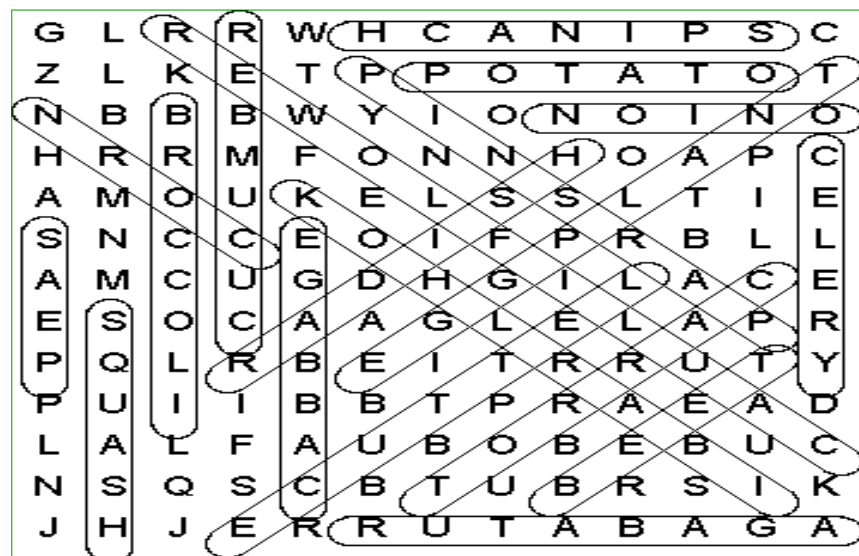


Vegetables

This is the answer to the puzzle located on page 7.



Senior Nutrition News

SPRING 2012

Volume, 2 Issue 3

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness."
~ Helen Keller ~

**APRIL IS:
Stress Awareness Month!**

Throughout April it is Stress Awareness Month in the USA. It is time to deal with your stress. Learn how to cope with stress and help yourself feel better.

Dealing with stress can in itself feel stressful, but there are lots of things you can do to manage it and start feeling great!

From teenage stress, work related stress, and now retirement stress, there are lots of simple steps that can help you to overcome your problem. One thing we should do is make some more time for fun and relaxation.

Around a quarter of all people say work is the biggest cause of stress in their lives, so don't let stress get to you. Get involved and say goodbye to stress!

In small doses, stress helps you to stay focused, energetic, and alert. But when stress becomes overwhelming, it can damage your health, your mood, your productivity, your relationships, and your quality of life.

Everyone experiences stress differently, but there are some common warning signs and symptoms. Stress can easily creep up on you so that being frazzled and overwhelmed starts to feel normal. You may not realize how much it's affecting you, even as it takes a heavy toll on your mind, body, health and behavior.

You can protect yourself by learning how to recognize the signs and symptoms of stress overload and taking steps to reduce its harmful effects.



Continued on the page two



A United Way Member Agency

Happy Spring!

Senior Resources of Guilford
301 E. Washington Street
Greensboro, NC 27401

336-373-4816

fax: 336-373-4922

600 N. Hamilton Street
High Point, NC 27262

336-883-3586

fax: 336-3179

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Senior Resources of Guilford

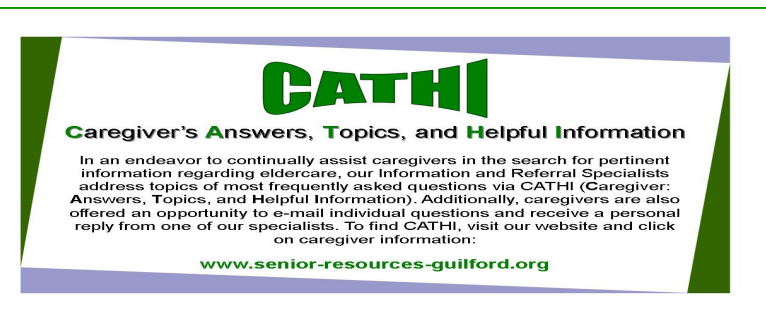


GREENSBORO
301 E. Washington Street
336-373-4816
Community Nutrition Program ext. 224

HIGH POINT
600 North Hamilton Street
336-883-3586

Promoting Independent Lifestyles

Founded in 1977 as United Services for Older Adults, Senior Resources of Guilford is a United Way agency dedicated to serving our diverse community of older adults and their families by advocating and providing supportive services that enhance the independence, health and quality of life for older adults.



TAX TIME



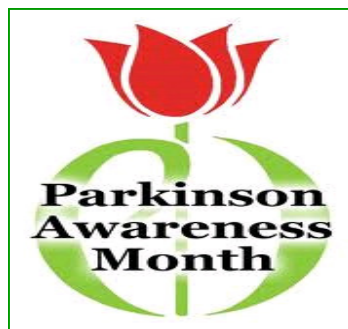
The deadline to file taxes this year is April 17th, 2012.

VITA (Volunteer Income Tax Assistance) representatives will once again be completing federal tax returns for low-income earners (under \$50,000 per year) in Guilford County at Senior Resources of Guilford's Greensboro Senior Center this year.

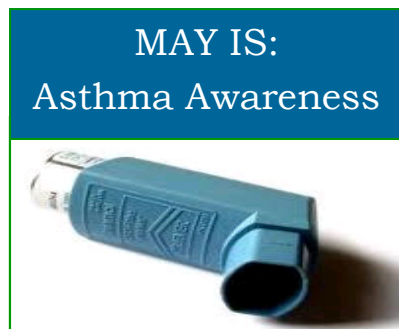
Trained volunteers will be available **Mondays, Wednesdays and Fridays** from **1:00 p.m. to 4:00 p.m.**, starting **Monday February 6, 2012** and continuing through **Friday April 13, 2012**.

