



# Cabin Fever Cures

CareConnection  
for Aging Services

Week of April 26, 2021

Just for fun

## Connect! with us for bingo, book club

We have scheduled many events for the Connect! Online series this spring and summer. Most of the courses are offered on Zoom.

Two ongoing sessions are a book club and bingo.

For “Reading Between the Lines” Book Club, Jody Anderson, Reference Specialist at the Henry County Library, will lead the group in selecting the genres and books that will be

discussed each month. On May 6, the discussion will address “Almost Perfect” by Brian Katcher, who will be joining our meeting! The club meets at 7 p.m. the first Thursday of each month.

Bingo – Online bingo games are available for those 60 and older. Prizes are awarded to the winners. Bingo takes place at 10 a.m. Fridays. Participants must register to receive a

Zoom link for both these events.



We can help you learn to use Zoom through available handouts or a one-on-one tutorial.

To register for the events or arrange Zoom help, please call 1-800-748-7826 or email at [information@goaging.org](mailto:information@goaging.org).

## Lower Sodium and Salt Free Seasoning Blends

Most of us know that controlling our salt intake is healthy; however, nobody wants to end up with a “bland” diet. Regional Services Director Chris McCune, a self-proclaimed foodie who has taught cooking classes for us, found these combinations of spices that will leave you wondering why you ever poured on the

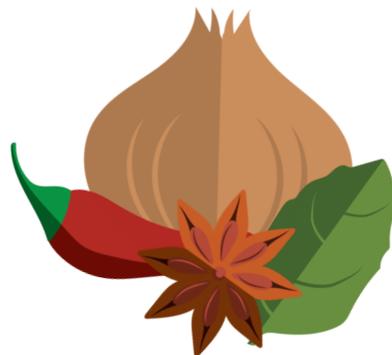
salt in the first place. For chicken, try the Mediterranean or ranch. The ranch also works for a dressing mixed with mayo or sour cream for a veggie dip. The Italian works for either tomato pasta sauce or for meatballs, and the sky is the limit for all purpose. Consider using it for meats, veggies and even salads. Enjoy!

### Mediterranean Seasoning

- 2 TBS Basil
- 2 TBS Oregano
- 2 TBS Kosher Salt
- 1 TBS Parsley Flakes
- 1 TBS Dried Minced Onion
- 1 tsp. Black Pepper

### Ranch Seasoning

- 2 ½ TBS Parsley
- 2 tsp. Dried Dill
- 2 ½ tsp. Garlic Powder
- 2 ½ tsp. Onion Powder
- 2 tsp. Dried Minced Onion
- 1 tsp. Black Pepper
- 1 ½ tsp. sea salt



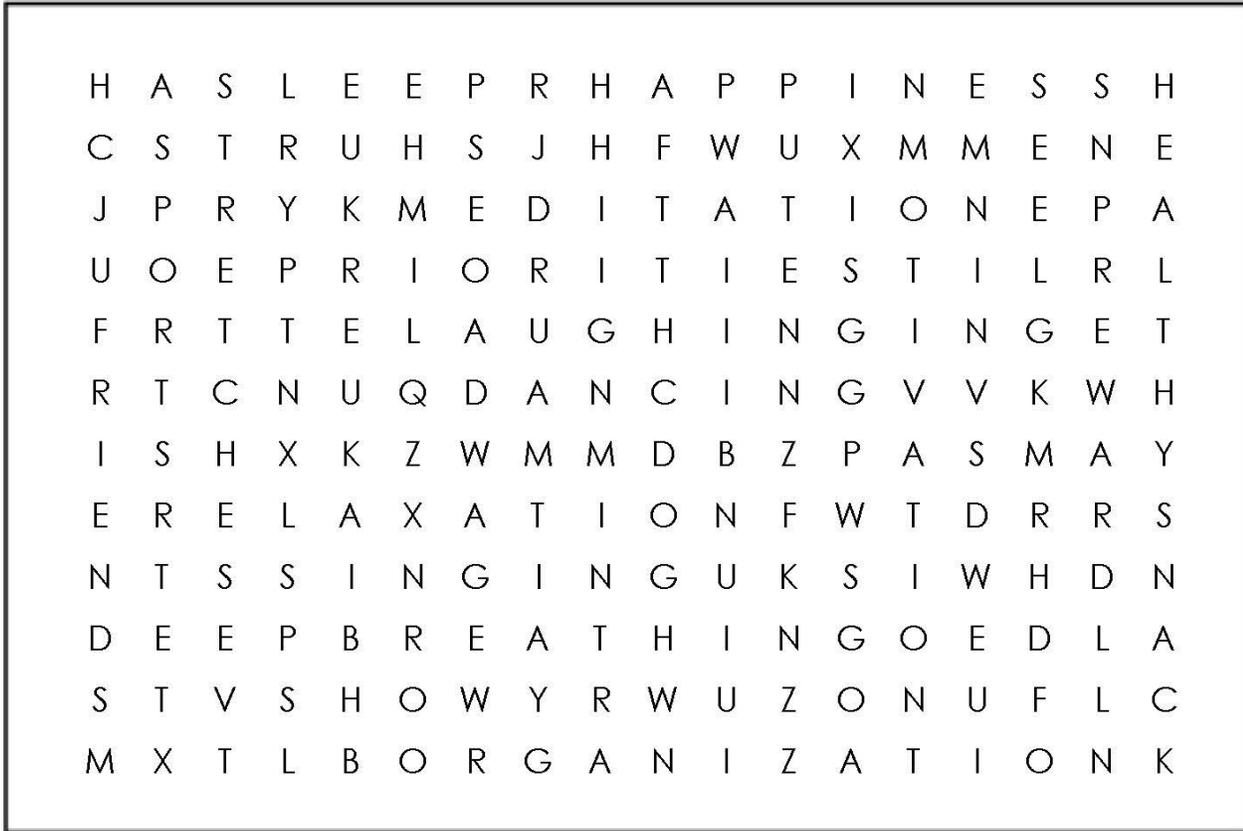
### Italian Seasoning

- 4 tsp. Basil
- 4 tsp. Oregano
- 4 tsp. Rosemary
- 4 tsp. Marjoram
- 4 tsp. Thyme
- 4 tsp. Savory (Can use sage as a substitute)
- 2 tsp. Garlic Powder
- \*May put in blender to make a finer textured seasoning

### Free All Purpose Seasoning

- 2 TBS Garlic Powder
- 2 TBS Onion powder
- 1 TBS Chili Powder
- 1 TBS Paprika
- 1 TBS Parsley
- 1 ½ tsp. Black Pepper

# Ways to Relax



Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

DANCING  
DEEP BREATHING  
FRIENDS  
HAPPINESS  
HEALTHY SNACK  
LAUGHING

MEDITATION  
MOTIVATION  
ORGANIZATION  
PRIORITIES  
RELAXATION  
REWARD

SINGING  
SLEEP  
SPORTS  
STRETCHES  
TV SHOW

