

March/April 2020

**We are Here to Serve**

**Pamlico Senior Center News & Solutions**

**Pamlico County Senior Services is a NC Certified Center of Merit**

MISSION

To promote and improve the well-being of older adults and to develop and provide appropriate facilities and services to enhance their quality of life.



Dear Community Volunteers,

We would like to express our sincere appreciation to every County Commissioner, the County Manager, the Senior Services Advisory Board members, The Foundation for the Aged, our churches, businesses, and citizens of Pamlico County. You have volunteered your time and money to assist Pamlico Senior Services to reach and help our seniors throughout the County.

Your support this year has meant so much, and we hope that everyone will continue to support seniors in Pamlico County. Every single monetary donation has been a blessing. Through your dedication to the community and your volunteerism, many seniors continue to remain safely in their own homes.

You have enabled us to provide comfort to so many frail and elderly seniors that we might not have had the ability to reach without your help. We appreciate all of the things you have done, and we want to Thank You for your continued support.

Sincerely,

Violet W. Ollison  
Pamlico Senior Services Director

*Thank You*

**Services Offered:**

**Classes/Activities**

Home Delivered Meals	Senior Games	Acrylic Painting
Congregate Meals	Alzheimer’s Lending Library	Crafts
Telephone Reassurance	Operation Fan Relief	Stained Glass
Transportation	Bi-Monthly Newsletter	Arthritis Exercise Program
Senior Companions	Medicaid Assistance	Trips
Information & Referral	Disaster Planning Assistance	Singing
Legal Services	Notary Service	Line Dancing
Family Caregiver Support		Bingo
Home Mobility Assistance		Cards & puzzles
Health Promotion & Screenings		Board Games
Wellness Checks		Movies
Tax Return Preparation Assistance		Quilting Class
Senior Health Insurance Information Program (SHIIP)		Knitting
		Bible Study

**Senior Pharmacy**  
**The Senior Pharmacy’s Schedule is every 3rd Tuesday 9:00am - 10:30am**  
**Mark your calendar for these dates:**

January 21, 2020  
 February 18, 2020  
 March 17, 2020  
 April 21, 2020  
 May 19, 2020  
 June 16, 2020



July 21, 2020  
 August 18, 2020  
 September 15, 2020  
 October 20, 2020  
 November 17, 2020  
 December 15, 2020

## Telephone Reassurance Program

The telephone reassurance program is designed as an extra security measure for seniors 60 and older living alone. Everyone living alone, regardless of age or health, should have methods in place daily to alert someone in case of an accident or any debilitating circumstances. Our Senior Center offers this service to clients 60 and older living in Pamlico County. For more information or to sign up for this services please stop by Pamlico Senior Services or call us at (252) 745-7196.



**Goose Creek Island Community  
Center 55+ Club Every Thursday  
At 10:00am  
Come to play and learn**



## Senior Center Exercise Room

The Exercise Room is open to seniors from  
7:30am to 5:00pm  
Monday - Friday  
Donations are greatly appreciated



## ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT

Are you or someone you know caring for a loved one with Alzheimer's or Dementia? This can be very challenging, and there is support available. You are invited to the Alzheimer's/ Dementia Caregiver Support Group Meeting at Pamlico County Senior Center. We meet the first and third Monday of the month at **2:00pm**. We are here to provide support and let you know that you are not alone. If your loved one needs care so you can attend the meeting, please call Violet Ollison at (252) 745-7196 for more information. Below are the meeting dates for January and February 2020

March 2, 2020  
March 16, 2020  
April 6, 2020  
April 20, 2020



**“We remember their love when they no longer remember.”**

---

## Helping to Age in Alzheimer's & Dementia

The challenges of living with memory loss can sever social connections at a time when it is needed most. Memory Café gatherings are one way people with memory loss and their care companions come together to make new friends and support each other. On the 2nd and 4th Thursday of every month there will be a social hour (10:30—11:30), a relaxed informal atmosphere for everyone to mix and mingle. Grab a cup of coffee and make new friends who understand. It's free and open to the public! Light refreshments will be served. To register call (252) 745-7196.

