



Harnett County Caregiver Support Group Newsletter

Volume 11, Issue 1 January 2019

Harnett County Happenings:

- ◆ **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.
- ◆ **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, January 10, 2019. Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.
- ◆ **Martin Luther King Jr. Day** will be observed on Monday, January 21, 2019. All county offices will be closed.

Wellness Tips: Tips for a Trimmer You

Losing weight is one of the most common resolutions made in the New Year, but for a lot of people, it's also one of the most difficult to achieve. If you want to drop a few pounds this year, there are some simple steps you can take to reach your goal.

Load up on water. The human body is about 5 percent water, and even mild dehydration can make you feel hungry.

Get more sleep. Many studies show that a lack of shut-eye leads to weight gain. Get at least seven hours a night.

Choose wisely. Food high in protein and fiber make you feel fuller and give you more energy. Stock up on eggs, poultry, seafood, cottage cheese, vegetables, whole grains and seeds.

Avoid empty calories. Say goodbye to soft drinks, syrups, sugary snacks, white bread, white rice and highly processed foods.

Make smart substitutions. Sauté foods in stock or broth instead of oil. Cut back on high-calorie smoothies and coffee drinks. Choose plain popcorn instead of chips.

Listen to your body. Eat when you are hungry, not bored or stressed. Put down the fork when you feel satisfied—it's OK to leave food on your plate.

Move more. Take the stairs instead of the elevator. Park your car farther away from the door. Do stretches or sit-ups while watching TV. Take a walk break instead of a coffee break.



Wishing you beautiful moments,
treasured memories,
and all the blessings a heart can know.

Happy New Year!

SayingImages.com



January Meeting

Our next meeting will be held on **Thursday, January 17, 2019** beginning at **11:00 am** at the Harnett County Division on Aging (Kitchen Area). RSVP to Latorius Adams at 910-814-6075. Hope to see you there! Light refreshments will be provided.

"Faith is taking the first step, even when you don't see the whole staircase."

~ Martin Luther King, Jr.