20 FUN FACTS ABOUT THE 4TH OF JULY

*Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.

*Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.

*The Declaration of Independence was signed by 56 men from 13 colonies.

*The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr. (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.

*Seven signers of the Declaration of Independence were educated at Harvard.

*The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.

*President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both who signed the Declaration) died on the same day within hours of each other in 1826.

*Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

*Fifty-nine places in the US contain the world “liberty” in the name, with Pennsylvania having the most (11). The most common patriotic-sounding word used within place names is “union” with 136. Pennsylvania has more of these places than any other state with 33. Other words most commonly used in place names are Washington (127), Franklin (118), Jackson (96) and Lincoln (95).

*Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.
CREATIVE LIFELONG LEARNING IS GETTING CLOSER!!

For the past few months, we have been sharing information about our new Creative Lifelong Learning Institute, and asking for input from you. We are SO EXCITED about this new educational opportunity. Just to recap the information about our plans……

The Granville County Senior Center in Oxford is implementing an exciting new educational opportunity for older adults who want to expand their knowledge or renew their interest about certain subjects. Our goal is to bring in highly qualified, interesting instructors who will share their knowledge and passion about subjects that we think will interest our citizens. The classes will be offered to you at a very low cost, and you will need to preregister.

Our schedule for the Fall will begin with a dynamite 6-week history course taught each Friday afternoon, beginning September 8 and running through October 13 from 2:00 p.m. until 3:30 p.m. World War II – The European Theater will be taught by Mr. Billy Yeargin. Tuition will be $30. Call now to register for this class! (There are scholarships available for those who would like to attend, but cannot afford the cost. Contact Kathy May at the senior center if you need to apply for one of our scholarships).

Mr. Billy Yeargin is a Granville County native who has taught World War II for many years, and will be including information about Granville County’s connection to the war (including Camp Butner) He is a highly sought-after instructor who brings WWII to life. We are so fortunate to be able to get him!

Once the WWII classes end, we will begin a course in Genealogy, taught by Mark Pace from the Richard Thornton Library. Tuition will be $20 for a 4-week class, October 20th – November 17th (no class on November 10th) We are already taking registrations for this class also. (Scholarships also available)

For more information on any of these classes, call us at (919)693-1930. SIGN UP TODAY!!

COFFEE WITH KATHY

Join us at the South Granville Senior Center in Creedmoor for Coffee with Kathy. This program will be held on Wednesday, July 12 beginning at 11:30 a.m. (this is a change in our usual first Wednesday date).

Kathy May, Senior Services Director, visits one of our three senior centers each month to talk with interested persons about our services or answer any questions you may have. This program is typically held the first Wednesday of each month and rotates between our three senior centers. This is a great way to get the information you want or need about our programs or any aging issue. Mark your calendars and make plans to attend.

STAY COOL – AVOID HEATSTROKE

July means summer-time, the 4th and hot, hot weather! Lots of people are enjoying the summer with outdoor activities. But hot weather can mean heatstroke. Heatstroke is caused by prolonged exposure to high temperatures or by doing physical activity in hot weather. You are considered to have heatstroke when your body temperature reaches 104 degrees F (40 degrees C) or higher. High humidity, certain health problems and some medications increase your risk of heatstroke. So does being a young child or older adult.

Heatstroke symptoms include:

*High body temperature
*A lack of sweating
*Nausea and vomiting
*Flushed skin
*Rapid breathing
*Racing heart rate
*Headache
*Confusion
*Unconsciousness – you may pass out
*Muscle cramps or weakness

If your symptoms persist, seek medical attention immediately.

SENIOR SERVICES HOLIDAY SCHEDULE

Granville County Senior Services will be closed for the Fourth of July holiday on Tuesday, July 4, 2017. There will be no congregate or home delivered meals served on this day. Our centers will reopen on Wednesday, July 5 at 8:30 a.m.
STAYING HEALTHY & FIT
with Julie

Exercise Safely in the Summer Heat

Summer is the time for cookouts, gardening and exercising. But the heat and humidity can pose a serious health threat to folks over 60 years old. Heat related illnesses are especially dangerous for seniors. When exercising or doing other outdoor activities, such as mowing the grass, hiking, walking, playing tennis, it is very important to pay attention to signs of overheating.

