

Beaufort-Hyde News

HYDE RESIDENTS WORK IT OUT



Lenora "Nonie" Bright, of Swan Quarter, uses the new treadmill at the Senior Center. Bright is a volunteer and delivers meals throughout the county. She says she fully intends to take advantage of the new ways to exercise at the Senior Center.

Evelyn Sadler, of Lake Mattamuskeet, is on the state of the art Nu-Step. "I intend to come use this machine at least once a week," Sadler said.

Senior Center gets new equipment

BY MELINDA HARRELL
Beaufort-Hyde News

The Senior Center in Swan Quarter added new exercise equipment due to a \$5,000 grant awarded to Hyde County from Blue Cross Blue Shield of North Carolina Foundation.

The grant money purchased a Nu-Step (low-impact, recumbent cross-trainer), treadmill and stationary bike for the senior center facility.

According to Averi Simmons, grant writer for the county's economic development and planning department, the purpose of the grant program offered by BCBS of N.C. Foundation is to promote healthy and active living.

Darlene Berry, director of the senior center, believes that this equipment will help the elderly of the county, which is why she presented the granting opportunity to the planning department.

"I wanted to get new equipment

but it was very expensive," Berry said.

The Nu-Step piece begins at a cost of a little over \$2,000 and ranges to a little over \$4,000.

According to Simmons, the Nu-Step is a state of the art piece of equipment and came highly recommended from other senior centers in the region.

Berry hopes that the new equipment will be so successful that the center will be able to extend its hours to allow for even more par-

ticipation.

Currently the use of the equipment is high at the center.

"We have seniors that come in regularly and use this equipment. There is a 95 year old woman that comes in three times a week," Berry said.

Keeping seniors active has become a priority in Hyde, according to Simmons.

"Hyde County has such a large

See **EQUIPMENT**, Page 2A

Equipment

From PAGE 1A

Simmons is right. According to the 2011 Community Health Assessment, compiled by health organizations within the county, 15.4 percent of Hyde County residents are over 65 years of age with the leading cause of death due to heart disease.

Among the respondents in the CHA 2011 report, 33 percent of people claimed to have high blood pressure, 22 percent are overweight,

19 percent have high cholesterol and nine percent are diabetic.

All these diseases can be managed, partly, with regular exercise.

"The end result will be good for seniors if they use this equipment regularly. I am thankful we were able to acquire the new equipment and it is an excellent benefit to the center and to seniors in the area," Berry said.

population of elderly people. This equipment will encourage active living among that population. It will also help the elderly in the area to stay more active, which will in turn, combat arthritis, diabetes and high cholesterol. These problems are a large concern among the Hyde elderly," Simmons said.