March 12, 2020  
March 26, 2020  
April 9, 2020  
April 23, 2020



Do you have arthritis?

Come join the Arthritis Exercise Program presented by Elaine Benedict at Pamlico Senior Services. Elaine has been trained in The Arthritis Foundation Exercise Program and will teach techniques for improving joint flexibility and muscle strength. We will exercise to music, learn tips for managing arthritis and have fun!

Classes will be held on Mondays and Thursdays, 1:00PM – 2:00PM  
CLASSES ARE FREE

For more information, you can contact Pamlico Senior Services at (252) 745-7196 or you can contact Elaine Benedict at (252) 249-0170



March is  
National  
Nutrition  
Month



*Bite into a Healthy Lifestyle!*

## Zumba Gold Fitness Party

Start your week off on the right foot..... Or the left! Join  
Zumba Gold

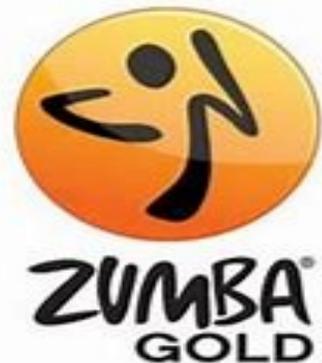
Where nobody's an expert and everybody has fun.

For more information contact :

Instructor: Myra Blue (252) 249-1665

Place: Pamlico Senior Center

Time: Every Monday at 5:30pm—6:15pm



## Yoga with Nancy

Come on out to Pamlico Senior Services on Thursday nights and practice Yoga with Nancy

Time: 7:00p.m. - 9:00p.m.

For more information Call Ricky Harmon at (252) 638-6507



Move your Clocks One Hour Ahead on  
March 8, 2020

# Volunteers Needed!!!

Pamlico Senior Services needs volunteers to help build ramps for our seniors in the community who needs them. If you are interested in volunteering some of your time and expertise please call Violet Ollison at 252-745-7196.



---

## Neuse River Senior Games & *Silver Arts*



**Registration Ends: March 13, 2020**  
**Cost: \$12**  
**For more information call: 252-636-6606**



## Senior Center Happenings



Come join us in the fun during the months of  
March and April, 2020

Got an idea or opinion? Come share and give input. Bring your suggestions to the Senior Center during the months of March and April.

March 2: Nail Polishing— 10:00am-11:00am

March 3 & 17: Nursing Home Visit

March 9: Word Picture Games 9:30 am- 11:00am

March 10: Making Get Well Cards for hospital patients

March: Bingo every Friday

April 8: Word Picture Games 9:30am-11:00am

April 6: Nail Polishing - 10:00am-11:00

April 7 & 21 Nursing Home Visit

April 14: Making Get Well Cards for hospital patients

**Do you have a birthday in March Or April? Come join us as we celebrate the March and April birthdays!**

March Birthdays celebration will be held on March 27 at 11:30am. April birthday celebration will be held on April 24 at 11:30am.



**The Senior Center will be closed on the following date in observance of the holiday**

**April 10, 2020**



## The Foundation for the Aged

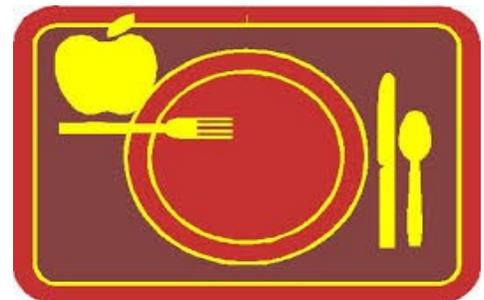
The Pamlico Foundation for the Aged is a Non-Profit(501-C3) organization, their mission is to support and advocate for the elderly citizens in Pamlico County. Money donated to or raised by the foundation is used for various programs such as, Meals on Wheels and Ramps. The Foundation also provides funds to assist with senior projects to enrich the lives of our senior citizens. Money donated to the Pamlico Foundation for the Aged is tax deductible. We appreciate any and all donations to continue our mission of service to our senior community. For more information or to make a donation please call (252) 745-7196.



