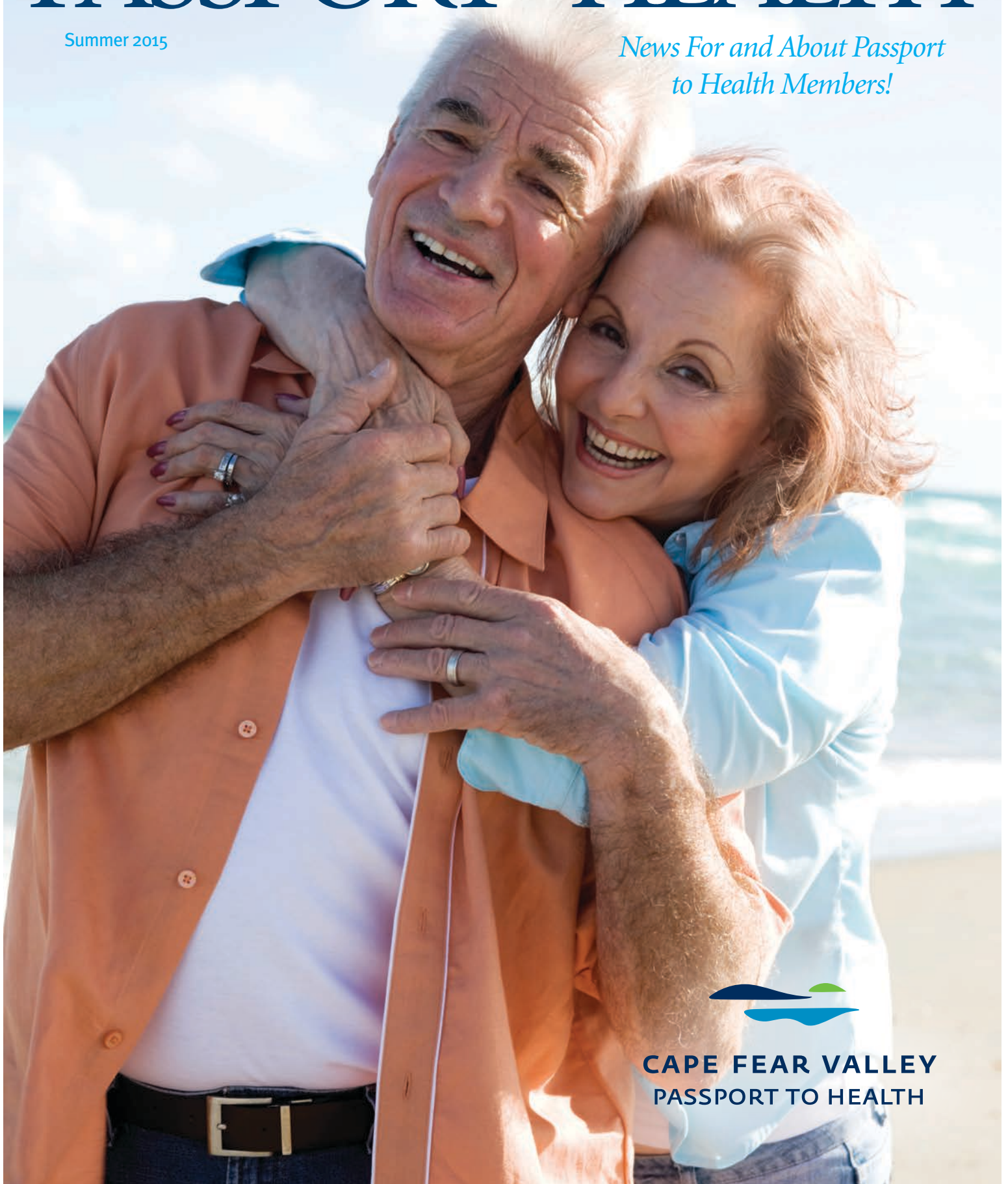


# PASSPORT *to* HEALTH

Summer 2015

*News For and About Passport  
to Health Members!*



**CAPE FEAR VALLEY**  
**PASSPORT TO HEALTH**



## CAPE FEAR VALLEY PASSPORT TO HEALTH

*Passport To Health is a program for members ages 50 and better.*

### OFFICE

Passport To Health  
3522 Village Drive  
Phone: (910) 615-4600  
Fax: (910) 615-5385

Office hours vary.  
Please call before stopping by.

