



# Cabin Fever Cures

Care Connection  
for Aging Services

Sept. 7-12, 2020

Just for fun

## Going online is easier than most people think. Try it today!

The online Learning Connection includes exercise classes, support groups, educational events for family caregivers, and information on Medicare and benefits.

Coming soon are Bingo, and arts and crafts classes.

Most of the sessions are availa-

ble free either on Zoom online by invitation or on Facebook Live. If you don't know how to Zoom, don't worry. We can teach you how over the phone. Call us! Call 1-800-748-7826 or visit [www.goaging.org](http://www.goaging.org).

What have you got to lose?

Learning  
Connection  
Online Workshops

### Broccoli and Ham Breakfast Bake

This recipe is published in the book, "I Love Vegetables," by Cheryl Tallman. The book is provided compliments of Care Connection to participants of "Living A Healthy Life" and Diabetes Self-Management courses. The classes are part of the Learning Connection. Visit [www.goaging.org](http://www.goaging.org) to learn more. Thanks to Christine McCune, whose husband, XX, took the diabetes education course and tried to this recipe. He highly recommends it as a simple, satisfying and healthy dish. Makes 6 servings.

6 large eggs

1/2 cup 2% low-fat milk

3/4 cup ham, diced

1 cup broccoli, chopped

1/2 cup frozen sweet corn

1/2 cup cheddar cheese, shredded

1 tablespoon butter

**Preheat oven to 350 degrees.** Place a 9 x 9 inch baking dish in the oven to warm.

**While the oven heats up,** beat the eggs in a bowl and stir in the rest of the ingredients.

Pull the baking dish out of the oven. **Spread the butter** around the bottom and up the sides of the pan.

**Pour egg mixture** into the dish.

**Bake for about 20 minutes** until the center is dry.

**Tip:** Freeze leftover pieces. Defrost and warm in the microwave for an easy morning breakfast.

**Nutrition facts:** Serving size: one-sixth of the casserole. Total fat, 11 grams; saturated fat, 5 grams, trans fat, 1 gram; Cholesterol, 210 mg.; Sodium, 330 mg.; Total carbohydrates, 6 grams; dietary fiber <1 gram; total sugars, 2 grams; protein, 12 grams.

# Falls Prevention

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

BALANCE  
 BOXES  
 CLUTTER  
 CORDS  
 DIZZY  
 EXERCISE  
 FURNITURE  
 GOOD SHOES  
 GRAB BARS  
 HAZARDS  
 LAMPS  
 LIGHTING

MEDICATION  
 NIGHT LIGHT  
 PREVENT  
 SHELVES  
 SLEEPY  
 SLIPPERY  
 STAIRWAY  
 STEP STOOL  
 TELEPHONE  
 THROW RUG  
 TRIPS  
 VISION

## Tips to Keep You on Your Feet

September 22, the first day of autumn, is National Falls Prevention Awareness Day, sponsored by the National Council on Aging (NCOA). The NCOA offers these tips to help prevent falls:

**Find a good balance and exercise program.** Care Connection offers exercise classes on Zoom that are geared toward keeping older individuals fit and on their feet. Check [www.goaging.org](http://www.goaging.org) or call the center to find out what's being offered. We already offer Tai Chi for Arthritis and Exercise with Bobbie, as well as Walk with Ease. Coming soon online is the evidence-based Matter of Bal-

ance class.

**Talk to your doctor or other health care provider and let them know about falls.** Ask for an assessment of your risk of falling. Falling may be common among older people, but it need not be considered a normal part of aging.

**Regularly review your prescription medications with your pharmacist.** Make sure side effects are not increasing your risk of falling. Take medications only as prescribed.

**Get regular checks on your vision and hearing.** Taking care of your eyes and ears can help keep you

on your feet.

**Keep your home safe.** We can provide you with a practical guide to keeping your home safe from fall risks. Nearly half of all fall injuries of Missouri's older adults occur at home. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars. Don't walk around in the dark at night. Turn on a light or use a good flashlight. Call the center or 1-800-748-7826 to learn more about fall prevention.

**Talk to your family members and enlist their support.** Enlist the support of others to take simple steps to stay safe.