

M.O.W. Gazette

Love Your Heart

February 2016



February is Heart Healthy Month. The theme this year is Love Your heart. A good way to do this is to know the ABC'S of Heart Health. **A** is for aspirin. Ask your doctor or health-care provider about taking aspirin. **B** is for blood pressure. Make control your goal where blood pressure is concerned. **C** is for cholesterol. Diet and exercise are the first steps to get control of both blood pressure and cholesterol. **S** is for smoking. STOP or don't start. Pick one goal and start working on it. Once you see some success, choose another to tackle.

Happy Healthy Heart Month!



### Office for Aging Information & Assistance

Have you ever wondered who to call for information and assistance and didn't know where to start? The Broome County Office for Aging is a central source of information for seniors, their families, caregivers and community professionals.

Information and Assistance staff can answer questions about a variety of programs, services and benefits. Common request for assistance include: transportation services, eligibility for financial benefit programs, in-home services, caregiver issues, housing options, and mental health services. Other request may include energy assistance, home-delivered meals, senior center activities, health and wellness opportunities and much more.

For more information, please contact Broome County Office for Aging at **607-778-2411**.

**Be sure to fill out your enhanced STAR application – it is due March 1**

Broome County  
Office for Aging



Recipe Corner

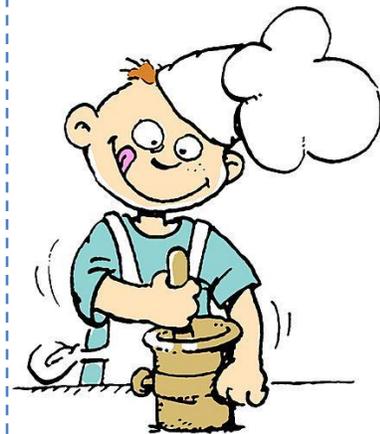
Apple Pie Smoothie

2 apples – medium size  
1 cup milk (low-fat or 2%)  
Pinch nutmeg, ginger, cloves

1 banana – fresh or frozen  
1tsp cinnamon

1. Wash apples
2. Add all ingredients to a blender or food processor. Pulse until combined and smooth. You may need to pulse for a couple of minutes to get it nice and smooth.
3. Taste and add sweeteners if needed, pulsing to combine.

**Options:** You can use 1 tsp apple pie spice in place of other seasonings. Use 1 tsp of honey or a couple of pitted dates to sweeten. Add ¼ cup of raw oats, 1 TBs of peanut butter or ½ cup of Greek yogurt for more protein.



Fitness at Home

5 Steps to LOVING Exercise

1. Find something that suits you
2. Make it a Habit
3. Build exercise into your lifestyle
4. Break up the exercise into smaller segments
5. Keep Going

Game Time – Try This:

Dining at the Diner Word Search

COFFEEWKESTSLVRSRDHSELFPAWHDNORSOHRH  
 GHRCHEESEBURGERCECOUNTERAEIPEKOA OEI  
 ATMENUSIKLFEETLAKRSNIKPANJIIOPOLNOSG  
 POLUNCHCSLRTPEFINKIWAJWZRCOTOYDESTIH  
 SOICUIIJOIEAPHMOEVTJPLJFVNOCRWREM QSW  
 FB YGIHDZURSLUEEAOPTSAFKAERB MIERRMOTA  
 NPUHCTEKPGHPSWEUBDEPANCAKESCF TSFEFES

BOOTH BREAKFAST  
 CHEESEBURGER CHERRY  
 PIE CHICKEN COFFEE  
 COMFORTFOOD COOK  
 COUNTER DESSERT  
 DINER FORK FRESH FRIES  
 GRILLED KETCHUP KNIFE  
 LUNCH MENU NAPKIN  
 OMELET PANCAKES PLATE  
 REGISTER SANDWICHES  
 SOUP SPOON STOOL  
 SUPPER WAFFLES  
 WAITRESS

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Office for Aging