### MAILING ADDRESS

Cape Fear Valley Health  
Attn: Passport To Health  
P.O. Box 2000  
Fayetteville, NC 28302-2000

### EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

Editor: Anna Ackerman  
Passport To Health Manager  
aackerman@capefearvalley.com

This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.



# We care for Hoke

**exceptional CARE | personal ATTENTION**

You no longer have to travel long distances to get great care. Hoke Hospital brings Cape Fear Valley's nationally recognized quality to Hoke County and southwestern Cumberland County.

Hoke Hospital's Emergency Department, Medical/Surgical Unit and Surgery Center are open. Hoke Hospital's Birth Center is expected to begin delivering babies in the coming months.



## CAPE FEAR VALLEY HOKE HOSPITAL

[www.capefearvalley.com](http://www.capefearvalley.com)

Our office is closed on Thursdays to walk-in traffic so that we may have uninterrupted time to plan workshops and programs for you. Thank you for being understanding.

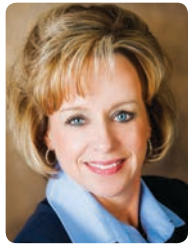
### **NOTICE:**

The Passport To Health office will be closed October 19 – 23.



Find us on  
**Facebook**

Stop by [www.facebook.com/CFVPassportToHealth](http://www.facebook.com/CFVPassportToHealth) and click on the "Like" button.



Dear Friends,

I hope you are having a pleasant summer and safe travels on your summer vacation. I took a few days off and traveled to Myrtle Beach with my family. I missed you while I was away, but I greatly enjoyed the rest and time spent with my family, making special memories.

While relaxing at the beach I had time to actually think and reflect back on my life and all the changes that have taken place, both here at work and in my own personal life. I can say I've had a great life, both personally and at Cape Fear Valley. It's all because I've been surrounded with great family and friends like you.

It's hard to believe that Passport To Health is now 20 years old. It seems like just yesterday I interviewed for the position to lead Passport To Health. How times flies when you are having fun!

Speaking of which, can you believe it has already been eight years since Cape Fear Valley opened its 505-space Pavilion Parking deck? Because of it, you, our patients, their family members and visitors have been able to enjoy more convenient parking.

As you know, one of the benefits of Passport To Health membership has been free parking in the parking deck. If you have been reading our literature, you have already read that our free parking is soon to end.

Effective Jan. 1, 2016, parking for Passport To Health members will be half price. The new parking fees for all Passport To Health members will be as follows:

- The first hour will be free.
- After the first hour, the fee will be \$.50 per hour with a maximum charge of \$2.50 per day (total of 24 hours).
- Bear in mind that each time you leave the parking deck and return, you must pull a new ticket, and charges will begin again.

The parking deck has two exit lanes. In order for you to receive this discount, you will have to exit the lane by the cashier's booth. The booth is open from 6 a.m. to 11 p.m. You will be required to show your Passport To Health card as well as a photo ID.

With this change, there may be those who try to park in unauthorized areas. Please understand that in order to keep the parking situation from getting out of hand, our security staff will be asked to ticket or boot cars parked in patient areas.

I know this is disappointing and will be an adjustment for everyone, but I'm grateful that you as a member have been able to enjoy free parking for the past 20 years.

Thank you for continuing to support Cape Fear Valley Health and our Passport To Health program.

A handwritten signature in black ink that reads "Anna Ackerman".

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER



# Play It Safe

**As long as people have money, there will always be thieves.** The Internet just adds to the problem, especially for seniors. They typically aren't as technically savvy as younger people when it comes to protecting their online identity.

But don't feel bad; a recent AARP study showed 45 percent of all American adults failed a quizz about online and wireless safety.

Use caution and follow a few simple rules, however, and you'll be able to confidently shop, surf and socialize online with the best of them.

The golden rule for online security is to always use passwords. Make them complex and keep them private. Don't share them with anyone or write them down. The federal government uses beefy passwords. So should you.

