Exercise Your Face

You know that if any muscle of your body is not active, it begins to lose quality; same thing happens to our facial and neck muscles. Facial and neck exercises are a must to maintain the muscle tone. Without this, the muscle fibers deteriorate and shrink, and the skin covering the muscle can age very rapidly. Funny (or maybe not), but as we age we chew gum less; this act of 'chewing' is a form of exercise for our face and neck muscles.

To exercise your face, exaggerate a really wide grin, then begin an imaginative chewing of a wad of bubble-gum...feel the neck and lower jaw muscles working? Hah! You've begun your muscle toning!

**Another:** Exaggerate that wide grin...I mean...REALLY exaggerate it WIDE, stay in this position, simulate a 'pucker' and pull lips upward as if trying to 'kiss' your nose; now hold for a count of 10 then relax; repeat this step at least 10 times each day and you'll find yourself toning up that 'chicken-waddle' - the double-chin - in your neck while strengthening your neck and jaw muscles.

Note: you may find a bit of soreness the day after beginning this last exercise, but it will go away...what muscles DON'T get sore when they are used for a first time in a long time.

**CLOSED**

Friday, July 3, 2020

Because Independence Day falls on a Saturday this year, Meals on Wheels will be closed the Friday before in observance of the holiday. Please use your holiday meal. If you haven’t received a holiday meal, please call the agency at 740-681-5050 and you will be directed to someone that can help you.

Enjoy the 4th!!!!

Can you find all of the ants?

There are ants scurrying about looking for a morsel of food on every page. Can you locate them? The answer to the number of ants on each page is written in red in the table of contents. Good luck and have fun.
2020 BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

President – Howard Sniderman - Retired Healthcare Administrator
Vice President – Corey Clark – Chief Deputy Director at Job & Family Services
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Outreach Coordinator – Chris Sulick
Nutrition Office Support – Teresa Vannatter
Activities Coordinator— Gina Holbrook
Care Coordinators – Kathy Robbins, Joe Rogers & Joyce McGinnis

Table of Contents

Page 1 - Exercise your Face, Closing Announcement, Fun Ants Activity (4 ants)
Page 2 - Board of Executive Committee, Board of Trustees, Key Employees, Table of Contents (3 ants)
Page 3 - Staying Connected, Check In Service (4 ants)
Page 4 - Food Safety (2 ants)
Page 5 - Food Safety Continued (4 ants)
Page 6 - Menu (3 ants)
Page 7 - Menu (3 ants)
Page 8 - Steadiness & Sleep, Activities in Pictures, Three Ingredient Recipe (2 ants)
Page 9 - Fun Facts About Ants (5 ants)
Page 10 - Word Search Puzzle (7 ants)
Page 11 - Hidden Pictures puzzle (3 ants)
Page 12 - Tele-Friend, July Commodity Pick-up, Payment information, Meals on Wheels facts (3 ants)
Staying Connected Check-In Service

Isolation can have serious emotional and physical impacts on any age, but especially on older adults. During a time when physical distancing has become necessary, many older Ohioans are finding it harder than ever to feel connected to the world and people around them.

This is why the Ohio Department of Aging created the **Staying Connected Check-in Service**. The **Staying Connected** service provides a FREE, daily check-in by phone for Ohioans age 60 or older who have a valid phone number. It's easy to get started.

“During a time when physical distancing has become necessary, we must create ways to maintain social connectedness,” said ODA Director Ursel McElroy. “The impact of isolation has been linked to higher risks for serious physical and mental conditions, so I am pleased we can provide these check-ins at a critical time.” “Especially during this very challenging time, we encourage older Ohioans to sign up for the Ohio Department of Aging’s Staying Connected phone program. This program will help reduce isolation and support the health and wellbeing of older adults in our state,” said Robert Cornwell, Executive Director, Buckeye State Sheriff’s Association.

The automated service, which is available 7 a.m. to 6 p.m. seven days a week, contacts participants each day within a one-hour window selected by them during sign-up. Stay Connected will make three attempts to contact the participant. When the participant responds, they have these options:

- Confirm they’re okay.
- Transfer to learn more about aging services in the area.
- Connect for a friendly chat.

