

Caswell Connection



CASWELL COUNTY GOVERNMENT

Volume 4, Issue 3

May / June 2015

Caswell Meals on Wheels

By: **Katey Briggs**

More Than Just a Meal...

Evidence from a recent study conducted by Brown University, funded by AARP Foundation, confirms what those in the aging services have known for decades: Meals on Wheels is so much more than just a meal. Statistics from the study indicate those receiving and/or requesting Meals on Wheels services are significantly more vulnerable when compared to the other American seniors. The study further shows that 71% of seniors needing Meals on Wheels self-report fair or poor health, compared to 26% of average seniors. Nearly twice as many seniors on Meals on Wheels waiting lists report depression and anxiety compared to average seniors. 79% of seniors who need Meals on Wheels indicate fear of falling limited their activities compared to 43% of average seniors. 87% (23% of average seniors report) of seniors needing Meals on Wheels are physically unable to

shop for groceries and 69% (20% of average seniors report) are physically unable to prepare or heat up their food. Senior adults who receive daily-delivered hot meals experience improved mental health, decrease in falls, and improvements in feelings of isolation, loneliness, and worry about being able to remain home.

The Meals on Wheels network faces tough choices forced by limited funding, rising costs, unprecedented demand and need, and increasing for-profit competition. The senior adult population is increasing every year and that means services continue to be needed for them to stay healthy and in their homes. When federal and state government begin talking about budget cuts, it is inevitable Meals on Wheels will be the topic of discussion. Meals on Wheels are not only a needed meal, but a friendly face and safety check. Contact your local legislators or representative and let them know the impact of these possible cuts.

If you would like more information on becoming a volunteer or about how to make a contribution to the Meals on Wheels program contact Rita Simon or Alex Hatchett at 694-7447.



Betty Blackwell—Meals on Wheels Volunteer

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Be looking for
posting on
insurance open
enrollment
(Dental, Vision,
Health) June 1,
2015—June 30,
2015 effective
July 1, 2015
Renewal Year

“ONE OF THE
THINGS I KEEP
LEARNING IS
THAT THE SECRET
TO BEING HAPPY
IS DOING
THINGS FOR
OTHER PEOPLE.”

-DICK GREGORY

10 Tips for Dealing with Crazy People Who Don't Accept Change as Gracefully as You Do.

Sometimes we all feel that people who don't think like we do are crazy. They just don't seem to get it! Well here are some tips for trying to deal with them:

1. Try to listen more if you are an extrovert (you get your energy from being around people). Try to talk more if you are an introvert (you get your energy from spending time alone).
2. Keep an open mind. You might not always be right. (I know, it's a long shot, but....)
3. Take responsibility for yourself. (You can't control them-only you.) Know when they are really too difficult to work with - not everyone is someone you want to spend a lot of time with.
4. Try empathy - they really might be going through something horrible and their insanity is only temporary.
5. Treat others with respect. (The Golden Rule) We often get back what we give out.
6. Always praise good work - a sincere compliment costs you nothing and goes a long way. Sometimes this goes a long way in helping a person become less crazy.
7. Be patient - some people can't grasp concepts and ideas

as quickly as you can.

8. Consider a different method of communication - texting and e-mail are easy to miscommunicate with. Try the phone. Better yet, consider a face-to-face conversation. (Just make sure they wear their straight jacket.)
9. Give other people a break; they may not be as excited, as sweet, as smart, or as perfect as you. And the day may come when you're not as excited, as sweet, as smart or as perfect as they are.
10. Give yourself a break - all you can do is be yourself and do your best. You won't get along with everyone, and that's okay.

5 Tips for Keeping Your Cool No Matter What

1. Take a deep breath. Before you do anything, take a breath as deep as you can. This will keep you from responding immediately. When we're upset, our immediate response is usually not our best response. There is a lot of power in pausing.
2. Make sure this is your fight/issue. Sometimes we may feel strongly about something, but it really isn't our fight. Ask yourself - is this

going to impact me in a significant way? If the answer is no, let it go.

