

Bath Safety Awareness Month

Here is checklist from AARP to consider for bathroom safety:

1. Are sink, bathtub, and shower faucets easy to use? *If no, consider installing lever handle faucets.*
2. Are the floor surfaces slippery? *If yes, consider non-skid mats or non-slip strips on tub/shower floors.*
3. Are there grab bars in the tub/shower and toilet areas? *If no, consider installing these. Avoid grab bars that use suction cups—they can un-stick and cause a fall!*
4. Is a low toilet seat making it hard to stand up? *If yes, consider installing a toilet seat extender or a higher sitting toilet.*
5. Are there exposed hot water pipes beneath the sink? *If yes, insulate the pipes.*
6. Do you have a handheld shower head? *If no, consider installing one.*
7. Does the tub/shower have a seat? *If no, consider getting a tub/shower chair or bench.*
8. Is the hot water set at 120°F? *If not, set it 120°F to prevent scalding.*
9. Is there good lighting? *If no, consider a higher watt lightbulb. Nightlights are also beneficial in the dark.*
10. Are small electrical appliances (hair dryers, curling irons, shavers) plugged in when not in use? *Unplug these appliances when not in use and never use near a filled sink or tub.*

Source: www.aarp.org

Minestrone Soup For One

- 2 strips of bacon
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/2 tsp Worcestershire Sauce
- 1/2 cup canned red beans, rinsed and drained
- 1/2 cup canned diced tomatoes
- 3/4 cup frozen mixed vegetables
- 2 cups low-sodium chicken broth
- 1/2 tsp salt
- 1/4 tsp coarsely ground black pepper
- 1/2 cup dried small pasta

Instructions:

1. Slice bacon into 1/4-inch pieces and cook in a medium-sized pot over medium heat, stirring occasionally until bacon is crisp. Remove bacon from pot with a slotted spoon and place on paper

towel-lined plate.

2. Add chopped onions to the pot and cook for 2 minutes until translucent.
3. Add the minced garlic and cook for 1 minute longer.
4. Stir in the Worcestershire Sauce, red beans, diced tomatoes and mixed vegetables. Stir for 1 minute.
5. Add the chicken broth and stir in the cooked bacon.
6. Season with salt and pepper and bring to gentle boil
7. Reduce heat to low and simmer 10 minutes, stirring occasionally.
8. Add the pasta and cook on low heat until pasta is al dente, about 4 minutes.
9. Pour into bowl and enjoy hot.

Source: <https://onedishkitchen.com/how-to-make-minestrone-soup-for-one/#recipe>

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Exercise Series!

Only perform exercises you feel comfortable doing. Do not do anything that causes pain. Always consult your doctor before beginning any exercise regimen.

You may remember the late singer David Bowie. Well, his birthday was January 8, 1947. So this month let's remember the wise words in one of David Bowie's song—Let's Dance!



Learn the Electric Slide!

1. Side Step to the Right:

Start with your right foot, take 4 steps to the right.

2. Side Step to the Left:

Now take 4 steps to your left, starting with your left foot.

3. Two Steps Back:

Take 2 steps back while facing forward. Start with your right foot, then bring left foot together.

4. Step Touch:

Step back on your right foot, then tap your left foot in place. Step forward onto your left foot and tap your right foot in place behind you. Step back on your right foot and then tap your left foot in place in front of you.

5. Pivot and Brush:

Put your weight on your left foot and pivot to the left while brushing your right foot in the air. When you land on your right foot this will indicate the first side step you take in Step 1.

6. Repeat!

If you have internet connection and want to see a video instruction with 3 variations check out: <https://youtu.be/4cd9D4z0hrM>