



## Meals on Wheels Gazette

September 2020

**“Office for Aging is Here to Help”**



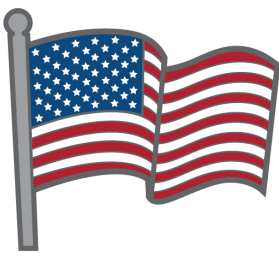
Here at the Office for Aging, we want you to know that we are here to help during this difficult and uncertain time. As we all know this year has been filled with uncertainties however, you **can** be certain that the Office for Aging will be with there for you every step of the way. For any questions or concerns please call **the Office for Aging at 607-778-2411.**



### Did you know?!

- The first U.S. Labor Day was celebrated on Tuesday, September 5<sup>th</sup>, 1882 in New York City!
- The state of Oregon was the first state to declare Labor Day an official holiday in 1887.
- Labor Day is the ‘unofficial kick off’ to the NFL season!
- What are we celebrating? The great contributions & achievements of all the men and women in the U.S. workforce!

www.hyrdoworx.com



## WORLD HEART DAY



September 29<sup>th</sup>, 2020

- Cardiovascular diseases take the lives of 17.9 million lives every single year. That is 31% of all global deaths.
- How do we avoid a heart attack or stroke?
  - Avoid tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol.
- These unhealthy habits show up in people as high blood pressure, elevated blood glucose, overweight & obesity, which are all detrimental to good heart health.

### Prevention Tips:

- Eat a heart healthy diet:
  - Reduce salt and sugar intake
  - Avoid trans-fat, and saturated fat
  - Eat a diet rich in fruits, vegetables, whole grains, lean meats, fish, and legumes.
- Exercise for 30 min a day if possible
- Get enough quality sleep
- Get regular health screenings (monitor blood pressure, cholesterol and blood sugar)
- Get enough quality sleep
- Try to manage stress levels

To learn more visit: [www.who.int](http://www.who.int) & [www.world-heart-federation.org](http://www.world-heart-federation.org)



## Microwave "Baked" Apples



### Ingredients:

- 4 small apples
- 1 tsp. sugar or sweetener
- Ground allspice
- Ground nutmeg
- 8 tsp. of dried cherries
- 4 tsp. water
- 2 tsp. trans-fat free vegetable oil spread (60-70% Oil)
- 8 tsp. chopped walnuts



### Directions:

- Cut off top, ½ inch from each apple.
- With a melon baller OR spoon, remove the core of the apple without breaking through to the bottom of the apple OR simply cut the apple in half to remove the core.
- Place in a glass pie plate or a microwave safe bowl and sprinkle with sugar and spices. Divide cherries, water, and vegetable oil, among the center and tops of the apples.
- Cover, microwave on medium-high (70 percent power) 8 minutes or until tender. Let stand, covered, 3 minutes.
- Top with walnuts and *ENJOY!*

\*(You can alter this recipe to make one at a time if you prefer!)\*

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

### Twist Rotation:

Small seated movements can help exercise your abs. Here is an example of how to do so: Sit up straight in your chair, tighten your ab muscles while engaging your other core muscles. Rotate to your right side while maintaining the upright position, hold for 5 seconds and repeat on the left side!



[www.wikihow.com/fitness](http://www.wikihow.com/fitness)

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.

