

GRASP Newsletter

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Board Game Benefits

A classic in family entertainment, the traditional board game is more than nostalgia. According to several studies, board games could be key to keeping your mind active and healthy.

In fact, they can promote overall health for people of all ages.

Here are some of the benefits of playing board games:

Cognitive. In order to do well, players must learn the rules of the game and strategize techniques to help them win. Many board games also deal with problem-solving and complex situations. These aspects of

board games help develop the brain and sharpen memory. Research reported in the British Medical Journal found that playing board games reduces the risk of cognitive decline, such as the associated with dementia and Alzheimer's disease.

Social. Playing games together is a great way to get to know people and build relations in a fun atmosphere. The competition offers players opportunities to outwit opponents

and exhibit sportsmanship. Children can learn patience and cooperation as they gain a sense of belonging to a group.

Physical. The laughter and enjoyment that comes with playing board games releases endorphins in the body, which reduces stress, eases muscle tension and lowers blood pressure.



Harnett County Happenings:

- ◆ October is recognized as National Breast Cancer Awareness Month.
- ◆ October 31, 2019 is Halloween. Be ready for the Trick-or-Treaters.
- ◆ We are now scheduling appointments for Medicare Open Enrollment . The Open Enrollment period runs from October 15th — December 7th. For more information call 910-893-7578.



Beefy French Onion Potpie

INGREDIENTS

- 1 pound ground beef
- 1 small onion, chopped
- 1 can (10-1/2 ounces) condensed French onion soup
- 1-1/2 cups shredded part-skim mozzarella cheese
- 1 tube (12 ounces) refrigerated buttermilk biscuits

MAKE IT

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink, breaking beef into crumbles; drain. Stir in soup; bring to a boil.
2. Transfer to an ungreased 9-in. deep-dish pie plate; sprinkle with cheese. Bake 5 minutes or until cheese is melted. Top with biscuits. Bake 15-20 minutes longer or until biscuits are golden brown.



Nutrition Facts

1 serving: 553 calories, 23g fat (10g saturated fat), 98mg cholesterol, 1550mg sodium, 47g carbohydrate (4g sugars, 1g fiber), 38g protein.

Next Meeting

We will NOT have a scheduled meeting this month. However I do invite you to the caregiver meeting on **Thursday, October 17, 2019 at 11:00 am** at the Harnett County Division on Aging, Kitchen Area (right down the hall from our regular meeting place). **Willetha Barnette, author of The Caregiver's Secrets**, was a caregiver for more than 20 years. She will present her seven principles of Family Caregiving and how the attention on caregiving is a vital service. Please RSVP for this meeting if you will be joining call Latorius at 910-814-6075. Hope to see you there!