

For fixed budgets

PCSP Wellness offers class for healthy eating, free groceries

By Judith Brown
Staff Writer

There is a myth that it's not possible to eat a healthy diet on a fixed income, and the Presbyterian College School of Pharmacy's Wellness Center is offering a series of classes, and free groceries, to try and dispel that myth.

Ideas and tricks to make healthy recipes on a fixed income budget will be the purpose of a free series of six classes which will begin mid-May and go through June, and those who participate will be able to receive free groceries each week to test out their newfound knowledge.

"It's called 'Cooking Matters,' and it's partially funded by SNAP Ed," said Tiffany Threatt, Associate Professor and Director of the Presbyterian College School of Pharmacy Wellness Center.

The target audience includes anyone would like to eat a healthier diet but feel that they lack the resources or understanding of how to do that on a very tight budget, Threatt said. It's not for a specific medical diet but rather for anyone who can benefit by eating better.

Each class will involve learning from a registered dietitian and chef who will



meet with the class participants for two hours every Tuesday morning, from 10 a.m. to noon, for six weeks, teaching healthy and tasty recipes that cost very little, Threatt said. It begins Tuesday, May 14 and continues through Tuesday, June 18, and it's open to teens and young adults as well as older people.

"We want people who can commit to the six week course," Threatt said.

It's just as important for young people to learn these principles as adults, Threatt said. If a teen wants to participate and can't come until after school gets out in late May, their parent can come and the student can begin coming with the parent after the end of the school year.

"Each week the participants will be able to take home a bag of free groceries which will match those used in the class that day," Threatt said, "except for week five when we will make a grocery

store tour, and they will get a gift card to help pay for some food."

This time of year will be beneficial for the class because the instructor can show ways to use seasonal summer vegetables. While some recipes will use frozen vegetables, other ideas presented will offer ways to make canned foods better, such as rinsing off canned corn to decrease the sodium content.

"We need people to register ahead of time so that the foods can be prepared," Threatt said. "Class size is limited to 16 and there are only eight spots left."

For information or to register call 864-938-3930 and leave a message and someone will return the call.

"We hope this can be a class we do two or three times a year but it will depend on participation," Threatt said. "And if we need to, we will have a waiting list."



WANDERING BASSET — A Basset Hound found on I-385 last weekend is spending some time in Florida while the family who rescued him from the interstate tries to find his family. According to the Facebook post which has been circulating in the area, some young people picked up the dog from the side of I-385 near Clinton hoping that it would have a chip, but it did not. Anyone with information about the Basset contact Jennifer Siebern Spires through her Facebook page.

Local Modern Woodmen of America members plan service project

Members of the Laurens Modern Woodmen of America Chapter 16551 are doing their part to help the community. The group will First Responders Appreciation BBQ on May 18.

This volunteer project will benefit Laurens County First Responders, and Sheriff Don Reynolds Christmas Fund. The event is scheduled to take place at 10:30 a.m. - 4:30 p.m. at The Laurens County Sheriffs Office.

"With events like this, our members get the chance to make a difference in their

local community," says Thomas Alan Rickard, local Modern Woodmen volunteer leader.

Coordinated by local Modern Woodmen members, the fraternal financial services organization's Summit chapters, chapters and youth service clubs provide opportunities for members to take part in social and educational activities and volunteer projects to meet local needs.

For more information or to get involved, contact Alan Rickard at 864-915-9038, Thomas.a.rickard@mwarep.org.

As a tax-exempt fraternal benefit society, Modern Woodmen sells life insurance, annuity and investment products not to benefit stockholders but to improve quality of life for its members, their families and their communities. This is accomplished through social, charitable and volunteer activities.

Annually, Modern Woodmen and its members provide nearly \$20 million and over 400,000 volunteer hours for community projects nationwide.

Social Security combined trust funds gain one more year

The Social Security Board of Trustees has released its annual report on the long-term financial status of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance and Disability Insurance (OASI and DI) Trust Funds are projected to become depleted in 2035, one year later than projected last year, with 80 percent of benefits payable at that time.

The OASI Trust Fund is projected to become depleted in 2034, the same as last year's estimate, with 77 percent of benefits payable at that time. The DI Trust Fund is estimated to become depleted in 2052, extended 20 years from last year's estimate of 2032, with 91 percent of benefits still payable.

In the 2019 Annual Report to Congress, the Trustees announced:

•The asset reserves of the combined OASI and DI Trust Funds increased by \$3 billion in 2018 to a total of \$2.895 trillion.

•The total annual cost of the program is projected to exceed total annual income, for the first time since 1982, in 2020 and remain higher throughout the 75-year projection period. As a result, asset reserves are expected to decline during 2020. Social Security's cost has exceeded its non-interest income since 2010.

•The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2035 — gaining one year from last year's projection. At that time, there would be sufficient income coming in to pay 80 percent of scheduled benefits.

"The Trustees recommend that lawmakers address the projected trust fund shortfalls in a timely way in order to phase in necessary changes gradually and give workers and beneficiaries time to adjust to them," said Nancy A. Berryhill, Acting Commissioner of Social

Security. "The large change in the reserve depletion date for the DI Fund is mainly due to continuing favorable trends in the disability program. Disability applications have been declining since 2010, and the number of disabled-worker beneficiaries receiving payments has been falling since 2014."

Other highlights of the Trustees Report include:

•Total income, including interest, to the combined OASI and DI Trust Funds amounted to just over \$1 trillion in 2018. (\$885 billion from net payroll tax contributions, \$35 billion from taxation of benefits, and \$83 billion in interest)

•Total expenditures from the combined OASI and DI Trust Funds amounted to \$1 trillion in 2018.

Social Security paid benefits of nearly \$989 billion in calendar year 2018. There were about 63 million beneficiaries at the end of the calendar year.

•The projected actuarial deficit over the 75-year long-range period is 2.78 percent of taxable payroll — lower than

the 2.84 percent projected in last year's report.

•During 2018, an estimated 176 million people had earnings covered by Social Security and paid payroll taxes.

•The cost of \$6.7 billion to administer the Social Security program in 2018 was a very low 0.7 percent of total expenditures.

•The combined Trust Fund asset reserves earned interest at an effective annual rate of 2.9 percent in 2018.

The Board of Trustees usually comprises six members. Four serve by virtue of their positions with the federal government: Steven T. Mnuchin, Secretary of the Treasury and Managing Trustee; Nancy A. Berryhill, Acting Commissioner of Social Security; Alex M. Azar II, Secretary of Health and Human Services; and R. Alexander Acosta, Secretary of Labor. The two public trustee positions are currently vacant.

View the 2019 Trustees Report at www.socialsecurity.gov/OACT/TR/2019/.



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