

# Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

July 2024

Vol. 4 No. 7

## 5-For-5 Connection Challenge

The following material is copied from the US DHHS website. Although this campaign ran December 4-15, 2023, this is as relevant today as it was then. One source says the lack of social connection is a dangerous to our health as smoking up to 15 cigarettes a day.

Social connection is as essential to our long-term survival as food and water. But today, our epidemic of loneliness is more widespread than other major health issues in the U.S. Social connection is a powerful way to improve our physical and mental health.

The U.S. Surgeon General Dr. Vivek Murthy is challenging YOU to take the "5-for-5 Connection Challenge" as a way to build and strengthen your own relationships and inspire others to incorporate connection in their daily lives! Take these 5 actions for 5 days:

Step 1: Commit to connect

Pick 5 actions and 5 days in a row to connect with people in your life.

Step 2: Connect each day for 5 days

Each day, take 1 simple action of your choice to express gratitude, offer support, or ask for help. For more ideas, see the card deck below.

[View Made to Connect Deck Card pdf](#)

[Download Connection Challenge Toolkit pdf](#)

[Download Connection Postcard pdf.](#)

Step 3: Reflect and share.

Take a moment. How did connecting make you feel?

Let your loved ones know about your experience and invite them to join in! Use #MadeToConnect on social media and share this link.

We're eager to hear your stories, too. Email us at [MadeToConnect@hhs.gov](mailto:MadeToConnect@hhs.gov) so we can learn & share your stories to inspire more connection. [Click here](#) to learn more.

## July 2024

- 1 Food Distribution
- 4 Closed
- 9 Food Distribution & Senior CSFP
- 11 Food Distribution & Senior CSFP
- 16 Food Distribution
- 18 Food Distribution
- 23 Food Distribution
- 25 Food Distribution
- 30 Food Distribution



## Hot Weather and Heart Health

Hot weather means your body has to work harder to keep its core temperature to normal levels, and this puts extra strain on your heart, lungs and kidneys. This means that you can be at greater risk if you have a heart condition. So it's particularly important to stay cool and hydrated.

Drinking plenty of fluids will help to make up for the fact that you are sweating more than usual and stop your blood pressure from dropping too much.



## Volunteering and its Surprising Benefits

Content for this article taken from [HelpGuide.org](http://HelpGuide.org)

### Why volunteer?

You might have looked at the title of this article and think, "Hey, I'm the one that needs help—others should be helping me, not me helping them." Needing help is not the same as being helpless. The benefits (yes, even for you) of volunteering can be enormous. The right match can help you to find friends, connect with the community, learn new skills, and even create job opportunities.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering—Four ways to feel healthier and happier

### 1. Volunteering connects you to others.

Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### 2. Volunteering is good for your mind and body.

It combats depression, reduces stress, and gives you a sense of self-worth. It can give you purpose and it helps you stay physically healthy. Even those with limited mobility can volunteer

### 3. Volunteering can advance your job opportunities.

If you are seeking employment, volunteering allows you to network and it allows you to practice workplace skills such as planning and problem solving.

### 4. Volunteering brings fun and fulfillment to your life.

**Begin this journey. Offer to volunteer at the Filling Station today!**

## Heart Healthy and Nutritious Snacking

[This article is from Food & Friends website.](#)

When thinking of a snack, the snack food isle may come to mind. However, a snack can be nutritious and a great way to fuel your body when you're feeling hungry. Follow the snack tips listed below for a few nutritious ideas.

### WHAT IS A HEART HEALTHY DIET?

#### *Fruit and Vegetables*

Fill half of your plate with fruit and vegetables. They are naturally low in fat and calories, and high in fiber; therefore, they will fill you up for fewer calories. Plant-based foods contain nutrients that are protective against heart disease and are linked to reduced blood pressure, decreased "bad" cholesterol, and decreased inflammation. Add color, flavor, crunch, fiber, vitamins, and minerals with fruit and veggies!

**Snack Tip:** Make fruit easy to grab. Keep whole fruit out on the counter where you can see it, or chopped fruit in the refrigerator for a quick and easy snack.

Try something new. Include a wide variety of fruit and vegetables in your diet. The variety is just as important as the quantity.

#### *Whole Grains*

A whole grain doesn't undergo a refining process and won't be stripped of nutrients. Whole grains contain fiber, vitamins, and minerals. Make half of the grains you eat (bread, pasta, and rice) whole grains because they may lower cholesterol, triglycerides, and prevent blood sugar spikes- all protective against heart disease.

