

Harnett County Caregiver Support Group Newsletter

JULY

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Harnett County Happenings:

- ◆ Wednesday, July 4th is **Independence Day**. All county offices will be closed.



Happy 4th of July

- ◆ **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.
- ◆ **There will be no meeting held this month. Our next meeting will be on Thursday August 23rd at 11:00a.m. It will be on the 4th Thursday**

Wellness Tips: "Take your Socks Off"

Did you know that by "taking your socks off" at your next checkup, you may be able to reduce your risks for a serious medical condition. Leg pain may be the first sign of heart disease.

Peripheral Artery Disease (PAD) is caused by atherosclerosis a narrowing of the peripheral arteries to the legs, stomach, arms, and head---most commonly in the arteries of the legs.

Quick Facts: PAD is dangerous because these blockages can restrict circulation to the limbs, organs and brain. Without adequate blood flow, vital organs, legs, arms and feet, and your brain, suffer damage.

Proper diagnosis can start by "taking off your socks" and talking with your healthcare provider about any symptoms you have noticed. PAD often goes undiagnosed.



Added risks for PAD: If you smoke, you have an especially high risk for PAD. If you have diabetes, you have an especially high risk for

PAD. People with high blood pressure or high cholesterol are at risk for PAD. Your risk increases with age.

The good news, PAD is easily diagnosed in a simple, painless way. It can be managed or even reversed with proper care. You can take control by leading a heart-healthy lifestyle and following the recommendations of your healthcare professional.

As with any disease, the more you understand, the more likely you'll be able to help your healthcare professional make an early diagnosis and start treatment. Find out what your feet may be saying about your heart health, and how to keep your heart and leg arteries healthy.

Wellness Tip provided by:
Harnett County Health Department



★ Easy Mediterranean Vegetables Recipe

A quick and zesty vegetarian side dish option

Ingredients

- 2 tablespoons + 2 teaspoons extra virgin olive oil, divided
- 2 medium zucchini, cut in eighths lengthwise, then halved crosswise (about 3 inches long)
- 1 medium yellow onion, cut into ¼-inch wide strips
- 1 small red bell pepper, cut into ¼-inch wide strips
- 2 teaspoons greek seasonings
- 2 teaspoons balsamic vinegar
- ¼ teaspoon garlic salt
- ¼ teaspoon sugar

Instructions

1. Add 2 tablespoons of olive oil to a large grill-safe skillet and place on hot grill (or stove-top over medium-high heat) until hot. Add zucchini, onion and bell pepper; cook and stir 6 minutes or until browned on edges.
2. Meanwhile, in a small bowl, whisk together remaining 2 teaspoons olive oil plus remaining ingredients.
3. Remove skillet from heat. Add seasoning mixture to cooked vegetables; toss gently to coat.

