



Meals on Wheels Gazette

August 2020



"Stay Active in August"

Staying active is extremely important as we age. If we become and stay active as older adults it can help delay, prevent, and or manage many very expensive chronic diseases. Try to do as much as your physical abilities allow. Physical activity does not have to be strenuous to be effective. Light activity can benefit your mental health as well! So, let's be sure to get up and MOVE!

Here are some great examples of light activity that will help you stay happy and healthy!

- **Walking:** Walking is a simple exercise but one of the most beneficial for your body and mind!
- **Seated leg exercises:** Even just raising your legs while sitting down or lifting a weighted object will help your muscles stay toned and engaged.
- **Seated arm exercises:** Just like raising your legs as you sit on a chair, do the same with your arms. You can raise your arms above your head or in front of your body! This will help maintain arm strength as well as mobility in your upper body!

www.elder.org

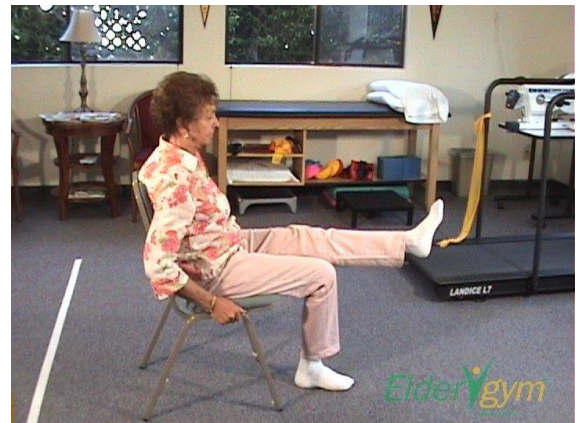
Knee Extension:

This exercise will help you maintain balance and will assist in avoiding falls. In order to maintain your independence, it is extremely important to be able to fully extend and flex your knees. The knee extension exercise will also help with the range of motion in your knees.

Step 1: Sit in a chair with feet flat on the floor.



Step 2: Straighten your right knee out and hold for a few seconds. Repeat on the other leg.



Fresh Cucumber, Tomato & Feta Salad



- 1 ½ tablespoons of red-wine vinegar
- 1 teaspoon of oregano fresh or dried
- ½ teaspoon of Dijon mustard
 - ¼ teaspoon salt
- 3 tablespoons of extra virgin olive oil
- Fresh chopped tomatoes (to your liking)
- Fresh cucumber chopped to your liking
- Crumbled fresh feta cheese over top

Directions:

Whisk vinegar, oregano, mustard and salt in a medium sized bowl. Slowly add the olive oil whisking constantly. Once mixed together add tomatoes, cucumber & feta and toss to coat. Garnish with oregano leaves if desired.

www.eatinewell.com



August FUN Fact Calendar!

August 1st is DOGust! DOGust is the universal birthday for shelter dogs

August 2nd is National Ice Cream Sandwich Day

August 3rd is National Watermelon Day

August 4th is National Chocolate Chip Cookie Day

August 6th is National Root Beer Float Day

August 7th is National Lighthouse Day

August 8th is International Cat Day

August 9th is National Book Lovers Day

August 10th is National Spoil your Dog Day

August 12th is National Vinyl Record Day

August 13th is International Lefthanders Day

August 15th is International Relaxation Day

August 18th is National Fajita Day

August 19th is National Potato Day

August 21st is National Senior Citizens Day

August 24th is National Waffle Day

August 25th is National Banana Split Day

August 26th is National Dog Day

August 30th is National Beach Day

August 31st is National Heroes' Day

www.nationaltoday.com



The Meals on Wheels Gazette is a monthly Nutrition Education publication of the Broome County Office for Aging. If you have a ny 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.