---

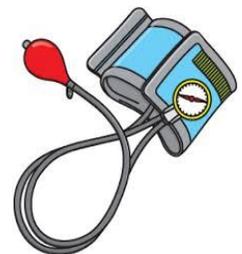
## Congregate Meals

Congregate Meals are nutritious meals that provides 1/3 of the daily allowance, served Monday - Friday at the Senior Center. There is no charge for the meals, but we do accept donations. The donations are used to provide more congregate meals. In addition, this offers older adults an opportunity to socialize with others. Occasionally, we'll have a guest speaker come and give information on healthy eating. You can also come in the day before to sign up for Congregate Meals. For more information please contact Michelle Boomer, Nutrition/Activity Assistant at (252) 745-7196.





Pamlico Senior Center  
Offers health Screenings once per week.  
Come and have your blood pressure checked  
And treat yourself to a good time at the Center



April 19 - 25, 2020

March 2020

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Painting/Crafts:9am-12pm Nail Polish with Michelle:10-10:30am Arthritis Exercise Class:1-2pm Alzheimer's Support Group:2-4 Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am - 12pm Line Dancing: 10:30-11:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11:00am	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Quilting Class: 1:00-3:00pm Narcotics Anonymous - 7pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class:10:00-11:00 Bingo 11 am - 12:00 Cards: 1:00- 4:30pm Alcohol Anonymous: 8:00 pm
9	10	11	12	13
Painting/Crafts:9am-12pm Nail Polish with Michelle:10-10:30am Arthritis Exercise Class:1-2pm Alzheimer's Support Group:2-4 Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am - 12pm Line Dancing: 10:30-11:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11:00am	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Quilting Class: 1:00-3:00pm Narcotics Anonymous - 7pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class: 10:00-11:00 Bingo 11 am - 12:00 Cards: 1:00- 4:30pm Alcohol Anonymous: 8:00 pm
16	17	18	19	20
Painting/Crafts: 9am-12pm Nail Polish with Michelle: 10-10:30am Arthritis Exercise Class: 1-2pm Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am - 12pm Line Dancing: 10:30-11:00 Senior Pharmacy:10-11 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11am	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Quilting Class: 1:00-3:00pm Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class: 10:00-11:00 Bingo 11 am - 12:00 Cards: 1:00- 4:30pm Alcohol Anonymous: 8:00 pm
23	24	25	26	27
Painting/Crafts:9am-12pm Nail Polish with Michelle:10-10:30am Arthritis Exercise Class:1-2pm Alzheimer's Support Group:2-4 Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 10:30-11:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm TOPS: 5:30pm- 7:00pm Board Games: 9am – 11:00am	Bible Study: 10 am-10:30am Karaoke: 11:00-12pm Knitting Class: 10am-12pm Quilting Class: 1:00-3:00p Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class- 10:00-11:00 Bingo 11 am - 12:00 Cards: 1:00- 4:30pm Alcohol Anonymous: 8:00 pm
30	31	Coffee Corner every morning At 9:00am		
Painting/Crafts: 9am-12pm Nail Polish with Michelle: 10-10:30am Arthritis Exercise Class: 1-2pm Zumba Gold Fitness Party: 5:30-6:15pm	50+ club : 10am - 12pm Line Dancing: 10:30-11:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11am			