The following is a list of precautions to keep in mind while enjoying the outdoors in the summer heat:

• **Dress for the weather.** Lightweight, loose fitting clothing helps sweat evaporate. The new wicking fabrics help to pull moisture away so you feel cooler. Wearing a hat or cap helps keep the sun away from your head and face.

• **Slow down your pace.** Take it easy at first. It may take a few days to adapt to the heat. Break up your workouts or other activities. It’s okay to take breaks! Know your fitness level. This is not the time to start a demanding new fitness routine.

• **Drink water all day.** Staying hydrated will help prevent becoming over heated. Dehydration may increase the risk of serious illnesses such as heart attack, stroke or kidney failure. These can be life threatening! If you experience dizziness, stomach cramps and headaches you need to get into a cool space and sip water as well as cool down with a cool shower or bath. Decrease the amount of caffeine before a workout.

• **Try to stay out of direct sun in the middle of the day.** Exercise in the mornings or evenings and find shady areas to walk if possible or do some water based exercises. Use sunscreen when outside for long periods. Exposing your skin to 10 – 15 minutes of sun without sunscreen can help increase your Vitamin D levels. Vitamin D is very important for healthy aging.

• **Understand your medical conditions.** Talk to your doctor about any precautions you need to take to remain active during the summer.

• **Find an indoor space.** Now is a good time to exercise in an air conditioned facility. Sign up for classes at the senior center, walk at the mall with some friends, borrow DVD’s from the library and work out at home, climb up and down stairs, start a strength training program.

• **Enjoy watching a movie, doing crafts or playing board games with friends.** Spend time with friends and family doing indoor activities. These kinds of activities are just as important to overall health as walking or doing aerobics.

Heat related illnesses are serious but preventable. By taking some basic precautions, your fitness routine can keep you healthy and moving while enjoying fun activities all summer long.

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**CROCHET CLASS AT NORTH GRANVILLE**

The North Granville Senior Center in Stovall is holding beginner crochet classes for anyone wanting to learn! Currently the class is held the second Friday of the month from 10:00 a.m. until 12:00 noon. All supplies are furnished for beginners. If you would like to learn how to crochet then join us! Those with experience crocheting are encouraged to attend also. Mary Ann Venable is the instructor. Beginning in September we will hold the class twice per month. For more information please call Phyllis Blackwell at (919)693-3383.
The Granville County Senior Center in Oxford is looking for interested persons for two new classes we are hoping to hold this fall. Both of these classes will be held under the new Creative Lifelong Learning curriculum.

We are hoping to hold a **Beginner Quilting Class** starting in September. This class will meet twice a month for six weeks and will be $60 for the six classes. Classes will meet the 2nd and 4th Thursdays in September and October and the 2nd and 3rd Thursday in November (due to the Thanksgiving holiday) from 10:00 a.m. until 2:00 p.m. There will be a limit of 10 for this class. Participants will be making a lap sized quilt from start to finish and you will need to supply your own sewing machine. A list of other needed supplies will be given at the first class. This class will be taught by Anita Condrey, experienced quilting teacher and owner of Betty-June Quilt Creations, LLC.

We are also hoping to offer a **glass blowing class**. This would also be a beginner class held one day per week, three hours per day for six weeks. This will also be held in the fall and there will be a cost for this class. Dates and times for this class have not been finalized but if you are interested please call the senior center to give us your name. Once we know there is enough interest we will finalize dates, times and cost with the instructor.

These will both be fun learning opportunities. Space is limited in both classes so call now to get on the list – don’t miss out!

### WET BRUSHES: THE MARSH- PAINTING THE OTHER SIDE OF THE BEACH

When we think of the coast, we think of marvelous sandy beaches, waves upon waves, sea gulls and seashells, sunshine, summertime and the raucous sounds of pounding water.