Never use your social security number as a username or password either. Change your passwords and usernames regularly. And use a combination of letters, numbers and special characters, such as # and @ whenever possible.

The extra characters are akin to using a deadbolt and doorjamb on your front door. It may not be 100 percent foolproof, but it will certainly slow down and deter most online scoundrels.

Passwords apply to both computers and cellphones, since more Americans are using smartphones to surf the web and do online shopping and banking. Ironically, more than a quarter of smartphone users don't use a passcode on their handheld devices. That's not very smart.

Neither is using public WiFi without caution. Public WiFi poses increased cyber security risks due to a lack of firewalls and antivirus software. This makes banking on a public WiFi network risky.

If you must access the Internet in public, experts recommend using your cellphone's cellular network, which is more secure. But make sure your phone is not set to automatically connect to public WiFi in its General Settings.



## Secure Websites

Whether at home or in public, make sure your banking website is using SSL encryption. These encrypted websites always have an "s" at the end of the "http" at the beginning of webpage addresses. Any secure page should also display a lock symbol in the URL address bar.

When done, always log off of banking sites or webpages after using credit or debit cards, or any other sensitive information. You should also quit your web browser when not using it.

If you don't already, change banking passwords regularly. Online experts recommend changing passwords every 90 days.

Be just as cautious when sharing personal information on social media sites. Keep private information private and never share personal details used by financial institutions to identify you, such as birthdate, home address, mother's maiden name, pet names, etc. Scammers may try to use the information to gain access to your accounts, since they are common password security questions.

Always carefully review the privacy options for social network sites you join. The options can be complex, so take your time to read the descriptions carefully. You don't want to disclose information meant to be private. And be careful who you share your email with.



Emails are almost ubiquitous in our society today, so be wary of suspicious emails. Never open attachments, click on links or respond to emails from suspicious or unfamiliar senders.

If they offer inappropriate or unbelievable offers, then they're probably scams. A good rule of thumb to follow is: if they sound too good to be true, then they probably are.

## Phone scams

Once fraudsters have your phone number, you can expect to get a call eventually. Seniors are most vulnerable to healthcare scams, according to experts. Scammers will often call as healthcare or Medicare representatives to gain personal or contact information.

The scammers will then call back later and say they spoke with a son, daughter or other family member and say it's OK to give them your social security number, driver's license number or other sensitive information. The obtained information is often used to illegally bill Medicare.

Another popular scam involves callers pretending to be a grandchild or great grandchild to get money. The callers will try to gain your trust over the phone and eventually ask for money. The easiest way to avoid being scammed is to ensure the caller is an actual relative.

Sadly, seniors recently widowed are also commonly scammed. Con artists will scan obituaries and call surviving spouses by demanding money for a supposed outstanding funeral debt or other unresolved bill.

Scammers may also arrive as messengers at your home with a cash-on-delivery package, saying the deceased ordered the package before dying. They will demand immediate payment and quickly leave after getting the money.

There are countless other scams out there. The best way not to be victimized is to always be wary and check with others when uncertain. You've worked hard all your life. Take care of the money you've built up, so you can live happily ever after.

**For more information on avoiding scams, attend the November Passport to Health luncheon or dinner.**

# Pneumococcal Vaccine: *Recommended*

Marie's father died of pneumonia at age 74. As she approaches that age herself, she wants to make sure she is protected. That's why she asked her doctor about the pneumococcal vaccine.

Her doctor agreed: she should have two pneumococcal shots. And she should also get a flu shot promptly every year.

Pneumonia is the eighth leading cause of death in the United States. More than 90 percent of deaths from pneumonia occur in individuals over age 65.

Pneumonia is an inflammation of the lungs that can be caused by bacteria, viruses, fungi or other organisms. It usually occurs following another illness, such as a cold or the flu, in persons who have weakened immune systems because of age or chronic medical conditions.

When inflammation occurs, fluid accumulates in the infected part of the lung, reducing blood flow and leading to a decline in available oxygen for all parts of the body. In an 85-year-old adult with numerous health problems and a weakened immune system, the complications can quickly become life threatening.