If a participant does not answer after three attempts, a call is placed to an alternate contact, if one is on file. After multiple failed attempts to reach the participant and the alternate contact, a call is placed to the non-emergency services line of the local sheriff’s office. * This is not an emergency service. If you have an emergency, call 9-1-1.

Eligible Ohio residents can learn more, or sign up, by visiting [www.aging.ohio.govstayingconnected](http://www.aging.ohio.govstayingconnected) or calling 1-833-ODA-CHAT (1-833-632-2428).

To sign up, a person will need the following information:
- Their name, year of birth, street address, phone number, and email (if available)
- The name of an alternate contact (if providing one), their relationship to the participant, and their phone number

The participant’s preferred one-hour contact window between the hours of 7:00 a.m. – 6:00 p.m.
CLEAN: Wash Hands and Surfaces Often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom or changing diapers.
- Wash your hands after playing with pets or visiting petting zoos.
- Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Keep book, backpacks, or shopping bags off the kitchen table or counters where food is prepared or served.

Separate: Don’t Cross Contaminate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands with warm water and soap. Wash cutting boards, dishes, countertops, and utensils with hot soapy water.

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

COOK: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.
• Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.

• Cook beef roasts and steaks to a safe minimum internal temperature of 145°F. All poultry should reach a safe minimum internal temperature of 165°F throughout the bird, as measured with a food thermometer.

• Cook all ground meat to 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.

• Cook eggs until the yolk and white are firm, not runny. Don’t use recipes in which eggs remain raw or only partially cooked. Casseroles and other dishes containing eggs should be cooked to 160°F.

• Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.

• Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

• Bring sauces, soups, and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

• Use microwave-safe cookware and plastic wrap when cooking foods in a microwave oven.

**CHILL: Refrigerate Promptly**

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

• Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store.

• Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

• Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.

• Always marinate food in the refrigerator.

• Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

• Use or discard refrigerated food on a regular basis.
If you have problems sleeping and are up often during the night, you may be at increased risk for falls. According to doctors, when you do not sleep well, you may be more likely to feel dizzy or have trouble with your balance. Good sleep habits can help you feel better and decrease your risk of falls.

According to doctors, almost all medicines to promote sleep should be used only for a short time. Many medicines that help promote sleep have side effects that include dizziness and daytime drowsiness. It is important to talk with your doctor about the safe use of all medicines and supplements you take, including those that help you sleep.

**Tips for a Better Nights Sleep**

1. Keep a regular sleep schedule. Try to go to bed and wake up at the same time each day.
2. Limit napping during the day. If you need to, take only one 20 to 30 minute nap.
3. Do not drink too much fluid before bed.
4. Take time to relax before bed. It may help to read, listen to music, or take a warm bath.
5. Keep a soothing bedroom environment. Use your bed for sleeping and not other activities like watching TV or eating.
6. Limit your use of electronic devices or bright lights before bed.
7. Avoid tobacco, caffeine, and alcohol. These may make it hard to fall asleep and stay asleep.
8. Exercise regularly during the day. Do not exercise too close to bedtime.

***Fine Fun Fourth of July Food***

**Three Ingredients Meatballs**

**Just 3 ingredients**

- 32oz bag of fully cooked, frozen meatballs
- 18oz BBQ sauce
- 18oz grape jelly

1. Place your grape jelly and your BBQ sauce in a slow cooker and mix together.
2. Add the frozen, fully cooked meatballs and stir until evenly coated.
3. Now, it’s time to cook. Allow the mixture to cook on high for three hours.
Fun Facts About Ants

1. Ants have super-human strength. They can carry 50 times their own body weight in their jaws. If you had the muscles of an ant, you’d be able to heave a vehicle over your head.

2. In certain ant species, the soldier ants have heads shaped to match the nest entrance. They block access to the nest by sitting just inside the entrance with their head functioning like a cork to keep intruders at bay. When a worker ant returns to the nest, it touches the soldier ant’s head to let the guard know it belongs to the colony.