But across the island, often overlooked, the Intracoastal Waterway creates its own kind of beauty – quieter, calmer, lapping waters, birds, live oaks, Spanish moss, spartina grasses, oysters, spawning sea life, boats, and a beauty that is just as much “summer” as the surf.

This class will focus on North Carolina marshlands – the grasses, live oaks, quieter water. Techniques will cover the importance of darks and lights, composition, greens and blues, skies, calm waters. This four-hour workshop is designed for those with some watercolor experience, as well as for those who want to learn or relearn a new technique, paint for a journal or for the wall, or for those who simply want more watercolor practice.

This workshop will be held on Thursday, July 13 from 1:00 p.m. until 5:00 p.m. at the Granville County Senior Center in Oxford. The early registration fee is $35, after July 7th the charge will be $40.00. Participants should bring their own supplies. A list of colors used by the instructor and images will be mailed upon registration. To register or for more information please call the instructor, Lin Frye, at (919)693-1461 or email her at linfrye@yahoo.com.

### NIFTY 90’S

The Granville County Senior Center in Oxford will hold their annual **Nifty 90’s dinner** on Tuesday, July 18 beginning at 5:00 p.m. at the center. Any Granville County resident 90 years of age and older is invited to attend. You must preregister for this event by Tuesday, July 11th. Please call the Granville County center at (919)693-1930 to register. If you know someone who is 90 or older who you would like to receive an invitation to this event, please call the center to give us their information. This is always a special program – don’t miss out!

### CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

This month the Granville County Senior Center in Oxford will begin a six-week **Chronic Disease Self-Management Program**. This program covers (1) techniques to deal with problems such as frustration, fatigue, pain and isolation (2) appropriate exercise for maintaining and improving strength, flexibility, and endurance (3) appropriate use of medications (4) communicating effectively with family, friends and health professionals (5) nutrition (6) decision making and (7) how to evaluate new treatments. Each participant will receive a copy of the companion book *Living a Healthy Life with Chronic Conditions, 4th Edition* and an audio relaxation CD. This workshop series will begin Wednesday, July 12 and run each Wednesday through August 16th. Sessions will run from 2:00 p.m. until 4:30 p.m. Space is limited and registration is required. Please call the senior center at (919)693-1930 to sign up.
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**HAPPY 4th of JULY!**
# JULY 2017

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<td>8:30 4th of July Celebration 9:00 Games 12:30 Water Aerobics — YMCA 12:30 Rummikub &amp; “13” Games</td>
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**TUESDAY**  8:45 Game Time  10:00 Acrylic Painting Class  11:00 Devotion: Rev. Melvin Solomon

**WEDNESDAY**  8:45 Game Time  10:15 Bingo after 4th of July Holiday Celebration  10:30 Blood Pressure Clinic w/Cora Tilley, RN  12:30 Pickleball (sponsored by City of Creedmoor Rec. Dept.)

**THURSDAY**  8:45 Game Time  9:00 Low Impact Aerobics  10:00 Crochet Club  10:05 Exercise for Arthritis  11:00 Phablet Fun Training  12:30 Water Aerobics — YMCA  12:30 Scrabble Club

**FRIDAY**  8:45 Game Time  9:00 Crafts  10:30 Coloring Club  12:00 July Birthday Celebration  12:30 Pickleball (sponsored by City of Creedmoor Rec. Dept.)

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**TUESDAY**  8:45 Game Time  9:00 Low Impact Aerobics  10:05 Exercise for Arthritis  10:30 Bible Study w/ Minister Ida Black  11:30 Quilting/ Sewing Club  12:30 Water Aerobics — YMCA  12:30 Scrabble Club

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**FRIDAY**  8:45 Game Time  9:00 Ceramics Class  10:00 Wii Challenge  12:30 Pickleball (sponsored by City of Creedmoor Rec. Dept.)

