



The Senior Scoop

DECEMBER / JANUARY 2020

AIP Contact Information: Sarah Davis at
829-2208 or sdavis@cumberlandmaine.com



Spring Brook Farm & Marketplace

REGISTER YOUR DOG!



Don't forget to register your dog for 2021! All dogs 6 months and older must have a license. In order to obtain a license for your dog, the owner must present a current State of Maine Rabies Certificate obtained from a veterinarian. All current licenses expire December 31st.

Stop by Town Hall to register your dog in person or call 207-829-5559 to arrange to complete it through the mail.

HAPPY HOLIDAYS FROM CUMBERLAND AGING IN PLACE!

The pandemic has been a challenging time for all of us, especially for those who are alone. The holidays are usually a time full of joy, celebration, and visits. This season will certainly be different, but like everything else this year it's a time to make lemons out of lemonade! What new celebrations or traditions will your loved ones be doing? Sending cards or letters? Walks outside? Reading the same book? Family facetimes? I'd love to hear about how you are getting creative to make the best of this holiday season!

Stay safe and healthy! We are hopeful that we will be able to resume our Aging in Place programs in 2021! In the meantime, if you want to share a concern or ask a question, please contact us at 207-829-2208.

Happy Holidays!
Sarah Davis, Aging in Place Coordinator

12 WAYS TO HAVE A HEALTHY HOLIDAY SEASON

CENTERS FOR DISEASE CONTROL AND PREVENTION

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

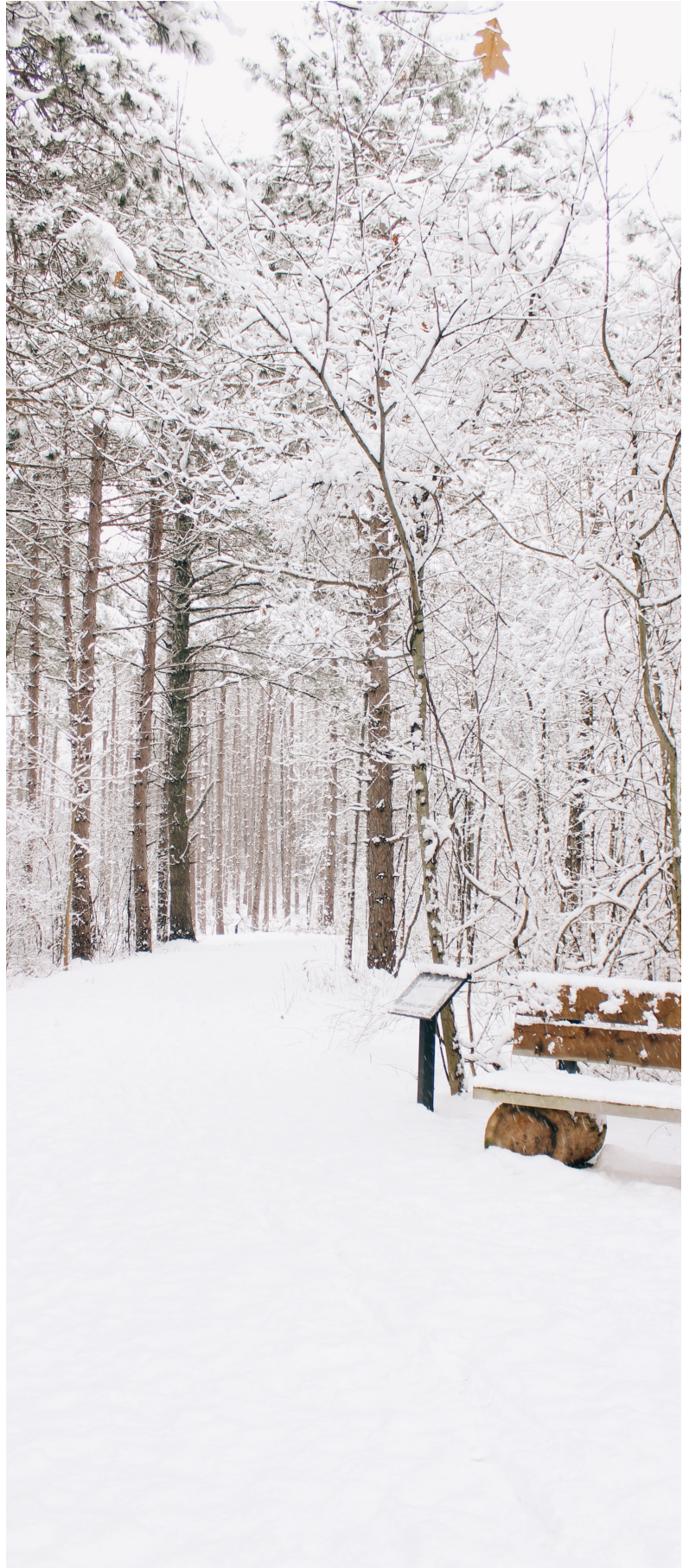
1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

4. Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.



Cumberland Town Forest

12 WAYS TO HAVE A HEALTHY HOLIDAY SEASON

SHARED FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history.

8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

HOLIDAY TRADITIONS



HANDMADE CHRISTMAS GIFTS

Shared by Madeline Young

I have stayed busy making Christmas gifts for family by sewing and knitting. I accomplished all I had in mind to make. This takes ones mind off what is going on in the news and the virus. I find joy in staying busy and making things I hope friends will enjoy!

HOLIDAY TRADITIONS CONT.



CHRISTMAS COOKIE CUTOUTS

Shared by Carol Grover

There is a tradition in my family that began with my late husband's family. His mother sent us a large box of decorated Christmas cookies that she had made. We had only been married six months or so and we loved her wonderful sugar cutout cookies and my husband said that he would help me make them the next year.

From that box of cookies, I began a tradition for my family as they grew up. I made cutouts every Christmas even when they were babies and we decorated them until our daughter and son were old enough to decorate them. We did them faithfully through childhood and when they left home and married and had children of their own. Nana Carol baked cookies for everyone, and it was a family decorating tradition. I have five grown grandkids who now have partners and over all the years, they look forward to those decorating sessions.

HAPPY CAKES

Shared by Cathy Wright



Cupcake Ingredients

- 1 ½ cups flour
- 3 tbsp baking cocoa*
- 1 cup sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup cold coffee**
- 1 tsp vanilla extract
- 6 tbsp vegetable/canola oil
- 1 tbsp white vinegar.

Frosting Ingredients

- 2 cups confectioner sugar
- 1 tbsp soft butter
- 1 tbsp Crisco
- 1 tbsp Marshmallow Fluff
- 1 tsp vanilla extract
- 2 tbsp milk

Instructions

1. Preheat oven to 350.
2. Fluff the flour, cocoa, sugar, baking soda, and salt together
3. Mix the cold coffee/water, vanilla extract, vegetable/canola oil, and white vinegar with dry ingredients by hand until mixed well. Place batter in 14 paper liners in cupcake pan.
4. Bake for 15 to 20 minutes, until tops spring back.
5. Remove from pan and cool.
6. Whip up frosting and decorate tops with Hershey kiss, M&Ms, flowers, sprinkles or whatever you please. Add just one candle to each for a happy wish!

**If you don't like chocolate, you can substitute 1 Tablespoon of a cinnamon/nutmeg/clove combo for the Baking Cocoa.*

***If you don't like coffee, you can substitute water.*