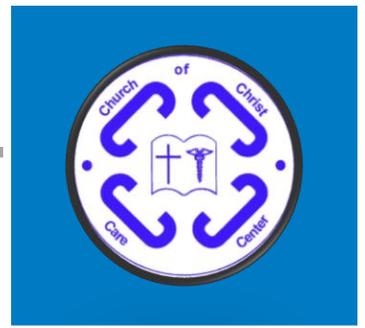


Church of Christ Assisted Living

March 2020 Active Living Services Newsletter



What is Fruit and Vegetable Juicing?

Looking for something new and tasty to drink? Search no longer – try juicing! It is yummy and great for your health! Juicing is similar to blending because both fruit and vegetables are mixed together. However, instead of keeping the pulp and bulk of the produce, you only drink the liquid. Consider these health benefits the next time you sit down for a meal.

Juice can help supplement a normal diet.

Fresh juice can help supplement a normal diet by providing nutrients from fruits and vegetables that would be missing in your daily diet.

Drinking juice can help with digestion.

Resting and repairing of the gut is one benefit to juicing. With saturated fats, foods with additives, and medications, the gut flora may be imbalanced. By juicing, you are adding in toxin-free, nutrient dense food to help repair the gut.

Juice helps fight off Heart Disease.

Intaking high amount of fruits such as apples and pomegranate juices have been linked to reduce blood pressure and cholesterol levels. By consuming in liquid form, it may reduce the imbalance between free radicals and antioxidants which is linked to improved heart health.



The fruit and vegetables in juice reduces the risk of Alzheimer's Disease.

One study observed a reduced risk of Alzheimer's Disease among those who drank fruit and vegetable juices three or more times per week.

Juice is high in fiber.

Higher fiber intakes have been associated with lower risks of heart disease, obesity, and type 2 diabetes. Studies have shown an improvement to blood sugar and cholesterol levels.

Drinking juice improved levels of folate and antioxidant levels, including beta carotene, vitamin C and vitamin E.

Drinking fresh pressed juice floods our body with the super nutrition it deserves! These substances are known to prevent chronic diseases and improve general health.

Juice reduces your appetite.

We know it is important to watch the number of calories you eat. With juicing, it will make you feel full and satisfied.

Juice could help improve energy.

Most individuals feel more energy and clarity by drinking juice than they ever felt with frequent caffeine drinks, such as tea or coffee.

Juice could be beneficial to people by rehydrating the body.

Most individuals drink diuretics such as coffee or tea. However, when you drink 5 to 6 glasses of fluids it makes the body function more efficiently.

Learn more about the benefits of juicing in this month's Foodie Group with Chef Asunda.

Active Living Services Department

Katie Murphy,
Director of Active Living Services

Fitness Club

Senior group movement classes focusing on muscular strength, endurance, balance, and flexibility. The Fitness Club is performed in a chair and open to all fitness levels!

When:

10:30am-11:30am
Monday-Friday

Health Seminars

Health and wellness presentations focusing on disease management and various senior wellness topics.

Foodie Group

Asunda Amluxen, Assisted Living Chef Manager, presents current health & nutrition topics and recipes.

"It is health that is real wealth and not pieces of gold and silver."

Mohandas Gandhi

Contact Katie Murphy,
Director, for more
information:

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What is a Registered Dietitian?

Registered Dietitian Day is Wednesday, March 11th! It is important learn about, and appreciate, what these amazing individuals do for our community.

- **What is a Registered Dietitian?** A registered dietitian's job is to create nutrition programs focusing on maintaining the health of their residents by providing a well-balanced diet. A registered dietitian is aware of their residents health needs and creates a specialized diet based on what nutrients they require.
- **Making sure the residents enjoy their meals is only one element to what Register Dietitians do. Some other things include:**
 1. Help residents manage diabetes, high blood pressure, and/or other chronic diseases.
 2. Prevent food or drug interactions.
 3. Provide special diets for hypertension and changing taste buds.
 4. Improve hydration levels.
 5. Deliver healthy meals for controlled weight.

Learn more about how to take control of your nutrition this month!

Balancing Your Life with the 6 Dimensions of Wellness

Enhancing your health does not only mean exercising and eating correctly. You need to be aware of all aspects of your life to be healthy. The 6 Dimensions of Wellness aid in your strive for better health.

What are the dimensions of wellness?

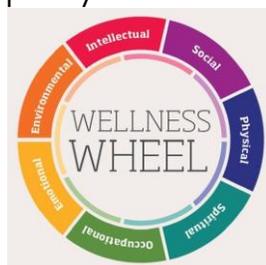
The wellness wheel includes many different elements that all add to an individual's health. You can be better in one section but need work in the other. Physical, nutritional, spiritual, social, intellectual, and emotional wellness are all interconnected and important to a well-rounded and balanced lifestyle.

Physical Health

Physical health is a state of physical well-being in which an individual is fit to perform daily activities and duties without any problem and is void of ailments of the body such as disease, obesity, etc. It is important to stay active and meet your daily exercise goals to have good physical health.

Nutritional Health

Nutritional health means eating a variety of foods that gives you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. This means eating your fruits and vegetables and drinking plenty of water!



Spiritual Health

Spiritual health includes having a purpose in life and living a life that reflects your values and beliefs. This includes attending spiritual services, such as church or bible study, or it can also include setting new life goals and meeting new challenges.

Social Health

Social health is the ability to form new and meaningful relationships with other people and interacting in healthy, positive ways. For example, you can attend social events and talk to people you would not normally talk to.

Intellectual Health

Intellectual health refers to being open to new ideas and experiences and having the desire to increase your knowledge. For example, read about something new to you such as self-driving semis or try a new activity that you have not attended yet. Furthermore, attending learning seminars and brain-challenging games is a great way to increase your intellectual wellness.

Emotional Health

Emotional health is having control of your thoughts, feelings, and behaviors. It means that you are aware of your emotions and know how to deal with them whether they are positive or negative. Some ways to increase emotional health is by finding ways to release negative emotions, such as exercise, art therapy, music therapy, or pet therapy.

Get healthy in all dimensions of wellness today by participating in our Spring Wellness Program!