**TUESDAY**  8:45 Game Time  10:00 Acrylic Painting Class  11:00 Devotion: Rev. Melvin Solomon

**WEDNESDAY**  8:45 Game Time  10:15 Bingo  11:30 Coffee with Kathy  12:30 Pickleball (sponsored by City of Creedmoor Rec. Dept.)

**THURSDAY**  8:45 Game Time  9:00 Low Impact Aerobics  10:00 Crochet Club  10:05 Exercise for Arthritis  11:00 Phablet Fun Training  12:30 Water Aerobics — YMCA  12:30 Scrabble Club

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**HAPPY 4th of JULY!**
SPECIAL SPEAKERS PLANNED

Granville County Senior Services tries very hard to keep our seniors informed and up-to-date with the latest information on aging, community resources, health related information and other types of news that affects our participants. Check out these upcoming programs at the Granville County Senior Center in Oxford and the North Granville Senior Center in Stovall.

The Granville County center began a *Dementia Awareness Series* in March. The series began with the basics of Alzheimer’s and Dementia and ended in May with Dementia related behaviors. Due to the popular demand of this class, we are offering a fourth session in this series this month. On Tuesday, July 11 we will hold “Effective Communication Strategies.” Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

This will be held from 6:00 p.m. until 7:00 p.m. and registration is required. You can register for this workshop by calling the senior center at (919)693-3383.

On Tuesday, July 18, Claire Abshire, with the Better Business Bureau, will be at the center to talk to participants about “Scams Targeting Seniors.” Nationwide, scams against seniors generate billions of dollars each year. Seniors are often targets of scam artists because they generally are more trusting of others and perceived to be easier to persuade. Learn the top ten flags for seniors, guidelines for giving wisely to charities, marketplace do’s and don’ts for seniors and warning signs and tips for caregivers. This program will begin at 11:00 a.m. Join us to learn how to safeguard yourself and your family.

On Wednesday, July 19, Francine Davis, RN (retired) will be at the center to talk with participants about “Contemporary and Alternative Healthcare.” Mrs. Davis will include information on biofeedback, aromatherapy, prayer and meditation, acupressure and acupuncture, exercise and preventive care concerns and precautions. This program will begin at 11:30 a.m. and should be very interesting information – don’t miss out!

For more information on either of these programs please call the senior center at (919)693-3383.
OPERATION HEAT RELIEF

Thanks to contributions from Duke Energy Progress and Duke Energy Carolinas, we have once again received fans to distribute to Granville County residents this summer. You are eligible to receive a fan if:

(1) You reside in Granville County.
(2) You are 60 years of age or older.
(3) You have a heat situation at home that is a threat to your health or well-being.

If you need a fan, please contact the Granville County Senior Center in Oxford at (919)693-1930, the North Granville Senior Center in Stovall at (919)693-3383 or the South Granville Senior Center in Creedmoor at (919)528-0848.

JULY DAY TRIP

Senior Services offers a day trip from one of our three senior centers each month. This month’s trip will be hosted by the North Granville Senior Center in Stovall.

North Granville Senior Center
Tuesday, July 25
Yoder’s Country Market, Peebles & Golden Corral – Roxboro
Cost: $6.00 per person
Departure Time: 8:00 a.m.
Sign-up Date: Tuesday, July 18

*Join us as we travel to Yoder’s Country Market, a hidden gem in Blanche, NC. It was started as a small family-run store in the early 1990’s by an Amish-man, Sam Yoders. Step back in time and enjoy a welcoming atmosphere, gospel hymns, aroma of delicious baked goods, quality meats and cheeses from the Amish Country, rich hand-dipped ice cream from grass-fed cows and an extensive collection of over 4,000 square feet of Amish bulk foods and housewares. From there we will travel back to Roxboro for lunch at Golden Corral and then on to Peebles in Roxboro before heading home. Join us for a fun day!

Happy 4th of July from Granville County Senior Services
WELCOME!...

