

Learning
Engagement
Action
Participation

Meals on Wheels Gazette February 2020



Learn & Participate throughout Your Life

When we exercise, we use our muscles to help us improve our overall health. This also applies to our brain. We need to exercise our brain with new challenges to keep it healthy. A fun way to do this is to continue to learn throughout our lives. New brain cell growth can happen late into adulthood. The process of learning and acquiring new information and new experiences can help to stimulate brain cell growth.

There are many ways we can continue learning throughout our lives. Examples include pursuing a new hobby, learning a new skill, reading, writing, or taking a class. There is also a variety of classes, activities, trips, and more offered throughout the community and at senior centers that offer new learning opportunities. Check out this month's issue of the Senior News for opportunities you may be able to participate in; you just might find something that sparks your interest.

Harvard Health Publishing

Leap Year Facts

- Every four years in the Gregorian calendar, an extra day is added to the calendar in order to synchronize it with the solar year. The extra day is called a leap day, or an intercalary day. This year is a leap year. The next leap day is Saturday, February 29, 2020. In the US, leap year coincides with presidential election years.
- Leap years occur in every year that is divisible by four and only in century years that are evenly divided by 400. For example, the years 800, 1200, and 2000 were leap years, but 1700 and 1900 were not because they are not divisible by 400, even though they are divisible by four.
- It takes the earth a little bit less than 365 $\frac{1}{4}$ days (365.242 days) to orbit the Sun (solar year). For this reason, the full day is only added once every four years. In the Julian calendar, there is still an 11-minute, 14-second discrepancy each year.
- **46 BC** - The practice of adding the extra day begins with the creation of the Julian calendar and a decree by Julius Caesar. The Julian calendar creates an extra day every four years and does not follow the century-divisible-by-400 rule.
- **1582 AD** - The 11-minute discrepancy in the Julian calendar adds up to 10 days by this point. Pope Gregory XIII creates the Gregorian calendar and drops 10 days from the month of October. He also establishes February 29 as the official date to add during a leap year, coins the term leap year, and creates the rules for adding the leap year.

CNN

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.

Broome County
Office for Aging 

Engage in Eating

According to the U.S Department of Agriculture, the average American spends two and a half hours a day eating, but more than half of that time, we are doing something else too, such as working, driving, reading, watching television, or focusing our attention on an electronic device. This causes us to not be fully aware of what we are eating.

Mindless eating, or a lack of awareness of the food we are consuming, can contribute to health issues. “Mindful Eating,” focuses on the present moment and means being fully attentive to your food as you buy, prepare, and consume it. Here are a few tips for “Mindful Eating” from *Savor: Mindful Eating, Mindful Life*:

- Begin with your shopping list. Consider the health and value of every item you add to your list and stick to it to avoid impulse buying.
- Come to the table with an appetite, but not when ravenously hungry. If you skip meals, you may be so eager to get anything in your stomach that your priority is filling the void instead of enjoying the food.
- Start with small portions.
- Appreciate your food. Pause for a minute or two before you begin eating to contemplate everything and everyone it took to bring the meal to the table. Silently express your gratitude.
- Bring all your senses to the meal. Be attentive to the color, texture, and aroma.
- Take small bites and eat slowly. It is easier to taste food completely when your mouth is not full. Put your utensils down between bites.
- Chew thoroughly. Chew well until you can taste the essence of the food. You might be surprised at all the flavors that are released.

High Protein Oatmeal with Cottage Cheese

Yield: 1 Serving

Ingredients:

½ cup old fashioned rolled oats

1 cup water

1/8 teaspoon ground cinnamon
(optional)

1 pinch of salt (optional)

1/3 cup of non-fat cottage cheese

½ teaspoon vanilla extract (optional)

Suggested optional toppings: milk;
honey; fresh, dried, or canned fruit;
brown sugar; nuts or seeds

Stovetop Directions: In a small saucepan, combine oats, water, spices, and salt. Bring to a boil over medium-high heat. Reduce heat to medium and cook, stirring occasionally for 5 minutes.

Remove from heat and stir in cottage cheese and vanilla, stirring until cottage cheese is melted and blended into oats.

Microwave Directions: In a microwave safe bowl, combine oats, water, spices, and salt. Microwave on high for 2 ½ - 3 minutes, until oats appear creamy when stirred. Remove from microwave, stir in cottage cheese and vanilla until cheese is melted and blended into oats. Serve with toppings of choice.

Nutrition Facts per serving (without toppings): Calories-214;
Sugar-2.2g; Sodium-276mg; Fat-3.4g; Saturated Fat-0.4g;
Carbohydrates-30.9g; Fiber-4g; Protein-15.8g; Cholesterol-7.2mg

Powerhungry.com

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