

M.O.W. Gazette

January 2016



Baby, it's cold outside. The air in winter is very dry and it will sap your moisture. Be sure to drink plenty of fluids. As you age, your sense of thirst declines and the kidneys are not able to conserve body water as well. Over the age of 50, you may feel tired rather than thirsty, and may opt for a nap instead of a tall glass of water. If you remain dehydrated, you can end up suffering complications, some of which can be serious. Medications also may cause you to lose an excess amount of moisture. So drink plenty of sugar free liquids to stay hydrated during the cold winter months.



EISEP

The Expanded In-Home Services for the Elderly Program

EISEP can help those who are 60 years of age or older and are having problems with chores or personal care. The EISEP program provides in home assessment, personal emergency response system units, case management, in-home services and respite. The program is especially helpful for seniors who are slightly over the income threshold for Medicaid. Wait lists are common. Some families are required to cost share to obtain the services. For more information on EISEP call the Broome County Office for Aging at 778-2411

Broome County
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Recipe Corner

Smoothie Blueberry-Banana Bliss

In addition to antioxidants, this blend is loaded with blood-pressure lowering potassium, probiotics, and dietary nitrate. Sip half at breakfast and save the rest for an afternoon snack. **SERVINGS:**

- 1 c frozen blueberries
- 1 ripe banana
- 1 c plain non-fat yogurt
- 1 c packed baby spinach

COMBINE all ingredients in a blender and puree until smooth.

NUTRITION (per serving) 153 Cal, 7 g pro, 32 g carb, 4 g fiber, 22 g sugars, 0.5 g fat, 0 g sat fat, 110 mg sodium



Fitness at Home

Chair Walking Balance Exercises

This exercise involves improving our sense of feeling the ground without the aid of our eyes. You begin by placing your left hand on the top of the chair. Your right hand is placed just below your nose, to provide a screen for your feet. You shouldn't be able to see your feet. Be sure to hold onto the chair. This should be a straight back chair with no armrest. Walk around the chair 5 times and then reverse direction. Be sure to look ahead and let your feet tell you where to walk. No peeking at your feet!

Adapted from Eldergym® Senior Fitness,

Game Time – Try This

If you multiply all the numbers on the telephone, what is the answer?



Answer:
Zero

Meals on Wheel (M.O.W) Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 778-6206. The nutrition program is sponsored by the U. S. Administration on Aging, New York State Office for Aging and Broome County Office for Aging.

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