3. Don't let yourself get too hungry, tired or overburdened. Let's face it, if you are exhausted or starving or stressed out, you're a ticking bomb. Forget about keeping your cool, now you have to worry about staying out of jail!
4. Talk slowly and calmly and keep your voice low. Sometimes this is all I can do. I want to scream, but faking calm seems to calm me down. I also don't want to look like the crazy person I really am.
5. Allow more time for everything. When I am in a mad rush, everything sets me off - the blockhead who is driving the speed limit on the highway, the madwoman searching for change in the bottom of her purse, and don't get me started on TSA agents! But when I have plenty of time, I don't even notice these things. I can joke with people who I would consider killing if I had less time.

Bonus - think of something you are grateful for - your health, your kids, your freedom - gratitude changes your mind-set instantly.

Five Cardinal Rules of Life

By: Sherry Ramsey

- 1) **Make Peace With Your Past,** so it won't disturb your present.
- 2) **What other people think of you,** is none of Your business.
- 3) **Time heals almost everything,** so give it some time.
- 4) **No one is in charge of Your Happiness,** except you!!!
- 5) **Don't compare your life to others,** and don't judge them, you have no idea what your journey is all about.

Tesh.com

Retirement Quotes

By: Debbie Rascoe

Retirement Quotes I have discovered and would like to share. My retirement officially starts May 1, 2015.

I have worked all of my life for this!!!!!!!!!! Your day will come also, hang in there. I'm retired - goodbye tension, hello pension! Life begins at retirement. Retire from work, but not from life.

Retirement will be a discovery of beauty for me. I will have the time to notice the beauty of my grandkids, my husband, the tree outside my very own front door. And, the beauty of time itself.

Retirement means do-

ing whatever I want to do. It means my choice

There is **life after retirement**, and it is BETTER. I look forward to seeing this for myself and experiencing it personally.

"Sit back and relax and do the things you never got a chance to do." "I am a free woman. I feel as light as a feather." No more stress.....

"The money's no better in retirement but the hours are! Retirement is priceless..... I enjoy waking up and not having to go to work. So I do it three or four times a day.



Retire, now it is your time to:
experience all that life has to offer,
take time to smell the roses,
investigate your hobbies,
reitalize your dreams, and,
embark on a new way of life!

Question: How many days in a week?

Answer: Six Saturdays, One Sunday

Free at Last!!!!!!!!!!!!!!!!!!!!!!

"THE CHOICE IS OURS, IN EVERY MOMENT."

-M.J. RYAN

Mother's Day and Father's Day

By: Paula Seamster

The first observance of Mother's Day, or celebrations honoring mothers and motherhood dates back to well before the rise of Roman Empire. Dad has been overlooked for centuries. It wasn't until 1909 when Sonora Smart Dodd first decided it was high time to give Dad his due and began to organize and agitate for such a holiday.

Dodd's own mother had died in her early childhood. This left her father to raise her on his own. In a Mother's Day sermon in 1909 Dodd thought of her own Father, and what a pity it was that there was not a corresponding holiday to celebrate fathers.

The first official celebration of a Father's Day type celebration was held July 5th 1909 in West Virginia. The following year on June 19, 1910 Dodd held what was to become the first annual father's Day celebration. She also began to lobby for the creation of an official holiday.

Caswell Connection

4-H News

By: Sherry Ramsey

4-H Summer Fun

Caswell County 4-H will hold their Summer Fun sign up on Tuesday, May 12th, from 4:30 – 6:00 pm at the Agricultural Building. You may pick up 4-H Summer Fun brochures beginning May 4th.

Free, Fun, 4-H

Betsy-Jeff Penn 4-H Center will host a Fun Day and Open House, May 17, 2015 from 2:00-5:00 pm at the 4-H Center in Reidsville, NC. This event is free and for the entire family! Come out and enjoy games, fishing, archery, climbing wall, nature hikes and canoeing. Visit bjpenn4h.org for directions and more information about this and other events and camps at BJP!

Is 2015 the year for you to attend 4-H Camp?

Sign up NOW!!!!

