

# Meals on Wheels Gazette

## August 2016



### Stay Active

Staying physically active should be a priority in everyone's life. Activity does not have to be strenuous to provide positive benefits. Everyone, including people with disabilities, can gain numerous physical and mental benefits from being physically active on a regular basis. Benefits of regular physical activity can include decreasing the risks of chronic and secondary infections, increased self-esteem, and more social interaction.

In order to stick with it, be sure to make it easy, safe, and fun. There are many exercises you can do right in your own home that can help you keep active. You can also look for opportunities to be active in programs that are already available at locations such as your local senior centers. Be sure to check out the *Health & Wellness* section on page 4 of the Senior News for a listing of available activities including tai chi, chair yoga, Zumba, dancing, and more. Make it social by bringing along a friend. Many people agree that having an "exercise buddy" keeps them active. Do what you enjoy and remember that some physical activity is better than none.

*President's Council on Fitness, Sports, & Nutrition and NIH Senior Health*

### Balance Walk



Good balance helps you walk safely and avoid tripping and falling over objects in your way. As you progress, try looking from side to side as you walk.

- Raise arms to sides, shoulder height.
- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Walk in a straight line with one foot in front of the other.
- Lift your back leg as you walk. Pause for one second before stepping forward.
- Repeat for twenty steps, alternating legs.

*National Institute on Aging at NIH*

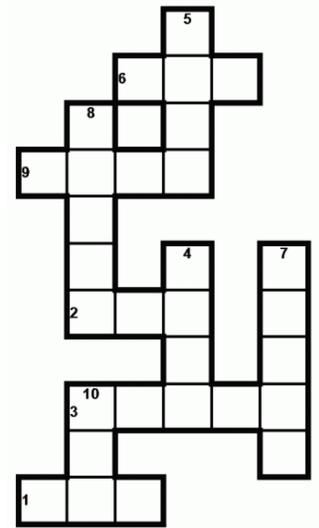
Broome County  
Office for Aging 

*The Meals on Wheels Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 607-778-6205. The nutrition program is sponsored by the U.S Administration on Aging, New York State Office for Aging, and Broome County Office for Aging.*

## Stay Mentally Active

Mental decline appears to be largely due to altered connections among brain cells. Research has found that keeping the brain active can increase its vitality and may build its reserves of brain cells and connections. You may even generate new brain cells. Try to keep your brain active every day. Try activities such as reading, writing, puzzles, playing games, and memory exercises.

*Alzheimer's Association*



### Word Puzzle

What do these words have in common?  
(Answers appear below)

1. The Brain – The Lung – The Ear
2. Spider – Fiddler – Hermit
3. Back – Butterfly – Side
4. A Car – A Tree – An Elephant
5. A Bear – A Hammer – A Lobster
6. Finish – Fishing – Dotted
7. Metal – Radar – Lie
8. Stop – Spot – Strobe
9. Trap – French – Glass
10. State – Sales – Income

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

### Light Summertime Suppers

Sandwiches are a great option for a light summer time meal. They don't have to be boring, however. Experiment with different ingredients and spices to keep it interesting. Add onion, cucumber, paprika, or cilantro to egg salad. A little bacon can make it tasty as well. Try adding avocado slices, mandarin oranges, chopped apples, dried cranberries, or nuts to chicken salad. Add Caesar dressing to a turkey sandwich. Grilled ham and cheese sandwiches are always a favorite. Be creative and experiment with your favorite ingredients.

### RSVP

#### Good Morning Broome! Program

This is a telephone reassurance program through **RSVP (Retired & Senior Volunteer Program)** for older Broome County residents who live alone & worry about what could happen in the event of a sudden illness, fall, or accident. The participant receives a call Monday through Friday, between 8:00am and 10:00am from a trained RSVP volunteer. The program is a free service. Call Gloria at 729-4909 X 306 for more information.

1. They have lobes
2. Crabs
3. Swimming strokes
4. They have trunks
5. They have claws
6. Lines
7. Detectors
8. Lights
9. Doors
10. Taxes