

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

November 2023

Vol. 3 No. 11

Let Go and Let God

The holidays, beginning with Thanksgiving can be very stressful for many families and individuals. Family gathering may bring up old hurts and grudges or even new ones. The one mantra that may help you survive the holidays is "Let go and let God." So what exactly would this look like in our lives? Here are some ideas to contemplate:

- **Identify what you can control**—and what you can't. For example, you may not be able to control what someone says, but you can control your response to it. Much of our inability to "let go and let God" stems from our failure to recognize what stresses us.
- **Address what you can control.** Take action on what you can control. In your mind let go and ask God to give you the courage or kind words you need to address the situation.

- **Surrender what you can't control.** In the words of the late theologian E. Stanley Jones, "Surrender the thing you fear into the hands of God. Turn it right over to God and ask Him to solve it with you. Fear is keeping things in your own hands; faith is turning them over into the hands of God—and leaving them there."

Jesus said, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34, NIV).

He didn't suggest that we won't have trouble; far from it. He did say, however, that we should focus our minds and hearts on this day and its challenges. So maybe "let go and let God" isn't expecting too much if done one day at a time.

November 2023

- 2 Food Distribution
- 7 Food Distribution
- 9 Food Distribution & Teaching Kitchen Class
Food Distribution & Senior CSFP & Medicare Seminar
- 14
- 16 Food Distribution &
- 21 Food Distribution
- 23 Closed for Thanksgiving
- 28 Food Distribution
- 30 Food Distribution & Teaching Kitchen Class

Thought for the Month: I freely give and I thankfully receive all the blessings God has in store for me.



Make the Thanksgiving Meal Less Stressful—Prepare Ahead

What might you starting cooking the day before? Here are a few foods to consider:

- Cook and slice the turkey the day before and reheat 300 F oven for 45 minutes.
- Gravy
- Peel and quarter your potatoes the day before and leave them covered in water in the fridge. Cook and mash them just before the meal.
- Prepare stuffing and casseroles the day before. Refrigerate it and then just heat on Thursday.
- Pies can be made in advance. Bring up to

room temperature by leaving out on the counter on Thursday.

- If possible set the table on Wednesday or just gather items and prepare the buffet area.
- Give some thought to how many burners you have on your stove and how much oven space you have, when considering when to cook or warm an item.

Planning and working from a written plan with times listed will help to decrease your stress level and ensure that your planned meal comes together on time and at desired temperatures.

N.C. Cooperative Extension is an equal opportunity provider. In compliance with the Americans with Disabilities Act, N.C. Cooperative Extension will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Sarah Ware at sarah_ware@ncsu.edu or 252-448-9621. Requests can be served more effectively if notice is provided at least 10 days before the event.

Out of the Box Recipes

@ The Filling Station, 221 Main St, Pollocksville, NC 28573

New Teaching Kitchen

FREE

9:30AM-10:30AM

AUG 31, SEPT 21, OCT 19, NOV 30

Learn how to utilize the ingredients in the free food boxes from the food pantry pick-up!

NC COOPERATIVE EXTENSION

N.C. A&T

NC STATE



JONES COUNTY RECREATION PRESENTS:

TEEN MOVIE NIGHT And PIZZA DINNER

FREE EVENT

FRI NOV. 3rd, 2023

6:00PM -9:00PM



For Ages 12-15

JCPR WILL SPONSOR THIS FIRST IN A SERIES OF FRIDAY NIGHT EVENTS FOR 12-15 YEAR OLDS IN JONES COUNTY.

DINNER AND A MOVIE AT THE JONES COUNTY CIVIC CENTER .OLD FASHION "LOCK IN"SECURE TEEN EVENT WITH SUPERVISION. PARENTAL AND TEEN CONTRACTS REQUIRED FOR PARTICIPATION. CHAPERONE STATIONS

*SPACES LIMITED TO THE FIRST 25 PRE-REGISTERED BY

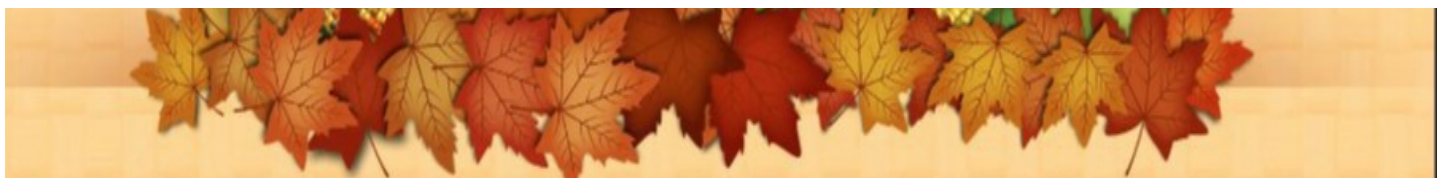
11/2/23

<https://jonescountync.recdesk.com/Community/Home>

PIZZA SERVED AT 6:00
MOVIE STARTS AT 6:30
LIMITED TO 25 SPACES

PIZZA AND DRINKS INCLUDED
SELECTED FEW CONCESSIONS MAY BE AVAILABLE FOR PURCHASE.

SECURITY SURVEILLANCE AND JONES COUNTY SHERIFF'S DEPARTMENT MONITORED EVENT.



Staying Healthy Through The Holidays

Join us for a hands-on cooking demonstration with Kathleen Hoolihan from the Food Bank of Central & Eastern North Carolina.

