



## Older Americans Month

We should all take some time to acknowledge and appreciate the work that older adults do in our community. The experiences, time, and talents that they offer can benefit you, your family and your friends. Not only should we acknowledge others, but you should acknowledge the great things that **you** do in your day to day life. Keeping in touch with friends and family, keeping yourself healthy and trying to stay active are all things that you should be proud of. *Everyone* can make a difference in an older adult's life.

### **Fun Fact!**

Did you know that May is National Egg Month? In honor of National Egg Month here is an easy and delicious omelet in a mug recipe for you to try!

#### **Ingredients:**

- 2 Eggs
- ½ Bell Pepper, Diced
- ¼ Cup of Onion, Diced
- 2 Slices of Ham (or meat of your choice)
- ¼ Cup of Fresh Spinach, Chopped
- Salt and pepper to taste

#### **Preparation:**

1. Spray inside of mug with cooking spray
2. Crack eggs into mug and beat.
3. Add the rest of ingredients and mix together
4. Microwave for 2-3 min. making sure egg does not bubble over the side and mixing about halfway through.
5. Enjoy!

<https://tasty.co/recipe/microwave-3-minute-omelette-in-a-mug>



### Spring has Sprung!



Let's *Spring* into action and stay active!

- Go for a walk outside.
- While you're watching TV, stand up during commercial breaks and march in place or do an active chore.
- Turn up the music and dance!
- Walk around the house inside or outside!

### **SNAP/EBT (Food Stamps)**

Did you know that Meals on Wheels accepts SNAP/EBT (Food Stamps) as contribution for meals? Everyone who receives food stamps will be getting the max benefit for the month of May.

If you would like to use your food stamps as contribution for your meals this month, please call the Meals on Wheels Office at (607)778-6205.



## You are NOT alone!

We are currently living in unprecedented times. You should know that you are NOT alone. If you are feeling lonely, sad, or just want to chat with someone, consider these options:

- Call a family member or friend to help lift your spirits!
- New Yorkers can call the COVID-19 Emotional Support Hotline at 1-844-863-9314 for mental health counseling.
- You can call the Telehealth Urgent Counseling Services hotline at (607) 563-8707. The hotline is open 24/7 and will bring a licensed therapist to patients via phone, computer, or tablet within 24 hours of your call. All insurance plans will be accepted and, because of the pandemic, co-pays and deductibles will be waived. Callers who do not have insurance will be served on a pro bono basis. Serving residents of Broome, Delaware, Chenango, and Otsego counties.



### Mother's Day



ANNA M JARVIS  
ANNUAL  
BOUQUET  
BREAKFAST IN BED  
CANDY  
CARE  
CARNATION  
CHILDREN  
CHURCH  
CORSAGE  
DAUGHTERS  
DAY OFF  
DINNER OUT

FAMILY  
FLOWERS  
FRIEND  
GIFTS  
GIVING  
HOME  
HONOR  
HUGS  
HUSBAND  
KISSES  
LOVE  
MAMA

MATRON  
MAY  
MOM  
NO DISHES  
NURTURE  
PARENT  
PICNIC  
SECOND SUNDAY  
SONS  
SPECIAL  
SUPPORT  
TRIBUTE

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<http://www.thepotters.com/puzzles.html>

Broome County  
Office for  
Aging   
778-2411

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