



Meals on Wheels Gazette

May 2016



“Blaze a Trail” in May

May is Older Americans Month. This is a time to acknowledge the contributions of and pay tribute to older persons in our communities. This month is dedicated to raising awareness about issues facing older adults and to demonstrating how individuals can and do advocate for themselves and their communities. The Administration for Community Living (ACL) has announced this year's Older Americans Month theme is **“Blaze a Trail.”** According to the ACL, “Blaze a Trail” emphasizes the ways in which older adults are reinventing themselves through new passions, new interests, new work, or new hobbies. This involves considering ways you can positively change your life or impact the life of another. So, as spring is in full swing in the Southern Tier, think about what you can do to “Blaze a Trail.”

Easy Ham & Cheese Strata

- *8 slices white bread, cut into cubes & toasted
- *4 oz. shaved ham or turkey
- *2 oz. shredded cheese
- *2 cups milk
- *2 eggs



Preheat oven to 350 degrees. Spray a 9-inch pie dish or pan with oil. Arrange bread cubes in a single layer over the bottom & up the sides of dish; top evenly with turkey/ham & sprinkle with cheese. In a small bowl beat together milk & eggs & pour into dish. Bake for 45-55 minutes, until strata is nicely puffed & lightly brown. Remove strata from oven & let stand 10 minutes before slicing. Makes 4 servings.

(Recipe from www.cooks.com)

Broome County
Office for Aging

The Meals on Wheels Gazette is a monthly 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.