Date: Thursday, November 9th

Time: 9:30 – 10:30

Location: Teaching Kitchen at The Filling Station

Reservation for the class: Call 252-224-1127 or email: info@fillingstation1075.com

foodbank





FREE MEDICARE SEMINAR

SHIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIP will be conducting a free seminar entitled:

Medicare 101

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

November 14, 2023
11:00 AM-12:00 PM

The Filling Station, INC.
221 Main Street
Pollocksville, NC 28573



NC DEPARTMENT OF
INSURANCE

To register, call:
252-448-1001
For additional information, contact:
Teffiney Maready

1-855-408-1212 • www.ncshiip.com
North Carolina Department of Insurance
Mike Causey, Commissioner

N.C. COOPERATIVE EXTENSION - JONES COUNTY CENTER PRESENTS..

Holiday

FOOD



Safety Class

Only 25 spots!

November 15th, 2023 | 10AM-11AM

Jones County Civic Center | 832 NC Hwy 58 S, Trenton, NC 28585

An in-person class for Jones County residents designed as a refresher for cooking food safely, handling leftovers, gatherings/potluck safety, and much more!

WWW.GO.NCSU.EDU/JCCE-HOLIDAY23

REGISTRATION REQUIRED



N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER.

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO: JACOB MORGAN AT JACOB_MORGAN@NCSU.EDU OR 252-448-9621 REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE EVENT.

FREE GROCERIES AFTER CLASS!



*Fresh locally-grown whole chicken included but sides are not pictured



SALVATION ARMY OF JONES/ONSLOW COUNTY

461 CENTER ST
JACKSONVILLE
NC 28546
910-376-1567

ANGEL TREE Doing the most good!

**Need assistance providing toys for
your Child/Children this
Christmas? We are here to help!**

This year the Salvation Army will have Angel Tree
ONLINE APPLICATIONS for Jones County.

2023 Angel Tree

On-line Registration Dates:

October 16, 2023 to November 22, 2023

Go to: SAANGELTREE.ORG

**No invitation code required for Jones County
residence!**

**PRIOR TO APPLYING, YOU MUST HAVE THE
FOLLOWING DOCUMENTS TO UPLOAD:**

- 1. VALID PICTURE ID FOR PERSON APPLYING FOR ASSISTANCE**
(DL, Passport, or State ID)
- 2. Birth Certificate for child or children applying for.**

Note: You must be the child or children's parent or legal guardian
to apply for them.

If you have any questions or concerns, please contact Sandy or
Laura at the above listed telephone number.

Family Thanksgiving Activities

There is more to a family gathering for Thanksgiving than just the dinner meal and football. OK, some might argue this point, but we encourage you to take the time to plan a few things to bring the family together. Here are some ideas:

- Take a post-meal walk around the neighborhood, a park, or in the woods.
- Conduct a pumpkin hunt using miniature pumpkins (real or plastic)
- Run a potato sack race using old pillow cases.
- Create a tree of thanks. Glue an nice small limb on a piece of wood. Write what you are thankful for on silk or paper autumn leaves and glue or hang them on the tree.
- Same as above, but just put them in a jar tied with a fall-colored ribbon.
- Play board games.
- Bake a dessert together. Decorate fall cookies.
- Get a jigsaw puzzle and engage everyone in putting it together.
- Create a Family Feud game using questions specific to your family history, Thanksgiving or just general ideas.
- Play Macy's Thanksgiving Day Parade Bingo. [Click here](#) to download the card.
- Play Thanksgiving Trivia.
- Search the computer or the phone together for Christmas gift and decorating ideas.
- Put on a play.
- Search your family photo albums or phones for things like, "the funniest picture."
- Have a movie marathon featuring family favorites from the past.
- Watch your first Christmas movie of the season together.

The family that plays together, stays together!

Ten Things to do if You are Alone on Thanksgiving

Not everyone has family or close friends to spend Thanksgiving with. It is easy to get depressed when you stop to consider your aloneness. Perhaps you prefer to be alone. Whichever the case, here are some tips for spending Thanksgiving alone:

- Don't get caught up in Hallmark expectations—make it right for you.
- Pick up the phone—don't wait for someone to call and then become disappointed if they don't.
- Be proactive—gather up other lonely friends and do something together.
- Explore—Get out of the house and do something.
- Take on a project—clean, organize, or build something.
- Help others—volunteer to help serve a Thanksgiving meal to those in need.
- Travel—if you can afford it, take a short trip.
- Reach out—write letters, send texts, send emails. Send your good wishes to others.
- Pamper yourself—either at home or at a spa.
- Play—do something that makes you feel good.

Love and forgive yourself.



Nutrition · Education · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

PO Box 222
221 Main Street
Pollocksville, NC 28573
252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

Board Members

Chair: Bobby Darden

Vice-Chair: Clyde Murphy

Treas: Willie Smith

Secretary: Beverly Collins

Emily Andrews

Ellis Banks

John Bender

Norma Sermon Boyd

Charlie Dunn

Charley Jones

Ella McDaniel

Michael Pretty

Maria Robles

Sheri Smith

Estelle Surles

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



Really Good Mashed Potatoes

Pro tips:

- Use Russet or Idaho potatoes (Yukon Gold is another option)
- Use real butter (salted or unsalted)
- Use warmed whole milk or cream
- Keep seasoning simple: salt and pepper
- Drain well or put in oven to dry out
- Mash by hand using a masher or ricer. An electric mixer will cause a gummy texture if over mixed.
- Peel potatoes, cut into quarters, place in cold salted water in a large pot.
- Boil just until tender.
- Drain then mash.
- Stir in butter, heated milk/cream, salt & pepper.
- Serve piping hot.