Participants will need to bring a copy of their previous year's return, all financial statements pertaining to tax year 2011 and their picture ID(s). For those filing joint returns, both clients must be present at the appointment. Returns are e-filed. No paper returns will be processed. Participants will receive a copy of their completed return.

To schedule a tax appointment at the Greensboro Senior Center or learn about other VITA sites in Guilford County, call the **SeniorLine** at **(336)333-6981** or **(336)884-6981**.



MAY is:



MAY IS NATIONAL BIKE MONTH



WEBSITE:

For more information about the services offered at Senior Resources of Guilford, please visit our website

www.senior-resources-guilford.org

[www.check us out online...](http://www.checkusoutonline...)



May is National Stroke Awareness Month

Courtesy of Center for Disease Control

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. Although most strokes occur in people aged 65 years or older, strokes can occur at any age. Knowing the symptoms of stroke and calling 9-1-1 immediately if someone appears to be having a stroke are important steps in getting quick emergency medical care for a stroke. New treatments are offered that can reduce the damage caused by a stroke for some victims, but these treatments need to be given soon after the symptoms start.

Know the Signs and Symptoms of Stroke

SUDDEN

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

If you think someone is having a stroke, call 9-1-1 or emergency medical services immediately. Receiving immediate treatment is important in lowering the risk of disability and even death.

What Can You Do to Lower Your Chance of Having a Stroke?

Knowing your chances of having a stroke and doing what you can to reduce or control your chances decides the best approach to preventing stroke and stroke-related disability. Things you can do to lower your chances of having a stroke may include:

- ◆ Prevent and control high blood pressure
- ◆ Eating a healthy diet
- ◆ Maintaining a healthy weight
- ◆ Exercising
- ◆ Limit cigarettes smoked per day or STOP smoking
- ◆ Do not drink too much alcohol (drinking more than two drinks per day on average for men or more than one drink per day on average for women).



ISOLATION

The Difference In Being Alone and Lonely



There is an ever increasing concern with seniors these days, and that is isolation and loneliness. Social researchers define social isolation as having two parts to it.

1. One part is objective, or in ways that can be determined by onlookers, as living alone or lacking social contacts.

2. The second part is subjective or ways that only the individual who is experiencing the isolation can report from his or her own experience.

Together the combined definition would be the limited amount of contact and interaction with family, friends and others.

It is important to realize that loneliness is the opinion of being alone and can be experienced even when one is in contact with others. Women are almost four times as likely as men to live alone. Some of the reasons of social isolation are retirement, living alone, widowhood and health problems. Another key factor that has increased the likelihood of social isolation is the fact that over time, both men and women have become less likely to live with relatives.

There is good news , even for people who live alone! Because of programs such as:

- ◆ **Mobile Meals** volunteers provide a great opportunity each day to seniors who live alone (or who live with someone) to have that much needed social interaction. Someone to talk to or to make sure that all is as well as it can be. When these volunteers arrive they are providing so much more than just a nutritious meal. They are bringing the outside world into your living room!
- ◆ **Senior Resources of Guilford** offers other programs to help avoid loneliness such as the **Telecare Program**, where someone will call seniors who are experiencing loneliness or just want someone to talk to about the good old days or even what happened yesterday!
- ◆ If you would like to have a person contact you by phone on a regular basis, you can simply call **Senior Resources of Guilford's Senior Line** and tell them you would like to get enrolled in the **Telecare Program**. That number is **(336) 333-6981**.

We all experience feelings of loneliness from time to time, even if we are living with someone. These feelings can be more pronounced when we live alone but because of the emphasis being placed on helping seniors cope with loneliness, you don't have to feel lonely anymore. There truly is a difference in being alone and lonely.

SENIOR NUTRITION

MOBILE MEALS WOULD LIKE TO EXTEND A HEART FELT

‘THANK YOU’

TO URBAN MINISTRIES AND THE VOLUNTEERS FOR THE GENEROUS WORK THEY DID ON THANKSGIVING DAY TO BRING A HOT MEAL TO EACH OF OUR MOBILE MEALS PARTICIPANTS.

MOBLEIE MEALS WOULD LIKE TO

THANK,

GOLDEN CORRAL AND THE VOLUNTEERS FOR ALL THE HELP THEY PROVIDED TO ENSURE THAT OUR MOBILE MEAL PARTICIPANTS' RECEIVED A HOT MEAL ON CHRISTMAS DAY.

“SANTA FOR SENIORS” WAS A HUGE SUCCESS THIS 2011-2012 FISICAL YEAR, AND HOLIDAY CHEER WAS RECEIVED BY ALL. COMMUNITY NUTRITION AND MOBILE MEALS WOULD LIKE TO :

“THANK”

MONTICELLO BROWN-SUMMIT ELEMENTARY SCHOOL, AETNA, INC. HOMESTEAD, TRIAD NETWORKS, WESTCHESTER COUNTRY DAY SCHOOL, ST. PAUL THE APOSTLE CHURCH, OUR SPONSORS AND HARRIS TEETER.

WE APPRECIATE OUR SPONSORS AND THEIR GENEROSITY TO OUR PROGRAM PARTICIPANTS.