The Senior Pride

The Peninsula Foster Grandparent Program Newsletter

January 2013

A Word from the Director

IT'S ABOUT WHY?

The power of WHY is what drives the spirit of growth and accomplishments since the beginning of creation.

WHY carries us through the mundane day-to-day mission of life. Without the WHYs, our lives become meaningless.

Our WHYs are the power that motivates us to accomplish our missions and goals?

Without our WHYs, our lives are like people who make New Year's resolutions and never follow through.

I encourage you to ask yourself these WHYs...

- WHY do I wake up each morning to mentor and tutor children?
- WHY do I get excited to see my children?
- WHY do I serve when I can stay at home and watch TV?
- WHY has GOD blessed me to serve children?

You see a need... There's your WHY.



-Jason S. Samuels



January

Mildred Gray, Susie Squires, Thomasina Lowery, Jack Johnson, Pearl Whitsett, Shirley Williams, Ellen Hazzard, Sharon Meddley

February

Cleo Byrd, Elouise Davis, Lossie Goode, Gertrude Johnson, Charlotte Kelley, Frances McClary, Tulie Oliver, Annie Preyer, Shirley Pryor, Alfreda Ward, Carolyn Williams and Joann Wright

March

Carlotta Burton, Brenda Chester, Rosetta Crawley, Margaret Ellis, Eleanor Hearn, Eunice Holland, Helen Mitchener, Mary Redden, Sadie Reid, Valerie Stokes, Naomi Washington and Ethel Williams

Dates to Remember:

Upcoming In-Service and Meetings

February 15th In Service Northampton Community Center

> March 5th PAA Forum Ferguson Arts Center

Lunch Will Not Be Provided

2013 MANDATORY In-Service Dates

Thursday, January 10, 2013 MLK Day of Service		
February 15, 2013		
March 5, 2013 PAA Forum – Ferguson Center		
April 19, 2013		
May 17, 2013 Recognition Luncheon		
June 21, 2013		
NO JULY nor AUGUST MEETING		
September 20, 2013		
October 18, 2013		
November 15, 2013		
December 13, 2013 Holiday Recognition		



Health Benefits of Cucumbers

Aids in weight loss and digestion - Due to its low calorie and high water content, cucumber is an ideal diet for people who are looking for weight loss. The high water content and dietary fiber in cucumbers are very effective in ridding the body of toxins from the digestive system, aiding digestion. Daily consumption of cucumbers can be regarded as a remedy for chronic constipation.

Cures diabetes, reduces cholesterol and controls blood pressure - Cucumber juice contains a hormone which is needed by the cells of the pancreas for producing insulin which has been found to be beneficial to diabetic patients. Researchers found that a compound called sterols in cucumbers may help reduce cholesterol levels. Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure. This makes cucumbers good for treating both low blood pressure and high blood pressure.

Promotes joint health, relieves gout and arthritis pain -Cucumber is an excellent source of silica, which is known to help promotes joint health by strengthening the connective tissues. They are also rich in vitamin A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium. When mixed with carrot juice, they can relieve gout and arthritis pain by lowering the uric acid levels -excerpt from NATURALNEWS.COM

Cucumber Sandwich



INGREDIENTS:

2 thick slices whole wheat bread 2 tablespoons cream cheese, softened 6 slices cucumber 2 tablespoons bean sprouts 1 teaspoon olive oil

1 teaspoon red wine vinegar 1 tomato, sliced 1 leaf lettuce 1 ounce mild peppers, sliced 1/2 avocado, mashed

DIRECTIONS:

Spread each slice of bread with 1 tablespoon cream cheese. On one slice of bread, arrange cucumber slices in a single layer. Cover with sprouts, and then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and mild peppers. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.

Cucumber Lemonade



INGREDIENTS:

1 cucumber, thinly sliced 1 can frozen lemonade 1 (2 liter) 7-Up or diet 7-Up

DIRECTIONS:

Place the cucumber slices into a large pitcher. Pour the lemonade concentrate over the cucumber and let stand for 10 minutes. Pour in the lemon-lime soda and pour into glasses to serve.

2013 FOSTER GRANDPARENT PROGRAM PAY DATES		
January 11, 2013	July 26, 2013	
January 25, 2013	August 09, 2013	
February 08, 2013	August 23, 2013	
February 22, 2013	September 06, 2013	
March 08, 2013	September 20, 2013	
March 22, 2013	October 04, 2013	
April 05, 2013	October 18, 2013	
April 19, 2013	November 01, 2013	
May 03, 2013	November 15, 2013	
May 17, 2013	November 29, 2013	
May 31,2013	December 13, 2013	
June 14, 2013	December 27, 2013	
June 28, 2013	HAPPY	
July 12, 2013	NEW YEAR!!!!	

^{**} Checks are mailed out by the above dates. It is not guaranteed that checks will be received on the dates listed above. If a paycheck is not received within 10 days after the above pay date, the grandparent should contact the FGP office at 727-1857 or 727-1858. The Finance Department will issue a stop payment and reissue another check to the grandparent.

2013 FGP PAID HOLIDAYS

In addition to your birthday and recognition bonus hours, the following are paid holidays for the Foster Grandparent Volunteers.

Tuesday, January 1 – New Year's Day

Monday, January 21 – Martin Luther King, Jr.

Monday, February 18 – President's Day

Friday, March 29-Good Friday

Monday, April 1-Easter

Monday, May 27 – Memorial Day

Thursday, July 4 – Independence Day

Monday, September 2 – Labor Day

Monday, November 11 – Veterans Day

Thursday, November 28 – Thanksgiving Day

December 24 – January 1-Winter Break

Register Today!!! Register Today!!! Register Today!!!

FGP's February and March's In-services

Friday, February 15, 2013 at Northampton Community Center

1435- A Todds Lane in Hampton From 9am-1pm

Mandatory meeting...

Forum on Aging – Aging in Place

Tuesday, March 5, 2013 8 am – 12:15 pm

Ferguson Arts Center in Newport News

Mandatory meeting...Lunch will not be provided

Call 727-1857

to register for both in-services.

Limited Transportation available!

Peninsula Foster Grandparent Program Staff Director

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