**Snack Tip:** Popcorn is a low calorie and a whole grain snack. It also contains fiber!

#### *Fiber*

Fiber is only found in plant foods. It can help you maintain steady blood sugars and lower cholesterol. Other benefits include feeling full and satisfied for longer. You can get enough fiber in your diet by consuming fruits, vegetables, whole grains, and beans. Be sure to drink enough fluids when adding fiber-rich foods to your diet to prevent constipation.

**Snack Tips:** Snack on fruits and veggies. Pears, avocados, apples, and raspberries are some examples of high fiber fruits!

**Top your Yogurt and Oatmeal:** Add nuts, or fruit on top.

#### *Omega 3s*

Important fats found in fish, canola oil, walnuts, eggs, chia and flaxseeds. Omega 3-fatty acids are unsaturated fats that may reduce inflammation in the body. These fatty acids may help to decrease triglycerides in the blood, reduce blood clotting, and lower blood pressure. Aim to eat at least two palm of your hand-sized servings of seafood each week, as this may reduce the risk of heart disease.

**Snack Tips:** Canned tuna fish (try making it with olive oil and lemon, or Greek yogurt.)

**Hard-boiled eggs:** Keep in the fridge for an easy to grab snack.







The Filling Station

221 Main Street  
Pollocksville, NC 28573

# **FREE BLOOD Pressure Checkup**

**July 11th 10:30 - 11:30 am**

**July 25th 10:30 - 11:30 am**

**Free Blood Pressure Checks  
No Appointment Needed  
Just drop in on the dates  
above to get checked**



[www.Fillingstation1075.com](http://www.Fillingstation1075.com) Facebook @FS1075



### Livestock Science Camp

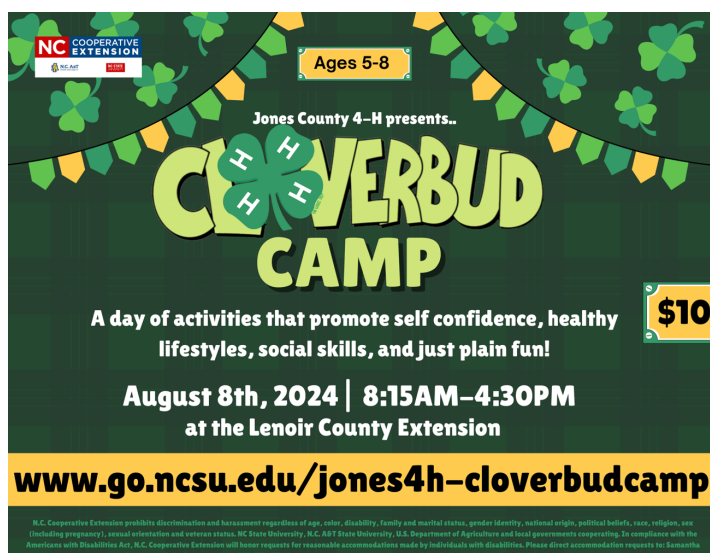
Youth will participate in hands-on lessons and labs on different livestock species. Youth will learn about drawing blood, proper handling, administering medications, and more!

WHEN: August 6th, 2024 | 8:15AM-4:30PM

We'll meet at the N.C. Cooperative Extension's Jones County Center (367 NC Hwy 58 S, Unit A, Trenton, NC 28585) and drive the participating 4-H'ers to the destination using our 4-H Van!

\$15 per participant

Ages 8-14



### Cloverbud Camp

A day of activities that promote self confidence, healthy lifestyles, social skills, and just plain fun!

WHEN: August 8th, 2024 | 8:15AM-4:30PM

We'll meet at the N.C. Cooperative Extension's Jones County Center (367 NC Hwy 58 S, Unit A, Trenton, NC 28585) and drive the participating 4-H'ers to the destination using our 4-H Van!

\$10 per participant

Ages 5-8

## Jones County Recreation Football is Back!

We are teaming up with Jones Sr. Head Coach Stephen Perry and local football stars to offer some July Skills Camps! See our website in June for a complete listing, we will be offering Registration for youth ages 7-12 years old, Flag-Tackle football.