Caswell County youth ages 8-12 have the opportunity to attend 4-H Summer Camp at Betsy-Jeff 4-H Center, June 28th – July 3rd. What better way to spend a week of your summer than meeting new friends, swimming, canoeing and enjoying the climbing wall and so much more. Caswell County residents can apply for 4-H Camp Scholarships!!! If you apply for a scholarship the full week of camp will cost \$200 or less (depending on the scholarship you receive). To be eligible for scholarships, paper work must be completed and turned in by April 30th. For more information, call the Extension Office today at 694-4158 and ask for Brandi Boaz or Tonya Wingate.

NC Cooperative Extension Military Outreach

Inaugural "RED, White & Blue" 5K

Here is your opportunity to Run...Cheer...Volunteer for the Inaugural "Red, White & Blue" 5K Run/Walk on Saturday, June 6, 2015. The "Red, White & Blue" 5K is sponsored by NC Cooperative Extension Military Outreach (NCEMMO). Proceeds will benefit programming (educational and recreational) for military families in North Carolina.

There are *four "opportunities"* for *YOU* to get involved on June 6!

1. RUN

Run to support military youth and families
Pre-register by May 22, 2015 to receive \$25 early registration rate.
Registration fee increases to \$40 after May 22, 2015
Positive Lifestyle!!!

2. CHEER

Hold signs (bring signs or stop by the "CHEER table" to make one)
Clap, holler, yell, "way to go" to encourage runners as they go by!
POSITIVE MOTIVATOR!!!

3. VOLUNTEER

Opportunities include:
Registration & Packet Pick Up Helpers
Water stations managers
Course Transition Guides
Traffic and Safety Assistants
POSITIVE SUPPORTER!!!

4. DONATE

Opportunities include:
Sponsorship Levels from \$100 - \$1,500
At any sponsorship level your Name/Logo will be added to the t-shirt, display on race day, a free entry and a certificate of appreciation.

This is a great way for family, friends, colleagues and organizations to give back to our military families! **ALL AGES WELCOME!** (Youth under the age of 16 must be accompanied by an adult).

Please contact Brandi Boaz, 694-4158, for more information.

Caswell County, North Carolina's

Heritage Festival

Saturday, May 16th, 2015

From 10:00 AM - 4:00 PM

At the Museum & Yanceyville Town Square!

Heritage Festival provided by Caswell County Historical Association
CCHA Mailing Address: P.O. Box 278, Yanceyville, NC 27379

Entertainment Includes:

Meet Local Characters from the 1800s!

John "Chicken" Stephens

Gunsmiths

Blacksmiths

Basket Weavers

Tour the Historic Courthouse

Listen to stories and era music...

Old School House with kids games

Visit the only Historic JAIL in NC with workable gallows

Calvin Graves

Thomas Day

Henrietta Jefferies

Medicine Man

Quilters

Live Auction

Marbles, Rolling Hoop



If you are interested in volunteering, sharing your 19th century talents, sponsoring the event or for more information contact: 336-694-4965 (leave message)



April & May

Upcoming Programs at the Caswell County Public Library:



Children's Story Times

Wed. 10:00am - Lambs & Lions ages 0 – 5

Tues. 3:30 pm - Book Baggers ages 6 – 12



Family Movie Day!

April 25th

10:15 am

Movie and Craft!

Join the fun, watch "The Big Hero" and
make crafts after the show! PG



Science in the Summer

Sign-up ends April 30th!

Level 1 Classes - August 3 - 7 from 9:00 am - noon

Level 2 Classes - August 3 - 7 from 1:00 pm - 4:00

www.scienceinthesummer.com (space is limited)



Poetry Slam - Josephus III

Teen Program!

(Adults also welcome to join!)

The Danville Regional Foundation is
working to provide a regional
"Sole Poetry" slam for teens.

<http://www.josephusiii.com/>

Wednesdays

3:45- 5:45

April 22

April 29

May 6

May 13

May 20

May 27

June 3

June 10

Upcoming Programs at the Caswell County Public Library:

Book Club

1st Monday of each month

6:00 pm

Book of the month:

The Things They Carried

A riveting, memorable and real glimpse into the Vietnam War and the lives it touched.