3. Ant plants are plants that have naturally occurring hollows in which ants can take shelter or feed. These cavities may be hollow thorn, stems, or even leaf stems. The ants live in the hollows, feeding on sugary plant secretions, or the excretions of sap-sucking insects.

4. Scientists estimate there are at least 1.5 million ants on the planet for every human being. Over 12,000 species of ants are known to exist, on every continent except Antarctica.

5. Ants will do about anything to get the sugary secretions of sap-sucking insects, such as aphids or leafhoppers. To keep the honeydew in close supply, some ants herd aphids carrying the pests from plant to plant. Leafhoppers sometimes take advantage of the nurturing tendency in the ants and leave their young to be raised by the ants.

6. Quite a few ant species take captives from other species forcing them to do chores for their own colony. Honeypot ants even enslave ants of the same species, taking individuals from foreign colonies to do their bidding.

7. Ants lived the same time as tyrannosaurus-rex and the velociraptor. They evolved 130 million years ago during the early Cretaceous period.

8. Ants started farming long before humans. Fungus-farming ants began their agricultural ventures about 50 million years before humans thought to raise their own crops. The earliest evidence suggests ants began farming as early as 70 million years ago. Even more amazing, these ants used sophisticated horticultural techniques to enhance their crop yields, including secreting chemicals with antibiotic properties to inhibit mold growth and devising fertilization protocols using manure.

9. Ant super-colonies can stretch for thousands of miles. Argentine ants, native to South America, now inhabit every continent except Antarctica due to accidental introductions. Each ant colony has a distinctive chemical profile that enables members of the group to recognize one another and alerts the colony to the presence of strangers. Scientists recently discovered that massive super-colonies in Europe, North America, and Japan all share the same chemical profile, meaning they are a global super-colony of ants.

10. Scout ants go out into the world randomly searching for food. When they find an edible source, they take the fastest route back to the nest while leaving a scented trail as a guide for the foraging ants to follow.

article borrowed from ThoughtCo.com
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**Phrase Answer:** We think an outdoor feast is grand, but all ants know picnics are for them.
In the big picture, find these objects.

- crescent moon
- teacup
- wishbone
- tack
- needle
- spoon
- nail
- bell
- paintbrush
- bowl
- glove
- lock
- heart
- ring
- tube of paint
- fork
- cane
- candle
Meals on Wheels is Here to Talk with You and Help You Stay Connected!

Meals on Wheels is here to help older adults age 60 years and older who live alone and have limited support systems.

If you or a loved one are feeling overwhelmed during this frightening time that’s filled with so many uncertainties, call us at Meals on Wheels 740-681-5050. We would be happy to include you on our Tele-A-Friend list to receive calls from Meals on Wheels.

It’s natural to be concerned and feel uneasy. Our Tele-A-Friend crew will call to check-in and make sure you’re doing alright and provide some friendly conversation.

The Disaster Distress Helpline is also available at: 1-800-985-5990 is a 24/7, 365-day-a-year. This is a national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional stress related to any natural or human-caused disaster.

July Commodity Box Pick-Up

- Last name beginning with A-J  Wed., July 22 1-3:00pm
- Last name beginning with K-Z  Thurs., July 23 1-3:00pm

No drop-ins. Arrangements must be made prior to pick up of commodity box. No exceptions.

You must complete an application and meet income guidelines to be eligible to receive a Commodity Box.

Applications are available at: Meals on Wheels • Aging Services Office 1515 Cedar Hill Road • Lancaster

MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS

FOR MORE INFORMATION OR TO MAKE A PAYMENT, PLEASE CALL 740-681-5050
SARAH ARLEDGE—ext. #105 for Meal Donations / Homemaking / Personal Care/Respite / Adult Daycare
BRIAN ROBY—ext. #118 for Lifeline
PAYMENTS CAN BE MADE RECURRING UPON REQUEST

PayPal

VISA  MasterCard  American Express  Discover  PayPal

Celebrating 47 years of Service to Fairfield County Seniors
Regular Meeting of the Board of Trustees—July 23, 2020
This newsletter is written by various staff members and edited by Julianna Kincaid