<http://jonescountync.gov/departments/recreation>

## Reminder to Parents of School-Aged Children

Don't wait until the last minute to schedule your child's routine physical, recommended vaccinations, and vision check. Wellness checkups are needed to track growth & development. Routine childhood vaccinations help prevent 14 diseases. A child that does not see well will not do well in school.



# CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As your family gets back to routines, it's important for your child to catch up on checkups and recommended vaccines to help protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children stay on track with routine vaccinations to help protect them from serious diseases like measles and whooping cough.

## WELL-CHILD CHECKUPS ARE ESSENTIAL



- The doctor **tracks** your child's growth and development
- You can **ask the doctor** questions about your child's health
- Your child **gets** recommended vaccinations

## VACCINATION HELPS PROTECT YOUR CHILD'S HEALTH



- Routine vaccinations during childhood help **prevent 14 diseases**
- Among children born from 1994–2018, vaccinations will prevent an estimated **936,000 early deaths, 8 million hospitalizations, and 419 million illnesses**



**Help protect your child's health by keeping them on track with recommended vaccinations.**

Have questions about vaccines? Talk to your child's doctor.

[www.cdc.gov/vaccines/routine](http://www.cdc.gov/vaccines/routine)





# JONES CO REC Summer CAMP



**YOUTH  
8-12**



**\$50**

per week

\*10% discount for 7 weeks  
2nd Child discount \$5

**Team Building, Fitness, Education,  
Crafts, Sports, Games, Field Trips!**

**8am-  
5pm**

*Breakfast & lunches in June provided by Jones County Schools Nutrition Program. \*Camp Fee Assistance may be available, inquire at [recreation@jonescountync.gov](mailto:recreation@jonescountync.gov) or 252-448-1660*

## JUNE SESSIONS

- #1 - JUNE 10-13
- #2 - JUNE 17-20
- #3 - JUNE 24-27



## JULY SESSIONS

- #1 - JULY 8-11
- #2 - JULY 15-18
- #3 - JULY 22-25
- #4 - JULY 29-AUG 1

Visit our website for Camp themes and paper reg. form:

[jonescountync.gov/departments/recreation/](http://jonescountync.gov/departments/recreation/)

**+252-448-1660**

Jones County Recreation 832 NC Hwy 58 S Trenton

Jones County Recreation  
invites you to attend



**Saturday August 3, 2024**  
**10 am - 2 pm**

at Jones County Civic Center

**FREE EVENT**

\*\*Bookbags and school supplies are "while supplies last"

**VENDORS**  
**FUN ACTIVITIES**  
**SCHOOL SUPPLIES**  
**HEALTH SCREENINGS**

Scan QR code for  
vendor application



**GAMES**  
**BOUNCE HOUSE**  
**COMMUNITY RESOURCES**  
**AND MORE !**

Phone: 1 252-448-1660

E-mail: [recreation@jonescountync.gov](mailto:recreation@jonescountync.gov)





American  
Heart  
Association.



# Join the Nation of Lifesavers!

## Learn Hands-Only CPR!



### THE PROBLEM

350,000 Americans per year experience out-of-hospital cardiac arrest, and when they do, it's usually at home. Their survival depends on bystanders (typically loved ones) to step in and initiate the "chain of survival" by calling 911 and beginning CPR while help is on the way.

### OUR GOAL

The American Heart Association has set a goal of doubling the survival of cardiac arrest by 2030.



*Together we can save lives.*

### DATES

Tuesday, July 9th and  
Tuesday July 23rd

### TIME

10:30am- 11:30am

### LOCATION

The Filling Station  
221 Main Street  
Pollocksville, NC

SCAN TO LEARN  
MORE ABOUT  
HANDS-ONLY CPR:



**LENOIR**  
COMMUNITY COLLEGE  
JONES COUNTY CENTER

# Transitional and Career Studies GED Night Classes

**Tuesdays  
Wednesdays  
& Thursdays**

**6 PM – 9PM**

**For more information, please contact the  
LCC Jones County Center at 252-448-5021.**





**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

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<https://fillingstation1075.com/>  
[Facebook.com/FS1075](https://Facebook.com/FS1075)

### Board Members

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Judy Hills, Editor

# Summer Travel Prayer

Loving and merciful God, you have commissioned your angels to guide and protect us. Command them to be with us from our leaving until our return; keep us safe from all injury, accident or malice and sin. Through Jesus Christ, our Lord,

- Author Unknown -

