meeting will be held on **Thursday, September 21st at 11:00 am at the Harnett County Division on Aging.** The guest speaker will be **Lesia Henderson**, with the Sampson County Department of Aging. She will come demonstrate skills on the “*Hand under Hand*” and “*Positive Approach*” for Dementia patients. **Light refreshments will be provided.** To register for this event please call Latorius at 910-814-6075. Hope to see you there!

## Easy Stovetop Mexican Rice

### Ingredients

- 3 tablespoons oil
- 1 cup long grain rice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 jalapeno diced - optional
- 1-2 cloves garlic crushed
- 1 cup salsa
- 1 cup chicken broth

### Preparation

1. Heat 3 tablespoons of in a large nonstick pan over medium heat until hot.
2. Add 1 cup long grain rice. Add 1/2 teaspoon ground cumin and salt. Toast until nicely brown about 8-9 minutes. The last minute of toasting, add 1-2 cloves crushed garlic. Also, add one diced jalapeno here if you want it hot.
3. Add 1 cup of your favorite salsa and 1 cup chicken broth. Bring to a boil then decrease to low heat and cover.
4. Simmer for 20 minutes until tender. Remove from heat and stir. Cover and let rest until served

