

# Harnett County GRASP Support Group Newsletter

# JULY

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**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 LeAnn about this great resource.

- **Join Us....** There will be a short meet and greet this month to meet your new Family Caregiver Specialist, **Marci Wood**. Our meeting will be on **Thursday, July 28, 2022 at 10:00 am** at the **HC Resource Center/Library**. **Please bring your grandchildren!**

**Summer** is officially here and so are the high temperatures! While you are, enjoying outdoor activities or working in the heat be mindful of the health risks that come along with high temperatures. Getting too hot can make you sick. When temperatures rise in the summer, so do heat related illnesses.

Anyone can develop a heat-related illness if they are in the heat for an extended amount of time without taking the proper precautions. However, those who are young, elderly and those who have a chronic health conditions are more susceptible. The good news is that heat-related illnesses are preventable by taking a few precautions.



- **Stay Cool:** Stay in an air-conditioned indoor location as much as possible. Wear lightweight, light-colored, and loose fitting clothing and sunscreen with an SPF of at least 15. Schedule outdoor activities carefully and avoid the heat of the day, from 12pm – 3pm.
- **Stay Hydrated:** Drink plenty of fluids throughout the day even if you do not feel thirsty. Avoid alcohol, sugary drinks, and drinks with caffeine.
- **Stay Informed:** Check the local news for extreme heat alerts and health and safety updates.



## Zucchini Boats

A quick and easy recipe using **Zucchini** as an alternative to pasta. This is a favorite at the Blackmon house!

### Ingredients

- 3-4 large zucchini
- 2 cups of spaghetti sauce
- 1 lb. ground beef or turkey
- 1 medium onion, diced
- 1 small green bell pepper, diced
- 1 small can of mushrooms, drained and chopped
- 2 1/2 c. shredded mozzarella or Italian blend cheese



### Instructions:

1. Brown the hamburger or turkey in a skillet with the onions, peppers and mushrooms. Drain mixture.
2. Combine the spaghetti sauce with the meat mixture. Set aside.
3. Wash and cut the zucchini length-wise. With a spoon, remove the seeds and create a well in each of the zucchini halves.
4. Spoon in the meat mixture and arrange in casserole dish. Cover with foil and bake 20 minutes on 350 degrees. Remove the foil and cover each boat with cheese. Pop back in the oven for 10 minutes. **Enjoy!**

