



Broome County  
Office for Aging 



# Meals on Wheels Gazette

July 2020

## "Independence"

Maintaining our independence as older adults is something that we should all strive for as we grow older. While there are certain aspects of life that will change with time, there are ways that we can preserve our independence as we age. Here are a few ideas on how to keep that independence going:

- Make sure to maintain your sense of **self** in whatever environment you live in. Try your best to do things that make you feel like yourself no matter where you are.
- Try your best to stay active. If we try to stay as active as possible it will help maintain our strength and balance. This will help us to continue to do our day to day activities as independently as possible.
- Begin every day with a goal in mind. Having a goal set to achieve gives an older individual a sense of purpose. This will leave you feeling accomplished which ultimately makes you feel more independent.
- Keeping your memory sharp will help you stay feeling independent. As we age, memory loss will gradually take place with time. Keeping yourself active will increase blood flow to the brain and will help aid in memory preservation. We should try to keep our minds active as well by doing daily activities to help keep our memories sharp. Incorporating puzzles and memory games are great ways to challenge your mind while also having some fun too! Puzzles, crosswords, and word searches are all great ways to keep the mind stimulated!

[www.vantageaging.org](http://www.vantageaging.org)



*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.*

## Red, White, and Blue Flag Toast

- ★ Bread of your choice
- ★ Cream cheese spread
- ★ Jam/Jelly of your choice
- ★ Blueberries
- ★ Bananas

Toast the bread, spread your cream cheese all over the toasted bread, spread jelly over top of the cream cheese leaving the upper left hand corner with cream cheese only, take your blueberries and line them up in the upper left hand corner on top of the cream cheese, take your sliced bananas and make three rows over top of the jelly. Tada! You have now created your very own American Flag, red, white and blue toast! Enjoy and happy 4<sup>th</sup> of July!



# 4th of July



AMERICA  
 BLUE  
 CELEBRATE  
 FIREWORKS  
 FLAG  
 FOURTH  
 FREEDOM  
 HOLIDAY  
 INDEPENDENCE  
 JULY  
 PARADE  
 PICNIC  
 RED  
 STARS  
 STRIPES  
 SUMMER  
 UNITED  
 WHITE

Q F V S J S F A C O F E K S Y  
 Q K I P U O R X C R A K C X A  
 R U K R U M E A E I T G G E D  
 J R C R E K M E T R R G P Q I  
 T R T P N W D E N S K E A S L  
 G H Q I P O O R R N D M W O  
 K A H C M P A R A D E E C A H  
 O S Z N F L A G K T U D E B G  
 S E P I R T S Y I S L T L X L  
 Y K T C N B L N K Z B H E Q K  
 F D L S A U U E T I H W B W M  
 L S O I J O T F A R D H R G N  
 I N D E P E N D E N C E A Z R  
 Q G Q Q F K U L I T Z V T U S  
 E Z B R Z S Z D N R J C E E G

## Did you know?

July is national blueberry month! National blueberry month was declared in the US in July of 2003! Here are some fun nutritional facts about blueberries:

- Blueberries are considered a superfood and are low in calories yet high in nutrients and antioxidants.
- Blueberries are said to have one of the highest antioxidant levels of all common fruits and vegetables.
- Blueberries can help protect cholesterol in your blood from becoming damaged.
- Blueberries can help maintain brain function and improve memory.

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



## Improve your Posture

Arm ups:

The purpose of this exercise is to improve the flexibility of your ribs when breathing. This will help increase your ability to lift the ribs and bring the shoulders back into proper position.

1. Sit or stand with arms at side. Maintain a neutral spine.
2. Breathe in as you raise your elbows to shoulder height. Bring your shoulder blades together. Return to the standing position and repeat 10 times.

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

