



PEAS AND CARROTS

Indiana FSSA's Division of Aging

May 2021

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Indiana as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media or call a friend or family member to share a happy moment or to say thank you.

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“Our bodies are our gardens; our wills are our gardeners.”

- William Shakespeare

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Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join FSSA Division of Aging in strengthening our community.

For more resources, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation via [#OlderAmericansMonth](#).

National Stroke Awareness Month

May is National Stroke Awareness Month. A blocked artery known as an ischemic stroke and a hemorrhagic stroke resulting from a leaking or bursting artery are the two main causes of strokes.

Some risk factors that can increase your risk of stroke include: being overweight or obese, physical inactivity, high blood pressure, diabetes, high cholesterol, obstructive sleep apnea, cardiovascular disease, cigarette smoking, or a history of stroke, heart attack or transient ischemic attack in your family.

Some lifestyle recommendations for stroke prevention include: lowering cholesterol and saturated fat in your diet, quitting tobacco use, controlling high blood pressure, managing diabetes, maintaining a healthy weight, being physically active regularly, and increasing fruit and vegetables in your diet

Stroke.org has created the following acronym to help individuals know the warning signs of a stroke.

F > Face drooping
A > Arm Weakness
S > Speech Difficulty
T > Time to Call 911

Additional symptoms may include: Sudden numbness of face, arm, or leg, especially on one side of the body, Sudden confusion, trouble speaking or understanding speech, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and sudden severe headache with no known cause.

Resources: <https://www.stroke.org/en/about-stroke/stroke-symptoms>
<https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113>

Word Search Bank

ACTIVITIES

BALANCE

CELEBRATION

COMMUNITIES

CONVERSATION

DRESSING

EXPERIENCES

GRATITUDE

HERB

MARINATE

OMELET

OREGANO

PREVENTION

STORAGE

VEGETABLES

WORD SEARCH

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

Herb Week (May 2-May 8, 2021)

Fresh herbs are strong-smelling, flavorful plants that can be added to dishes to make them more flavorful. Herbs include basil, cilantro, garlic, dill, rosemary, oregano and thyme as well as others. Garlic is an herb but is a bulb shape. Fresh herbs are usually green, but some variations can make them different colors. They can be easily grown at home indoors or outdoors during the growing season.

HOW DO I MAKE A GOOD SELECTION?

When choosing herbs, look for herbs that are not limp or drooping. The leaves of herbs should be bright in color and free of brown spots or yellowed leaves. Herbs should have a strong smell. Garlic should be chosen when it is firm.

WHAT IS THE PROPER STORAGE?

Store basil stems in water and cover with a plastic bag on the counter for up to ten days or in the refrigerator for up to five days. Store garlic on the counter. For cilantro, dill and parsley, wrap the cut stems in a damp paper towel and place in a plastic bag. Store for up to a week.

WHY SHOULD I EAT THIS?

Herbs contain Vitamin C, which helps heal cuts and wounds and promotes a strong immune system. They also contain Vitamin K, which helps heal our bodies quickly.

HOW COULD I USE THIS?

- Herbs can be finely chopped and mixed together with oil and lemon juice to make a chimichuri sauce that can top cooked meat
- Herbs can be chopped and added to salads
- Add to mashed potatoes, to a sandwich or use in a sandwich spread, to soups and stews, to a vegetable side dish, to an omelet or egg dish, to pasta salads or other pasta dishes, to dips and dressings
- Incorporate into baked breads
- Cilantro and parsley can be added to salsa
- Meat and vegetables can be marinated with herbs

Resource: Article copied from: <https://food.unl.edu/article/fresh-herbs>

Zesty Herb Potatoes

Source: (<https://food.unl.edu/recipe/roasted-garlic-dill-lemon-potatoes>)

Yield: 6 Servings **Serving Size:** 1 Cup

Nutrition Information: Calories 190, Total Fat 4.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 35g Fiber 2g, Total Sugars 1g, includes 0g Added Sugars, Protein 4g Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%

Ingredients:

- 2 1/2 pounds red potatoes, scrubbed with clean vegetable brush under running water, cubed
- 3 tablespoons fresh dill, gently rubbed under cold running water, finely chopped
- 2 tablespoons vegetable oil
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
salt and pepper, to taste

Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Preheat oven to 450°F. Spray a large baking sheet with non-stick cooking spray. Place cubed potatoes in an even layer on the prepared pan. Drizzle potatoes with vegetable oil, salt and pepper. Mix to coat.
4. Bake for about 30 minutes, or until potatoes are fork tender and golden brown in color. Stir potatoes halfway through baking.
5. In a small bowl, stir together the minced garlic, chopped dill and lemon juice. Pour mixture over cooked potatoes and toss to coat well. Serve immediately. Store leftovers in a sealed container in the refrigerator.

Contact Us

Contact the Division of
Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

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