



Cabin Fever Cures

Care Connection
for Aging Services

May 25-May 31 2020

Just for fun

Hope you enjoy these stay-at-home activities

Your Care Connection senior centers realize that the COVID-19 quarantine might be causing you to get a little stir crazy. We hope that this edition of “Cabin Fever Cures” will provide a few ideas for passing the time.

Online connections

We have these offerings online:

—**Money Management for Women on Zoom** at 10 a.m. Wednesday, Thursday and Friday, June 3, 4, 5. This free, easy to understand course will cover women’s retirement challenges, income needs and sources, savings, debt, long-term care insurance, choosing financial planning professionals and a financial to-do list.

—**Medicare 101 on Facebook Live on Facebook** at noon on Mondays. We are offering our popular hour-long session for people who are new to Medicare and/or considering retirement. You will be able to ask questions.

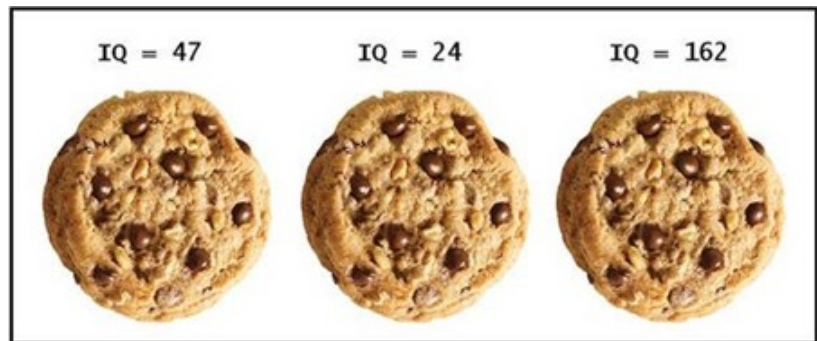
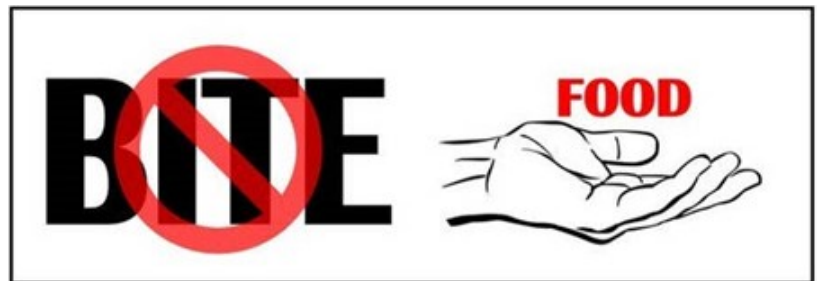
—**Virtual Tai Chi**: 9 a.m. Tuesdays and Thursdays via Zoom. Beginning June 2. Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength and flexibility, decreases pain and helps prevent falls. Contact Stacey or Shery at 1-800-748-7826. Registration is required.

—**Five Wishes** at 1 p.m. June 17th via Facebook Live. This presentation describes an easy-to-use booklet that allows you to state your healthcare wishes before you need them. At our Facebook Page: www.facebook/goaging.org

If you have any questions about these, call us at 1-800-748-7826.

Brain Teaser

BuzzFeed helped us out with this brain exercise. Can you guess these common food phrases? Answers on the back.



<https://www.buzzfeed.com/kodos/can-you-guess-common-food-phrases-from-the-riddles-25cao>

Heart Health

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

Can you find these words that are related to heart health?

- ACTIVITY
- BLOOD PRESSURE
- DIABETES
- FRUIT
- HEART
- NUTRITION
- PREVENTION
- SCREENINGS
- WALKING
- APNEA
- CARDIAC
- EXERCISE
- GARDENING
- HISTORY
- PHYSICAL
- REDUCE SALT
- STOP SMOKING
- WEIGHT
- BIKING
- CHOLESTEROL
- FIBER
- HEALTH
- LIFESTYLES
- PLEDGE
- RISK
- VEGETABLES
- WELLNESS

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How to Scramble Eggs in the Microwave Oven

Add together beaten egg, butter or margarine and milk. Stir. Microwave the amount of time indicated. Stir halfway through cooking time.

Use microwaveable bowl.

Eggs	Butter/Margarine	Milk	Time
1	½ Tblsp	1 Tblsp	45-55seconds
2	½ Tblsp	1Tblsp	1 ½ - 2 minutes
4	1 Tblsp	2 Tblsp	2 ½ - 3 minutes
6	1 Tblsp	¼ Cup	3 ½ - 4 ½ minutes

Answers to Brain Teaser: Don't bite the hand that feeds you. One Smart Cookie. In a Pickle. Crying Over Spilled Milk.