April 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
Painting/Crafts:9am-12pm Nail Polishing:10-10:30am Arthritis Exercise Class:1-2pm Alzheimer's Support Group:2-4 Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 9:30-10:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11am	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Chess Game: 9:00- 11:00 Quilting Class: 1:00-3:00pm Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class:10:00-11:00 Bingo 11 am – 12:00 Cards: 1:00- 4:00pm Alcohol Anonymous:8:00pm
6	7	8	9	10
Painting/Crafts: 9am-12pm Nail Polishing: 10-10:30am Arthritis Exercise Class: 1-2pm NAACP: 6:00pm Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 9:30-10:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm Board Games: 9am – 11am	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Chess Game: 9:00- 11:00 Quilting Class:1:00-3:00pm Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	<b>CENTER CLOSED</b> 
13	14	15	16	17
Painting/Crafts:9am-12pm Nail Polishing :10-10:30am Arthritis Exercise Class:1-2pm Alzheimer's Support Group:2-4 Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 9:30- 10:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm Senior Pharmacy:10:am-11am TOPS: 5:30pm- 7:00pm	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Chess Game: 9:00- 11:00 Quilting Class: 1:00-3:00pm Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class:10:00-11:00 Bingo 11 am- 12pm Cards: 1:00- 4:30pm Alcohol Anonymous: 8:00 pm
20	21	22	23	24
Painting/Crafts: 9am-12pm Nail Polishing : 10-10:30am Arthritis Exercise Class: 1-2pm Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 9:30-10:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Chess Game: 9:00- 11:00 Quilting Class: 1:00-3:00pm Narcotics Anonymous: 7:00pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Fantastic Friday Wellness Class:10:00-11:00 Bingo 11 am- 12pm Cards: 1:00- 4:30pm Alcoholics Anonymous 8:00 pm
27	28	29	30	
Painting/Crafts: 9am-12pm Nail Polishing: 10-10:30am Arthritis Exercise Class: 1-2pm Zumba Gold Fitness Party:5:30-6:15pm	50+ club : 10am -12pm Line Dancing: 9:30-10:00 Singing: 11:30- 12pm Cards : 1pm- 4:30pm T.O.P.S: 5:30PM – 7:00pm	Bible Study: 10 am-10:30am Knitting Class: 10am-12pm Chess Game: 9:00- 11:00 Quilting Class: 1:00-3:00pm Narcotics Anonymous: 7pm	Health Screening:10-10:30am Talk &Exercise with Michelle:10:30-11:30 Arthritis Class:1pm-2pm Stain Glass Class:1-3:30 DAV:7:00pm	Coffee Corner every day at 9am 



Legal Aid of North Carolina is a federally funded non-profit organization providing FREE legal assistance and advice to seniors. Applications are taken Monday—Friday from 9:00a.m.- 11:00a.m.

1:00p.m - 3:00p.m.

Call: 1 (800) 682-4592 or (252) 758-0113

[www.legalaidnc.org](http://www.legalaidnc.org)



For assistance please call: 1 (888) 491-1885 or 1 (800) 772-1213. You can also look them up on the web at [www.ssa.gov](http://www.ssa.gov)



Have a question about Medicare?

Medicare Part A,B,C, D & Long-Term Care

Call (252) 745-7196 for an Appointment or 1 (855) 408-1212

[www.ncship.com](http://www.ncship.com)

**IRS SPONSORED PROGRAM FOR ELDERLY AND LOW TO MODERATE INCOME TAXPAYERS. VETERANS WELCOME.**



# **FREE INCOME TAX PREPARATION**

**Pamlico County Senior Citizens Center  
800 Main Street, Alliance, NC**

**Wednesdays - 9:00 am to 5:00 pm**

**February 5 Through April 15**

**252-772-5245**

**WEB Site: [www.NewBernVITA.com](http://www.NewBernVITA.com)**

**EMAIL: [NewBern@gmail.com](mailto:NewBern@gmail.com)**



## Rising Angels



William A. Blair Sr., Bill, age 93, of Camp Jo Jane in Oriental, NC, died Wednesday, January 8, 2020. Mr. Bill loved to sing and dance. To spread the joy of music and staying active, Mr. Bill and his wife Joan Started the Line Dance group at the 50 plus club. He enjoyed coming to the senior center and was loved by many. He will missed.



Mr. Milan Jarman of New Bern passed away on Sunday, February 23, 2020. Mr. Jarman was the MC for our Fashion Shows here at the center. He loved music and loved to sing for the seniors. We enjoyed having him here with us and will miss him very much.

*"I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing."*

*2 Timothy 4:7-8 KJV*



# National "Slam the Scam" Day

## Thursday, March 5, 2020

### What is Slam the Scam?

The Inspector General of Social Security, Gail S. Ennis, has designated a National "Slam the Scam" Day to warn Americans about widespread phone scams where callers impersonate government officials, most often Social Security, to gain your trust and steal your money.