UNCG



UNCG Health Screening for Teens

May 7th 3:30 - 4:30

*LSTA funds awarded by the State Library of North Carolina are made possible through funding from the federal Institute of Museum and Library Services (IMLS) under the provisions of the Library Services and Technology Act as administered by the State Library of North Carolina, a division of the Department of Cultural Resources. The LSTA grant program administered by the State Library of North Carolina funds library projects across the state that advance literacy and lifelong learning, expand access to library resources and expertise, promote partnerships and collaboration, and digitize materials important to the cultural heritage of North Carolina.



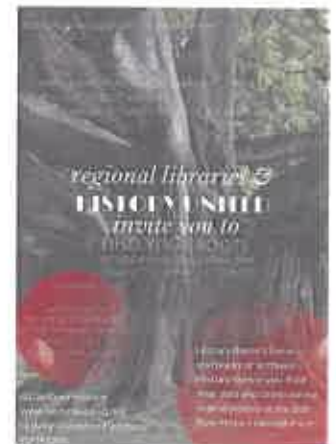
History United - Heritage Day

Saturday May 2

10:00 - 3:00

@ Caswell County Civic Center

Interested in learning about your ancestry? Join us at the Civic Center to learn about genealogy!



Heritage Festival

Saturday May 16

10:00 - 2:00

Caswell Square

Crafts, vendors, reenactments, and much more! Step back in time to learn about Caswell County's "riches" days in history.



Preserving the Past, Embracing the Future

CASWELL COUNTY

PO Box 98
144 Court Square
Yanceyville, NC 27379

Phone: (336) 694-4193
Fax: (336) 694-1228

HISTORYUNITED.ORG
HISTORY UNITED ON FACEBOOK
@DANRIVERHISTORY ON TWITTER

"CHARACTER IS
THE
ARCHITECTURE
OF THE BEING."

-LOUISE
NEVELSON

MAY 2ND

"FIND YOUR ROOTS"

10am-3pm

Caswell County Civic Center
536 Main St E, Yanceyville

Professional & local genealogists available to consult on family research, a free "taste of the region" lunch, community storytellers & keynote speaker Henry Wiencek

MAY 16TH

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Happy Birthday Bobby Johnson	4 Commissioners' Meeting—6:30 p.m.	5	6 Staff Meeting—10:00	7	8	9
10 Happy Birthday Charles Owens <i>Mother's Day</i>	11	12	13 Happy Birthday Graham Staley	14 Happy Birthday Carol Lynn	15 Happy Birthday Heath Gwynn	16 <i>Heritage Festival</i>
17	18 Commissioners' Meeting—6:30 p.m.	19 Happy Birthday Jennifer Holt	20	21	22	23 Happy Birthday Jo Wilson
24 Happy Birthday Randy Jefferson	25 <i>Memorial Day</i>	26	27 Happy Birthday Mindy Satterfield	28	29 Happy Birthday Mable Gunter	30 Happy Birthday Gaither Clayton
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June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Happy Birthday Karen Davies	1 Happy Birthday Jonathan Miles Kathy Zimmerman Jerry Sellars <i>Commissioners' Meeting 6:30 pm</i>	2 Happy Birthday Erica Lowdermilk Sharon Hendricks Jon Catoe	3 <i>Staff Meeting---10:00</i>	4 Happy Birthday Daniel Sparks	5 Happy Birthday Cynthia Morris	6
14	8 Happy Birthday Will Shields <i>Commissioners' Meeting---6:30 p.m.</i>	9 Happy Birthday Bernard Jefferys Rose McKinney	10	11 Happy Birthday Ondre Edge	12	13 Happy Birthday Brandi Boaz
21 <i>Father's Day</i>	15 Happy Birthday Will Shields <i>Commissioners' Meeting---6:30 p.m.</i>	16 Happy Birthday Sylvia Johnson	17	18	19 Happy Birthday Evelyn Massey David Hawk Mary Griffin Katina Graves	20
28 Happy Birthday Earl Farrish	22	23 Happy Birthday Lisa Webster Scott Halbrook	24 Happy Birthday Catesby Denison	25 Happy Birthday Robin Motley	26 Happy Birthday John Wade	27 Happy Birthday Bill Carter Kayre Watson
	29	30 Happy Birthday Colon Cassidy Teresa Oakley <i>Insurance Open Enrollment Ends</i>				