



Meals on Wheels Gazette

June 2020

Age Friendly



Broome County has taken on the mission of becoming an age-friendly community. You might be asking yourself what exactly does “Age-Friendly” mean? Well, we are here to tell you just that! An age-friendly community enables people of **ALL** ages to comfortably and actively participate in community activities. With this being said, regardless of age, all people are treated with respect and kindness. An age-friendly community is a place where older people are able to stay connected with others easily and effectively.

Green Bean Stew

(Lebanese Lubyi bi-Zayt)

1lb of fresh green beans (you can use frozen or canned)

1 large clove garlic, chopped (you can use minced garlic if you please)

1 medium onion, chopped

¼ Cup of olive oil

Salt & Pepper to taste

½ Cup of water

One 8-oz can tomato sauce



Directions:

If using fresh green beans, snip off the ends of the beans, wash and cut into 2-inch lengths. Sauté the garlic and onion in olive oil. Add in seasonings. Add the beans to the onion mixture tossing lightly. Cover and steam for 10 min. tossing once during the cooking process. Add the water and tomato sauce. Cover and cook 20-25 min.

4-6 Servings

Can be served with rice and goes great with pita bread! Can be eaten cold.

Knee Strength Exercise

Knee strength exercises are important for maintaining balance and avoiding falls.

Knee Extension:

Having the ability to stand easily and fully extend your knee is vital in maintaining your independence.

Step One:

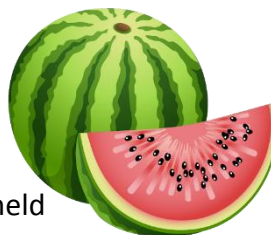
Sit in a chair with your feet flat on the floor.

Step Two:

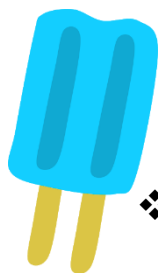
Straighten out your right knee, fully extend and hold for a few seconds. Repeat on the left knee. Do these 10 times on each leg.



Did you know these fun summer facts?!



- ❖ The first modern Olympic games were held in Athens Greece in the summer of 1896!
- ❖ Watermelon is a vegetable and not a fruit! It belongs in the cucumber family.
- ❖ The Eiffel Tower grows in the heat of the summer! This is due to the iron expanding; the tower grows about 6 inches every summer!
- ❖ Frisbees were originally invented in the 1870's but were used as pie plates and in the 1940's college students began throwing them around. They are no longer used as pie plates but are a must have for the summertime!
- ❖ Ice pops were originally invented by an 11-year-old boy in 1905.



<https://lingatnorthsprings.com/20-fun-facts-about-summer-summertime-is-here/>

Fruit & Yogurt Parfait

- Your favorite yogurt
- As many fresh or frozen fruits as you like-strawberries, blueberries, raspberries, blackberries, bananas etc.
- Granola, Graham Cracker Crumbs OR Cookie Crumbles
- Honey (optional)

Layer the yogurt and the fruit to your liking, top with your crunchy topping, and drizzle with a bit of honey if you so choose! Now you'll have an easy, healthy snack to cool you off this summer.



2020 Census – Help Broome County get an accurate count!

Every 10 years the United States counts everyone who lives in the country. Your participation in the 2020 Census is very important as it will impact community funding and congressional representation for Broome County for the next decade. Broome County's population is aging, and adequate funding will be needed to provide programs and services that support the needs of older adults. The Office for Aging encourages all older adults in Broome County to complete the census and help Broome county receive an accurate and complete count.

Participation in the census is mandatory, and all information is kept confidential. It is not too late to complete your census if you have not done so yet. You can complete your Census online by visiting www.2020census.gov or by calling 1-800-923-8282.

Residents who do not respond to the census will receive a visit from a Census Bureau representative. Here are some ways you can verify an individual is a Census Bureau employee:

- The Census representative will present an ID badge that includes their name, photograph, a Department of Commerce watermark and expiration date.
- They will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo.
- Census representatives will conduct their work between the hours of 9am and 9pm, local time.

The Meals on Wheels Gazette is a monthly Nutrition Education 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.