On Thursday, March 5 at 11 a.m. ET, we will be on Twitter with USA.gov, and at 7 p.m. on Facebook Live with Social Security, to answer your questions and deliver our key messages:

- HANG UP on phone scams
- TELL your friends and family

Let's SLAM phone scams together!



### What to Watch For

Social Security phone scammers may

- threaten arrest or legal action against you unless you pay a fine
- promise to increase your benefits or resolve identity theft if you pay a fee
- demand payment with retail gift cards, wire transfers, internet currency, or by mailing cash
- try to convince you by using spoofed caller ID numbers or officials' real names, or by emailing fake documents

**DO NOT BELIEVE THEM!**

If you owe money to Social Security, the agency will mail you a letter with payment options and appeal rights. Social Security does not suspend Social Security numbers or demand secrecy from you, ever.

### What to Do

If you receive a suspicious call:

- ✓ **HANG UP!**
- ✓ **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
- ✓ **REPORT THE SCAM AT [OIG.SSA.GOV](https://www.oig.ssa.gov)**



Connect with us:



@TheSSAIG



OIGSSA

Produced and Published at U.S. Taxpayer Expense



# St Patrick's Day

WORD SEARCH Search across, down, and diagonally



Find the following words:

- |            |         |      |
|------------|---------|------|
| LEPRECHAUN | RAINBOW | GOLD |
| ST PATRICK | CLOVER  | LUCK |
| SHAMROCK   | GREEN   |      |
| IRELAND    | MARCH   |      |



# Easter Word Search

B M A L M H B B K I N G R N R  
N O I T C E R R U S E R E O O  
A P O S T L E S E Y S C D I O  
S E C I F I R C A S H J E T S  
N S N A M O R O O R R E M A T  
R C D S G T T R I I K S P V E  
O Y R A M B C S S V Z U T L R  
H L O V E L T E M M A S I A Y  
T C R O W N N Y L O H S O S Z  
X C R U C I F I X I O N N K Q

APOSTLES  
CHRIST  
CROSS  
CROWN  
CRUCIFIXION  
HOLY  
JESUS  
KING  
LAMB  
LOVE



MARY  
REDEMPTION  
RESURRECTION  
RISEN  
ROMANS  
ROOSTER  
SACRIFICE  
SALVATION  
SAVIOR  
THORNS

## MINT CHOCOLATE PUDDING COOKIES



### Ingredients

- 1 cup sugar
- 1/2 cup butter softened(1 stick)
- 1 egg
- 1/2 cup sour cream
- 1 small box instant vanilla pudding mix 3.4 oz
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips\*

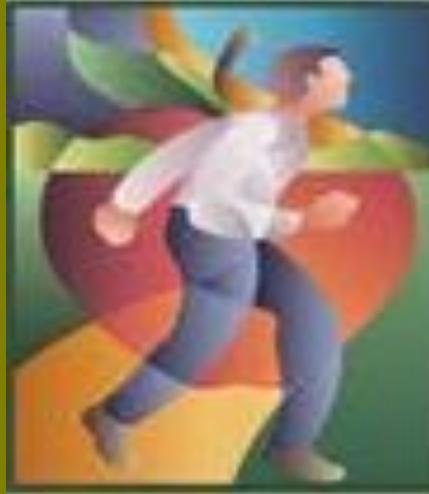
### Instructions

1. Cream together sugar and butter. Add egg , sour cream and pudding mix. In small bowl, combine flour, salt & baking soda. Incorporate flour mixture into the pudding mix. And mix until well combined. Add mint extract and food coloring until desired color is achieved.
2. Add in chocolate chips. \*I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup Andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1 1/2 cups chocolate chips, if you opt to put them in.
3. Drop by rounded tablespoonfuls onto greased cookie sheet
4. Bake at 375° for 10 minutes. Transfer to a cooling rack and enjoy



# WELL

WELLNESS AND EMPOWERMENT IN LIFE AND LIVING



**Pamlico County Senior Services  
800 Main Street Alliance NC 28509**

**Classes are every Friday, 9:30am - 10:30am**

**Presented by: Sidney Gibbs, Outreach Coordinator**

**Please contact: Michelle Boomer (252) 745-7196**



# The *Last Day* to File Your Taxes *[Don't Forget!]*



## STATEWIDE TORNADO DRILL

### **Severe Weather Preparedness Week in North Carolina is March 1-7, 2020 Statewide Tornado Drill scheduled for Wednesday, March 4 at 9:30 AM**