*Streptococcus pneumoniae*, also known as pneumococcus, is the number one bacterial and the number one overall cause of pneumonia among older Americans. Roughly half of all pneumonia infections are viral – often from the flu virus – but these are usually less life threatening. However, complications from a viral infection can sometimes lead to bacterial pneumonia.

Unlike viral illnesses like the flu, pneumococcal infections can be treated with antibiotics. But with the appearance of new strains of bacteria that have become resistant to antibiotics, protection with pneumococcal vaccination has become increasingly necessary.



There are actually two pneumococcal vaccines recommended for adults age 65 and over. These are Prevnar 13 (PCV13) and Pneumovax 23 (PPSV23).

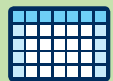
As the names imply, Prevnar 13 protects against 13 serotypes of pneumococcus while Pneumovax 23 protects against 23. It's not just a matter of numbers, however; the two vaccines work in different ways, offering even broader protection. The Pneumovax shot should come 6 to 12 months after the Prevnar. Medicare and most private insurance policies will cover immunization.

About one million adults in the United States get pneumococcal pneumonia every year. And about seven percent of these – mostly persons age 65 and over – die as a result. The biggest risk is among persons already hospitalized or living in a long-term care facility.

Previously healthy individuals, however, can be lulled into complacency by the way symptoms present themselves. Some older persons with pneumonia don't get a fever or other specific signs that they expect from pneumonia.

Besides pneumonia, pneumococcal illnesses include bacteremia, an infection in the blood stream, and meningitis, inflammation or infection of the central nervous system. Sometimes these develop as complications of pneumonia. And those who survive can face severe complications.

Should you get the pneumococcal shots that are recommended? Of course, you should. And you should do other things that will protect you from pneumonia: get a flu shot; wash your hands frequently, particularly during times when respiratory illness is prevalent; quit smoking; eat a nutritious, balanced diet; and avoid contact as much as possible with people who have colds, flu or other infections.



# UPCOMING *events*

## Monthly Luncheon & Dinner Programs

All luncheon and dinner programs are held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

To allow our catering staff to get ready, doors will open at 11 a.m. for the luncheons and 4:30 p.m. for the dinners. We regret we cannot allow early entry.

### SEPTEMBER

## Hypertension & Your Kidneys

Monday, September 21 • 5:00 p.m.  
Registration deadline is September 14.

Monday, September 28 • 11:30 a.m.  
Registration deadline is September 21.

Speaker: Sanjay Shah, M.D.  
Sandhills Nephrology & Internal Medicine

**NOTICE:** The September Registration form in the 2015 Registration Booklet has an error. The Dinner is Sept. 21 and the Luncheon is Sept. 28.

### SEPTEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Cost: \$7.25 per person

\_\_\_\_\_ **Dinner Session: September 21**  
*Registration Deadline is Sept. 14, 2015.*

\_\_\_\_\_ **Luncheon Session: September 28**  
*Registration Deadline is Sept. 21, 2015.*

### OCTOBER

## Don't Eat Your Heart Out

Monday, October 5 • 11:30 a.m.  
Registration deadline is September 28.

Monday, October 12 • 5:00 p.m.  
Registration deadline is October 12.

Speaker: A Registered Dietitian from Cape Fear Valley Health will talk about choosing the right foods to protect yourself from heart disease.

### OCTOBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Cost: \$7.25 per person

\_\_\_\_\_ **Luncheon Session: October 5**  
*Registration Deadline is Sept. 28, 2015.*

\_\_\_\_\_ **Dinner Session: October 12**  
*Registration Deadline is Oct. 5, 2015.*

**NOTICE:** The Passport To Health office will close daily for lunch from 12 to 1 p.m.

---

**Make checks payable to Passport To Health. Mail your registration form and payment to:**

Passport To Health  
Cape Fear Valley Health System  
P.O. Box 2000, Fayetteville, NC 28302-2000

To receive a refund, cancellations must be made by the reservation deadlines.

## NOVEMBER

### Scams & Identity Theft

**Monday, November 2 • 5:00 p.m.**  
Registration deadline is October 26.

**Monday, November 30 • 11:30 a.m.**  
Registration deadline is November 23.

Speaker: Caroline Farmer  
Deputy Director, Victims and Citizens Section  
N.C. Attorney General's Office  
N.C. Department of Justice

Learn what scams are being perpetrated in our area  
and how to avoid identity theft.

