

QUOTE OF THE MONTH

"If we had no winter, the spring would not be so pleasant." - Anne Bradstreet

HEALTH HUMOR



by: Maria Mendoza

Healthy Lifestyle for Healthy Older Adults

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the MyPlate food groups regularly.

Retired people on limited incomes may have trouble buying enough food to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose weight, talk to your healthcare provider or a registered dietitian nutritionist about the best plan for you.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Here are a few tasty tips:

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- **Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

Source: eatright.org



ON THIS DAY IN HISTORY

March
1

1961, President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

March
10

1862, The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March
24

1934, The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.

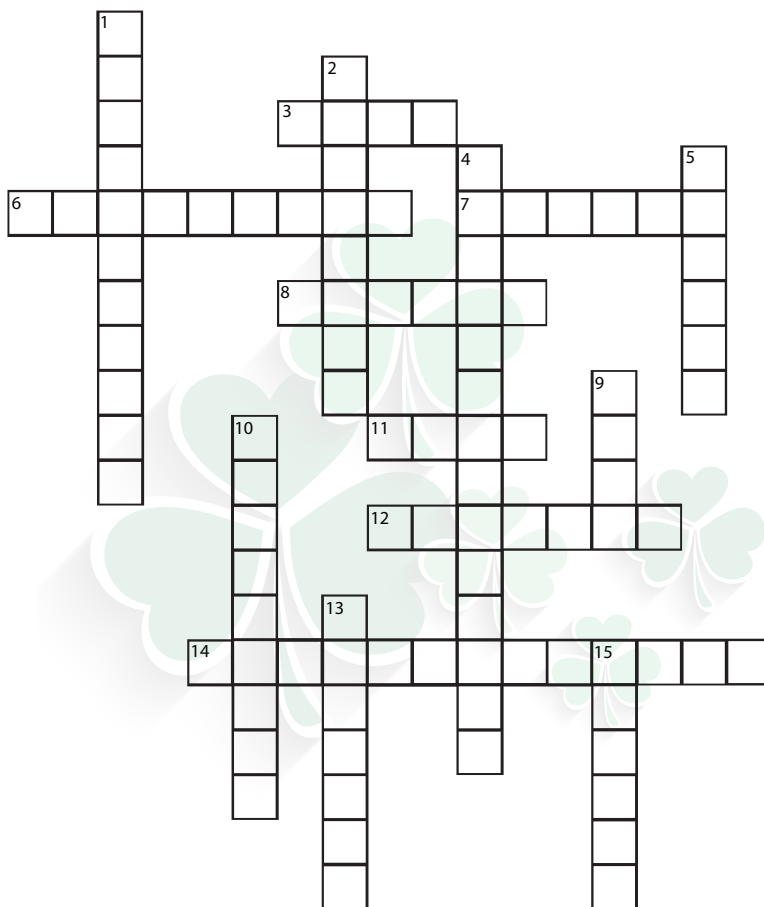
CROSSWORD

ACROSS

3. March goes out like a _____
6. Flower that follows the sun
7. March in procession
8. The Celtic language of Ireland
11. Occuring by chance
12. Achieved independence from the UK in 1921
14. The 17th of March

DOWN

1. Students and teachers look forward to this week
2. America's favorite past time
4. Grab your mop and your dustpan
5. A branch of Indo-European
6. March comes in like a _____
10. An inherited pattern of thought or action
13. Seen after a storm
15. Brief rain



Stuck?
Check next month's issue
for the answers!

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FEBRUARY CROSSWORD ANSWERS:

Across: 6.Christmas 8.Valentine's Day 10.Valor 11.Pink 12.Heart 13.Richard Cadbury
14.Chocolates **Down:** 1.Eros 2.Verona 3.Leap Year 4.Roses 5.Black History 7.Pope Gelasius
9. California