

March 2016



March is National Nutrition Month. The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food. Add some savor to your life by adding some spice to your food. Consider the following: **Cinnamon** can lower your blood sugar. **Fresh ginger** can be used for a tummy aide, just brew it like a tea. **Turmeric** helps relieve digestive upset; heals digestive and arterial inflammation; can protect the arteries, brain, and heart; and relieves stress and constipation. Finally, **cardamom** is commonly used to heal digestive upset like gas, constipation, and indigestion, however, one unique thing about this spice is studies have shown that it's also great for reducing mental stress. These spices are typically available at your local grocery store.

(Info from One Green Planet 2013<http://www.onegreenplanet.org/natural-health/healing-spices-to-add-to-your-smoothie-for-good-health/>)

Nutrition Counseling

Nutrition Counseling is offered through the Office for Aging. A registered dietitian counsels and educates person age 60 and over. Nutrition counseling and education can you develop a personal meal plan in order to achieve medical goals, such as improved blood sugar levels or better heart health through your diet. There is no charge for this service; however, contributions are requested. However, no one will be denied nutrition counseling due to an inability to pay.

The Office for Aging provides this service if you are not eligible to receive nutrition counseling through another program

To find out more information about Nutrition Counseling call 778-2411.

❖ **Reminder . . . CANNOT LEAVE MEAL**

- ❖ *We cannot deliver a meal to your home if no one is there to receive it. No meal may be left unattended because of possible food spoilage and/or contamination. We cannot place a meal in your refrigerator if you are not there.*

Broome County
Office for Aging



Recipe Corner

Monday Morning Breakfast

Ingredients:

- 4 hard-cooked eggs, chopped
- 1 medium fresh tomato, chopped
- 3 slices turkey bacon, cooked and crumbled
- salt and pepper to taste

In a bowl, stir together eggs, tomato, and bacon.
Season with salt and pepper.
Serve on toasted bread. Enjoy!



Fitness at Home

Arms Up

- Make sure your spine is as straight as possible.
- Breathe in as you raise your elbows to shoulder height.
- Bring your shoulder blades together.
- Return to the starting position and repeat 10 times.

This exercise improves the flexibility of your ribs to assist in breathing. It also increases your ability to lift the ribs and bring the shoulders back into proper position.

Fun Stuff

"The Old Days"

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

The Meals on Wheel (M.O.W) Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 778-6206. The nutrition program is sponsored by the U. S. Administration on Aging, New York State Office for Aging and Broome County Office for Aging.