## DECEMBER

### Stories from the Tarheel Traveler

**Tuesday, December 8 • 11:30 a.m.**  
Registration deadline is December 1.

**Monday, December 21 • 5:00 p.m.**  
Registration deadline is December 14.

Speaker: Scott Mason  
WRAL's Tarheel Traveler  
Travel the back roads of North Carolina with Scott.  
His stories will take you to out-of-the-way places  
where he unearths fascinating historical footnotes.

#### NOVEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Cost: \$7.25 per person

\_\_\_ **Dinner Session: November 2**  
*Registration Deadline is October 26, 2015.*

\_\_\_ **Luncheon Session: November 30**  
*Registration Deadline is November 23, 2015.*

#### SEPTEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Cost: \$7.25 per person

\_\_\_ **Luncheon Session: December 8**  
*Registration Deadline is December 1, 2015.*

\_\_\_ **Dinner Session: December 21**  
*Registration Deadline is December 14, 2015.*



# UPCOMING *events*

## Seminars & Workshops

### Social Security Update

Friday, September 4

9:30 a.m.

Cape Fear Valley Rehabilitation Center  
Auditorium D

**FREE!**

**Speaker: Brenda Brown**  
Social Security Administration

### Advance Directives

Wednesday, September 23

9 a.m.

Cape Fear Valley Rehabilitation Center  
Auditorium D

**FREE!**

Who will make decisions about your care if you are unable to? This workshop will teach you how to start the conversation with your loved ones.

**Speaker: Robin Kivett, RN, MSN, CHPN**  
Palliative Care Coordinator  
Cape Fear Valley Health

Please call 615-4600 to register.

To register, please call 615-4600.

### Downsizing Your Home Without Downsizing Your Lifestyle

Monday, October 12

9 a.m.

Cape Fear Valley Rehabilitation Center  
Auditorium D

**FREE!**

Have you been thinking about moving to a smaller home, condo or assisted living facility? If the idea of going through your belongings to get ready has you in a panic, you'll want to attend this presentation. Donna Brock, BA, CMC, will talk about the process, how you know when the time is right, and how you can live an upsized lifestyle and still make the move.

**Speaker: Donna E. Brock, BA, CMC**  
Aging Outreach Services Care Management

### Arthritis Of The Hip And Knee

Thursday, October 29

6:30 – 7:30 p.m.

Cape Fear Valley Education Center  
3418 Village Drive

Does arthritis cause you pain and limit your activity? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.

To register, please call 615-LINK (5465).



# Should You Have the **SHINGLES VACCINE?**

David has two close friends who have had shingles recently. One had a mild case with itching and discomfort for about two weeks; the other said it was the worst pain she had ever had. The latter strongly recommended the shingles vaccine, but, at age 68, David wants to study the issues before making a decision.

Shingles, or herpes zoster, is caused by the virus that causes chickenpox. Everyone who has had chicken pox is vulnerable. This includes most Americans born before 1995 when the chicken pox vaccine was introduced.

The varicella-zoster virus that causes chicken pox is never fully cleared from the body but remains dormant in nerve tissues. When your immune system is weakened for any reason –physical or emotional stress, medications, age – the virus can be reactivated.

The first sign is usually burning, tingling, numbness or itching on one side of the body along the path of the affected nerve. This can be anywhere in the body, but most typically wrapping around one side of the torso near the waistline.

A rash develops along this line, and this rash can turn into blisters that crust over and take two to four weeks to heal. They may leave scars.



The severity of shingles varies with the individual, however. Some have only itching; others have pain so intense that the slightest touch is almost unbearable.

Some patients get only a mild rash or none at all. Others develop complications that include encephalitis (an inflammation of the brain), facial paralysis, hearing or balance problems, skin infections and painful eye infections that might cause vision loss. The most common complication is postherpetic neuralgia, nerve damage that causes persistent pain affecting the nerve fibers and skin.

### **PRO:**

As David's friends have told him, the burden of shingles can be great. And the shingles vaccine has been approved to reduce that burden.