March 1-7, 2020 is Severe Weather Preparedness Week in North Carolina. This week the National Weather Service and the North Carolina Department of Public Safety are teaming up to bring this severe weather safety campaign to all of North Carolina's residents. With warmer weather quickly approaching, now is the time to prepare for the severe weather season. If each North Carolina resident would take a few moments this week to learn about severe weather safety and implement a safety plan, then we would all be better off when severe thunderstorms and tornadoes inevitably strike our state and the likelihood of injury and fatalities caused by severe weather could be minimized.

Schools and government buildings statewide will hold tornado drills Wednesday, March 4, at 9:30 a.m. to practice their emergency plans. Test messages will be broadcast on National Oceanic and Atmospheric Administration weather radios and the Emergency Alert System. All North Carolinians are encouraged to participate in the drill.



## Get Healthy While Gardening



Gardening isn't just about making your house look good (although a little curb appeal certainly never hurts). Caring for plants can also do wonders for your own well-being! An abundance of scientific research suggests that physical exercise can contribute to a healthy weight and blood pressure levels; and just interacting with flora can improve your mood and mental health. Nature has a huge impact on health and wellness. According to Gwen Fried, manager of Horticulture Therapy at NYU Langone's Rusk Rehabilitations, people's cortisol levels go down in a calm, green environment. Roll up your sleeves and start digging, planting, and weeding this spring and summer. Here's how tending to your garden beds will benefit you in the long run:

- **Gardening burns a lot of calories:** Good news for those who spend hours planting perennials, Gardening is considered moderate-intensity exercise. You can burn about 330 calories doing one hour of light gardening and yard work-more than walking at a moderate pace for the same amount of time according to the Centers for Disease Control and Prevention (CDC).
- **It can lower your blood pressure:** Just 30 minutes of moderate-level physical activity most days for the week can prevent and control high blood pressure. In fact, The National Heart, Lung, and Blood Institute recommends gardening or raking leaves for 30-45 minutes as examples of how to hit that recommended amount.
- **Spending time outside is good for your bones:** When you're outdoors and your skin is exposed to the sun, it prompts your body to make vitamin D. This vitamin, also found in fish and fortified foods like milk helps your body absorb calcium, a mineral essential for bone formation, according to the National Institutes of Health. (FYI: You should still apply sunscreen if you're planning on spending more than a few minutes in the sun to lower your risk of skin cancer.)
- **Growing your own food can help you eat healthier:** Besides the physical exercise you'll get tending to a vegetable garden, a productive plot can also promote a better diet by supplying fresh, healthy produce to help you develop a lasting habit of eating enough fruits and vegetables.
- **Gardening can relieve stress:** A Dutch study asked two groups of people to complete a stressful task and concluded that gardening for 30 minutes after said task resulted in lower cortisol levels. Cortisol is the hormone associated with stress. Had a rough day? Get in the garden and let the stress melt away.
- **Gardening can make you happier:** How does a dynamic, beautiful landscape that you know intimately, that you are in fact responsible for creating, make you feel? Probably happy. There's also a scientific reason that gardening makes you happy. Studies suggest that inhaling *M. vaccae*, a healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety. According to Discover Magazine, you get a dose [of *M. vaccae*] just by taking a walk in the wild or rooting around in the garden' and this could help elicit a jolly state of mind.

Pamlico County Senior Services

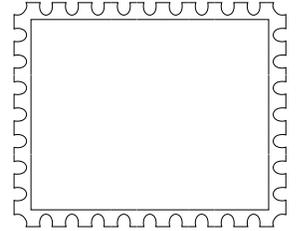
800 Main Street

P.O. Box 184

Alliance NC 28509

Phone: (252) 745-7196

Fax: (252) 745-3144



**We're on the web!**  
**[www.pamlicocounty.org](http://www.pamlicocounty.org)**

