



# Meals on Wheels Gazette

## April 2020



### Volunteering is a Work of Heart

***"Only a life lived for others is worth living." - Albert Einstein***

There is more to appreciate this April than just warmer days ahead...it's National Volunteer Month which means we want to show our appreciation to ALL the volunteers in our community! You are probably familiar with the dedicated volunteers who deliver your meals each day; there are also many more people who volunteer their time and talents in various ways for the Office for Aging. Volunteers can be found spending their afternoons helping at local Senior Centers or Adult Day Programs. Some choose to be a foster grandparent for a child with special needs, and others enjoy helping seniors who may have difficulty getting out of the house by running errands for them. There are plenty of volunteer opportunities for everyone to enjoy. If you or someone you know is interested in becoming a volunteer, please call the Office for Aging for more information at (607)778-2411.

### **National Volunteer Week is April 19<sup>th</sup>-25<sup>th</sup> 2020**

Don't forget to **THANK** our local volunteers! They help to provide necessary services that keep older adults healthy and independent in our community.

***"Life's most persistent and urgent question is, what are you doing for others?" - Martin Luther King, JR.***



### EARTH DAY



April 22<sup>nd</sup>, 2020 will mark the 50<sup>th</sup> anniversary of Earth Day!

Here are some ways we can celebrate and honor Mother Earth:

- Turn off unnecessary lights in your house.
- Unplug electronic chargers; like your cell phone charger when not in use. Even though your electronics may not be connected, the charger is still using electricity.
- Carry your own reusable water bottle.

# Leg Weakness Exercise:

1. Stand with arms at sides, feet shoulder width apart.
2. Raise one knee up as high as comfortable, then raise the other knee. Repeat this marching movement 20 times.

TIP: Use a chair to hold onto while standing with one finger, one hand, or two hands if needed. If you need more balance raise your arms to the side. Don't close your eyes or hold your breath.



<https://eldergym.com/leg-muscle-weakness/>



## Celebrate Earth Day with this Delicious Green & White Pizza

### Ingredients:

- 1, 12-inch round of pizza dough, rolled thin (You can use whole grain or wheat crust, pre-rolled OR opt for a pita, or naan bread)
- 3 ounces fresh mozzarella
- Extra-virgin olive oil
- ¼ cup Parmesan, finely grated
- 2 large handfuls baby arugula
- 1 lemon, juiced and zested
- Kosher salt



### Instructions:

1. Preheat oven and pizza stone or pan to 450.
2. Drizzle rolled pizza dough with a little olive oil to coat. Zest lemon over pizza. Break the mozzarella into small pieces and sprinkle evenly over dough, then add Parmesan. Place pizza in oven, and bake for 8-10 minutes, or until crust is golden and cheese is bubbling.
3. Meanwhile, in a medium bowl, add arugula. Dress with a little olive oil and lemon juice (start with juice from half the lemon, then add more if needed to taste). Season with salt to taste. When the pizza is done, place the dressed arugula on top and serve.

<http://www.wrightfamilytable.com/green-white-pizza/>

### **Make Meals on Wheels a Part of Your Budget**

Most Americans spend 10 to 15% of their monthly income on food. When you receive Meals on Wheels, you end up spending less at the grocery store. Consider giving a portion of what you would have spent at the grocery store to Meals on Wheels.

With Meals on Wheels you receive an assortment of food each day. It would be costly and challenging to shop for all the ingredients necessary to prepare comparable meals. Meals on Wheels offers nutritious, right portioned, and heart-healthy meals.

There are a variety of ways you can contribute to your meals, including cash, check, credit/debit card, and SNAP (food stamps.) For more information about how to contribute for your meals, you may call the Meals on Wheels office at (607) 778-6205.