Zostavax, the shingles vaccine, is made from a live but weakened chicken pox virus (varicella-zoster). It causes the body to develop immunity to this virus.

Zostavax was approved in 2006 for most persons age 60 and over. In a study of 38,000 persons age 60 and over, the vaccine reduced the incidence of shingles by 51.3 percent and the incidence of postherpetic neuralgia by 66.5 percent.

In 2011, the approval was extended to persons age 50 to 59. In this age group, efficacy is better –69.8 percent according to one study of 22,439 adults.

The risk of shingles and its complications increase with age, however, and duration of protection beyond five years is not certain. The Advisory Committee on Immunization Practices (ACIP) still recommends the vaccine for adults older than 60 who will most benefit from protection at the time they are most vulnerable. Roughly half of all shingles cases occur in persons age 60 and over. And the risk of serious complications such as postherpetic neuralgia increases with advancing age.

### **CON:**

About 30 percent of Americans will get shingles at some time in their lives. The majority, however, will have pain – or maybe only mild itching – for a few weeks and then get better.

The vaccine reduces the incidence of shingles by a little over 50 percent. The vaccine will not treat an active shingles infection; nor will it treat postherpetic neuralgia.

David's research tells him that only about 20 percent of Americans age 60 and over have been vaccinated. Why?

One of the major reasons that most seniors have not taken advantage of this vaccine probably is cost. Unlike many other vaccines and preventive measures, Zostavax is not covered directly by Medicare Part B, but rather by Medicare Part D, prescription drug coverage.

Some doctors stock the vaccine for administration in the office. More commonly, your doctor will write you a prescription for the vaccine. You can get the shot at the pharmacy or purchase the vaccine and bring it to your doctor's office. The process is not particularly convenient for you or your doctor.

One study found that only 41 percent of health care providers strongly recommended the shingles vaccine. By comparison 90 percent reported that they strongly recommend the influenza and pneumococcal vaccines, both of which are reimbursed through Medicare Part B.

Zostavax costs about \$200. How much of that is covered depends on the deductibles and co-pays of your drug plan.

The vaccine has a better rate of effectiveness when you get it in your 50s, but there is always the question of how long the protection lasts past five years, and the risk increases with age. Get vaccinated too early, and you might be vulnerable later when you most need it.

After being tested in about 20,000 adults age 60 and over, the vaccine has a good safety record. The most common side effects reported were redness, soreness, swelling or itching at the injection site.

Some individuals should not get the shot. These include anyone who:

- has had a severe allergic reaction to gelatin, neomycin or any other component of the vaccine;
- has a weakened immune system because of HIV/AIDS or another disease that affects the immune system or because of treatment with steroids, radiation or chemotherapy; or
- has cancer affecting the bone marrow or lymphatic system.

Women who are or could become pregnant should also avoid the vaccine.

### THE BOTTOM LINE:

David decided that it all boiled down to protection versus convenience and cost. His Medicare Prescription Drug Plan told him that his co-pay would be \$179. He didn't want to pay that, but he could afford it.

Shingles is rarely life threatening, but it can cause considerable suffering and there is always the risk of serious complications such as vision loss and postherpetic neuralgia.

You can get shingles even if you have been vaccinated. But if you do, you're less likely to suffer the most severe symptoms, and you have a lower risk of postherpetic neuralgia. Even if you have already had shingles, you can still benefit from immunization.

In David's mind was the image of his friend who told him shingles gave her the worst pain of her life. He asked his doctor for a prescription and had the shot at his neighborhood pharmacy.

# Zostavax & Pneumovax

*available at*



Medical Arts Center  
101 Robeson Street, Fayetteville  
1st Floor Lobby  
Phone: (910) 615-1800  
Fax: (910) 321-6292

#### HOURS:

Monday - Friday, 9am - 6pm  
Saturday, 9am - 1pm • Closed Sunday



300 Medical Pavilion Drive, Raeford  
Adjacent to Hoke Hospital  
Phone: (910) 904-8700  
Fax: (910) 615-9700

#### HOURS:

Monday - Friday, 9am - 6pm  
Closed Saturday & Sunday

No appointment necessary.

A pharmacist will administer the vaccine.

Must have prescription from physician.

We bill Medicare Part D and select insurance plans.