The Granville County Senior Center in Oxford is excited to welcome our newest employee Rosa Hart! Rosa is in charge of building maintenance at the senior center and comes to us after retiring from Ideal Fastener in Oxford after 42 years of employment. She has the BEST smile and has already jumped in and made a fantastic difference at our center. Rosa is married to Randolph Hart and they have two children, four grandchildren and one great-grandson. We know everyone is going to love her as much as we do already! Please stop by and meet her – welcome aboard Rosa!

The South Granville Senior Center in Creedmoor held their annual Senior Prom for Granville County seniors on Saturday, June 3 at Carolina BBQ in Creedmoor. This was a wonderful event and our seniors had a night to remember! Over one hundred people attended. There was a delicious dinner, great music, lots of smiles and of course – lots of dancing! Thanks to all the groups and volunteers who helped to make this a memorable and fun event. Thanks also to all the participants who put on their dancing shoes and joined us!
Granville County Senior Services is hard at work for the citizens of Granville County. The following data reflects the numbers served during May 2017.

**Home Delivered Meals**
- Oxford area: 702 meals delivered to 38 home-bound seniors.
- Northern Granville area: 145 meals delivered to 9 home-bound seniors.
- Southern Granville area: 486 meals delivered to 26 home-bound seniors.
- Total meals: 1,333 meals delivered to 73 home-bound seniors.
- Total contributed to program by participants: $499.00
- Total amount paid by Senior Services: $5,691.91

**Congregate Meals**
- Granville County Senior Center in Oxford: 898 meals served to 80 seniors.
- North Granville Senior Center in Stovall: 370 meals served to 49 seniors.
- South Granville Senior Center in Creedmoor: 462 meals served to 40 seniors.
- Total meals: 1,730 meals served to 169 seniors.
- Total contributed to program by participants: $725.85
- Total amount paid by Senior Services: $7,387.10

**In-Home Aide Program**
- 378 hours provided for 25 clients. $275.00 contributed toward the services.

**Transportation**
- 772 trips provided for 68 participants. (19 medical, 49 general)
- Total contributed to program by participants: $267.00
- Total amount paid by Senior Services: $10,202.98

**Group Trip participants:**
- 21
- Total contributed to program by participants: $126.00
- Total amount paid by Senior Services: $246.81

**Lifeline Assistance**
- Monthly bills paid for 17 limited income seniors to have the HASTEN Help System. Amount paid by Senior Services: $425.00

Bridge lessons are a popular class at the Granville County Senior Center in Oxford. Classes are currently full but if you would be interested in taking another class if offered please call the senior center at (919)693-1930.
The mission of Granville County Senior Services is to provide a sense of community, overall health, and independence for senior adults. We strive to be accessible and responsive through programs, services, and advocacy, enhancing the quality of life for our aging population.

Life is great . . . when you participate!

www.granvillecounty.org
e-mail address: kathy.may@granvillecounty.org

Granville County Senior Services

North Granville Senior Center
PO Box 362 • 118 Hwy. 15 South
Stovall, NC 27582
919-693-3383

Granville County Senior Center
“A Certified Center of Excellence”
PO Box 1287 • 107 Lanier Street
Oxford, NC 27565
919-693-1930

South Granville Senior Center
PO Box 766 • 108-A E. Wilton Ave.
Creedmoor, NC 27522
919-528-0848

Programs and Services Offered

• Senior Center Operations
• Home Delivered Meals
• In-Home Aide - Level II & III
• Fitness Program (Cardiovascular, Strength & Flexibility)
• Information & Case Assistance
• Housing & Home Improvement
• Coordination with other Agencies

• SHIIP Counseling (Seniors Health Insurance Information Program)
• Programs for Growth, Involve-
ment & Enrichment (i.e., health screenings, music, art, crafts, education, day trips, parties, informative speakers, support groups)

• Congregate Meals
• Lifeline Assistance
• Care Management
• Tax Assistance
• Monthly Newsletter
• Volunteer Opportunities
• Notary

Funded in part by Granville County United Way

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