

VILLAGE TIMES

Eating Well as You Age



As you get older, eating well can help improve your mental sharpness, boost your energy levels, and increase your resistance to illness. These senior diet and nutrition tips can help. **The benefits of healthy eating as you age:** Healthy eating is important at any age, but becomes even more so as we reach midlife and beyond. As well as keeping your body healthy, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Rather, it should be all about enjoying fresh, tasty food, wholesome ingredients, and eating in the company of friends and family. No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. Improving your diet now can help you to: Live longer and stronger. Good nutrition can boost immunity, fight illness-causing toxins, keep weight in check, and reduce the risk of heart disease, stroke, [high blood pressure](#), type-2 diabetes, bone loss, and cancer. [Along with physical activity](#), a balanced diet can also contribute to enhanced independence as you age. Sharpen your mind. People who eat fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids may be able to improve focus and decrease their [risk of Alzheimer's disease](#). Antioxidant-rich green tea may also enhance memory and mental alertness as you age. Feel better. Wholesome meals can give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good, you feel happier inside and out.

Healthy eating is about more than just food: Eating well as you age is about more than just the quality and variety of your food. It's also about the pleasure of eating, which increases when a meal is shared. Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind, makes meals more enjoyable, and can help you stick to your healthy eating plan. Even if you live alone, you can make healthy meals more pleasurable by: **Shopping with others.** Shopping with a friend can give you a chance to catch up without falling behind on your chores. It's also a great way to share new meal ideas and [save money](#) on discount deals like “buy one, get the second half price”. **Cooking with others.** Invite a friend to [share cooking responsibilities](#)—one prepares the entrée, the other dessert, for example. Cooking with others can be a fun way to deepen your relationships, and splitting costs can make it cheaper for both of you.

Cont. pg. 1 How to create a healthy senior diet: The key to healthy eating is to focus on the whole, minimally processed food that your body needs as you age—food that is as close to its natural form as possible. Our bodies respond differently to different foods, depending on genetics and other health factors, so finding the healthy diet that works best for you may take some experimentation. These tips are a good place to start: **Eat plenty of fruit and vegetables.** Break the apple and banana rut and go for color-rich pickings like berries or melons. Aim for 2-3 servings a day. When it comes to veggies, choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as colorful vegetables such as carrots and squash. Make veggies more appetizing by drizzling them with olive oil, sprinkling with goat cheese, or frying with garlic or chili flakes. Try for 2-3 cups every day. **Choose calcium for bone health.** Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Good sources include milk, yogurt, cheese or non-dairy sources such as tofu, broccoli, almonds, and kale. **Go “good fat” not “no fat”.** Rather than trying to cut out fat from your diet, focus on enjoying healthy fats that can protect your body against disease and support your mood and brain function. **Vary your sources of protein.** As you age, eating enough high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think more clearly. However, eating too much protein from processed meat products such as hot dogs, bacon, and salami may increase your risk of heart disease, cancer, and other health problems. Vary your sources of protein instead of relying on just red meat by including more fish, beans, peas, eggs, nuts, and seeds in your diet. **Eat more fiber.** Dietary fiber can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, and help you to lose weight. As you age, your digestion becomes less efficient, so it’s important to include enough fiber in your diet. Women over 50 should aim to eat at least 21 grams of fiber per day, men over 50 at least 30 grams a day. Unfortunately, most of us aren’t getting even half those amounts.

HOW TO MAKE BAKED SALMON: Oven baked salmon is the easiest ever. Here's what you're going to do:

1. Put the salmon on a baking sheet skin side down.
2. Top with oil, salt, pepper, and any spices that you want.
3. Pop it into the oven for 8 minutes.

That's it. In less than 10 minutes you've made yourself a delicious salmon dinner!

HOW LONG TO BAKE SALMON: In a 400 degree oven, salmon needs to bake for 4 minutes per ½ inch of thickness. Most salmon fillets are 1 inch thick, so you'll want to cook them for 8 minutes.



Beverly Jefferson - Service Coordinator



Thanks to all residents and staff for participating in our on-site vaccination effort. We have 31 residents and 4 employees who have had both vaccinations. Great job Villagers! For those of you who have not had the vaccination, please call (850)204-4955 or visit Leon County Health Department.

COVID test are being given at FAMU, CVS .

March 17, 2021- COMMUNITY ROOM

WEAR GREEN



TIME: 10:00 – 12:00
St. Patrick Day BEER BAR SCHOOL of Education
Observance MONTH: Colorectal Cancer
If you don't have green clothing, don't stay home, wear what you have!

PUT YOUR NAME IN GOLD POT EVERY-TIME YOU VISIT Mrs. Jefferson, Service Coordinator office for sixteen day. Whoever name is pulled on March 16, at 3:00 wins green t-shirt on bulletin board.



Dee Rush - Management Agent



Thanks for supporting the Act of Kindness To the Tallahassee Police Department



Management extends a welcome to our new tenants. We are here to make your living experience at Miracle Village peaceful, safe, and relaxing. We ask that you follow the House Rules and information in your Lease. If you need assistance having to do with your living accommodations, please see *Ms. Katrina Harvey*.



If you have not, please make sure you visit with *Ms. Beverly Jefferson*, the Service Coordinator. Mrs. Jefferson will be contacting you for an appointment to meet with her. Please take time to meet with Mrs. Jefferson and learn of the services she offer.



For issues regarding maintenance please call *Mr. Keith Gavin*.



Our on-site monitor is *Ms. Florida Parrish*. Should you encounter a medical emergency after hours please call **911 first**, then use the emergency pull cord in your unit and contact Ms. Parrish at 850-933-6019.



Feel free to contact your Management Agent, Mrs. Dee Rush, ***anytime you have an issue that has not been addressed***. She can be reached at (850) 877-2273.

We have a Certified Notary on -site, if you are in need of this service. Please call ***Mrs. Patrece Broadnax*** in the front office at 850-222-0561



**NON - MAINTENANCE RELATED - PLEASE CALL
(850) 933-6009 (Ms. Parrish - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES - PLEASE CALL
(850) 933-3019 (Mr. Gavin)**

**FACE MASKS ARE TO BE WORN PROPERLY ANY-
TIME
OUTSIDE OF YOUR APARTMENT**



i Protect yourself and others from getting sick



VIRTUAL TENANT MEETING

COMING SOON

**BUSINESS OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM
LUNCH BREAK: 1:30 - 2:00 DAILY
OFFICE CLOSSES DAILY AT 4:00 PM
(850) 222-0561**

**STAFF AND MANAGEMENT
Ms. Katrina Harvey, Residential Manager
Mrs. Patrece Broadnax, Asst. Residential Manager
Mr. Keith Gavin, Maintenance Mechanic
Mrs. Beverly Jefferson, Service Coordinator (850) 222-0277
Ms. Florida Parrish, On-Site Monitor
Mrs. Dee Rush, Management Agent**

Key to Independent Living