# Assistive Devices Keep You *Independent*

If you're wearing glasses to read this, you are using an assistive device... and apparently with little or no embarrassment. The decision to use a hearing aid or a cane is a more difficult decision for many older Americans.

More than 33 million Americans have some kind of disability – major or minor – that makes it difficult for them to manage everyday activities. Disabilities occur at any age but more frequently with the medical conditions and illnesses that occur in later life.

For nearly every disability and nearly every challenge around the home, there is an assistive device that can help – more than 20,000 in all. Many are simple and barely noticeable to an observer.



## Cognitive Problems

There are many simple solutions to help persons with cognitive, orientation or memory problems. A calendar with large print can note daily routines, appointments and special occasions. A daily checklist can be attached to a door or the refrigerator. Pictures of family and friends can be posted as reminders in appropriate places – perhaps color-coded and with identifying information.

A small voice recorder carried on a keychain can be pre-recorded to give reminders about appointments, telephone numbers or prescription refills. Clocks, alarms and hand-held devices, such as Voice Cue, can be programmed to deliver specific messages or reminders at a certain time: “Go to work” or “call home.”

Medication alerts are available in pocket-sized devices or on a wristwatch. An alarm rings to tell you when the pill should be taken; a light tells you which compartment of your organizer should be opened. There are also automatic medicine dispensers that deliver the right medicine into a tray and buzz until the pill is taken.

The Boil Alert is a glass disk that can be placed at the bottom of a pan or kettle that will rattle when the liquid starts to boil. A Stove Power Controller can be set to shut off a burner automatically after a certain period.

*For nearly every disability and nearly every challenge around the home, there is an assistive device that can help*

## Physical Limitations

More than six million seniors living independently have mobility and balance problems that may get more serious with the passing decades. Wheelchairs, canes, crutches and walkers have a variety of functions to meet individual needs, but it’s important to get professional help in selecting the right assistive device and learning the best way to use it.

There are less serious physical disabilities that also cause frequent frustration. Have you noticed increasing difficulty turning doorknobs, pulling on your socks or using toenail clippers? These are common problems, and there are assistive devices to help.

You can replace your doorknobs with levers; or you can buy an adapter that fits over the knob. For turning keys, you might need a plastic handle that fits over the key, giving you extra leverage. And there are toenail clippers with large, angled blades and easy-grip handles.

Other aids include a long, flexible shoehorn, loop handles to pull up socks and zipper and button pullers.

For the bathroom, a toilet with a high seat will make it easier to get up and down. A tub bench or shower seat will make bathing safer and more relaxing. Long-handled sponges will let you wash your feet without bending over. Shower curtains are more easily handled than heavy doors.

Just as you would seek professional help when buying prescription eyeglasses, you should seek professional help in selecting the right device for your needs. A physical or occupational therapist can help with assistive devices to make it easier to complete everyday activities. A visit to your doctor is a good place to start.



**CAPE FEAR VALLEY  
HEALTH SYSTEM<sup>SM</sup>**

P.O. Box 2000  
Fayetteville, NC 28302-2000

Non-Profit Org.  
U.S. Postage  
**PAID**  
Fayetteville, N.C.  
Permit No. 253



## BLUEBERRY CRUNCH

1 pint blueberries, sweetened to taste  
1 small can crushed pineapple  
1 box yellow cake mix  
1/2 cup broken nuts

Layer berries in rectangular baking dish.  
Cover with pineapple.  
Put a layer of dry cake mix.  
Follow with a layer of nuts.  
Melt butter and drizzle over all.  
Bake approximately 1 hour at 350 degrees.

Here are some recipes from Anna that feature summer fruits. One is a healthy recipe and one is a baked treat that would be great for family reunions or church suppers.



## FRUIT SALAD *with* YOGURT DRESSING

In a medium bowl, toss together:  
2 cups of sliced strawberries,  
1 cup of blueberries  
2 cups of green grapes

In a small bowl, whisk together:  
1/2 cup plain, fat-free yogurt  
1 Tablespoon honey  
1 Tablespoon lemon juice  
1/4 teaspoon vanilla extract

Pour this dressing over the fruit and toss gently.

Makes 5 servings.