

Flourish

THE GARDENS AT PARK BALBOA • SUMMER 2008 • THE TERRACES AT PARK MARINO

EATING FOR HEALTH~ VIGOR AND FUN

*Practical and Modest Changes to Your Diet—
Advice and Guidance on Steps to Better Health.*

Developing a healthy lifestyle as we age can be a perplexing problem. Socially we are involved in new types of recreational or volunteer activities as our focus shifts away from work and family. Our bodies and our level of health may be changing, too. Aging is a gradual process and we are capable of meeting those changes with good lifestyle habits, such as exercise and eating a balanced diet. Good nutrition, especially, can help us maintain optimum vigor and health.

The USDA food guide pyramid was recently revised to reflect new advances in nutrition research. Tufts University has taken it one step further and created a food pyramid appropriate for seniors.

These daily recommendations include:

- 1) Eat at least the minimum number of servings for each food group in the Food Guide Pyramid. Eat a selection of foods that are good sources of protein, vitamins, minerals and fiber. Eating fewer calories because of poor appetite, due to less activity or medical conditions can lead to weight loss of muscle as well as fat.
- 2) Enjoy at least three servings of foods rich in calcium as this will help maintain strong bones and teeth.
- 3) Drink enough fluids: six to eight 8oz glasses of fluid a day. This is important because of higher intake of medications. Fluids prevent dehydration and constipation. Try to drink even more if you are taking medications. Also, try to limit caffeinated beverages. A good suggestion is to fill up a glass of water in the morning and one in the afternoon, so that you will be reminded to sip throughout the day. Remember, thirst is a sign that you are already dehydrated!
- 4) Get your fiber! Eat fiber-rich foods from whole grains, vegetables, dried beans and nuts. Roughage is important to have a healthy digestive system and proper bowel function. *continued* ➔



“Rather than relying on salt, add savory herbs and piquant spices. Eat with friends and make meals a celebration rather than a duty! Here at both the Gardens and the Terraces, every meal is designed to offer great flavor along with vitamins and nutrients essential for health.”



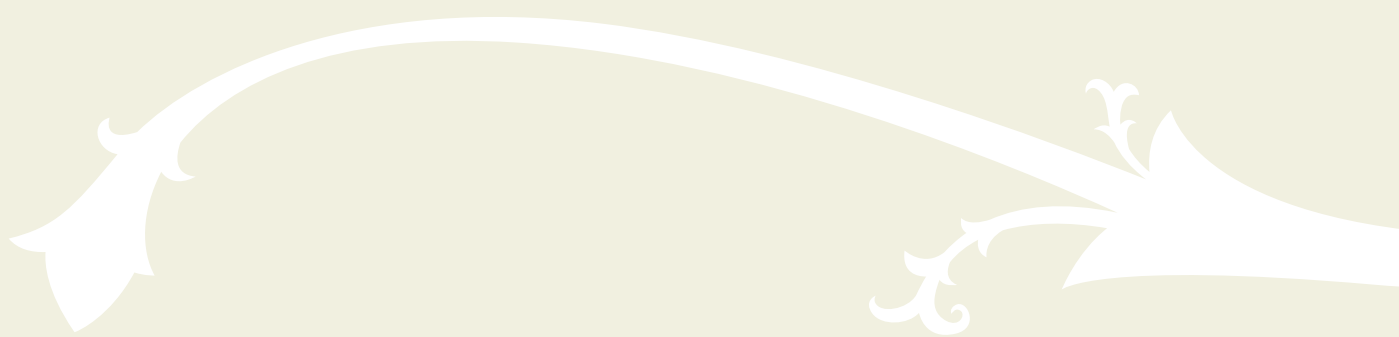
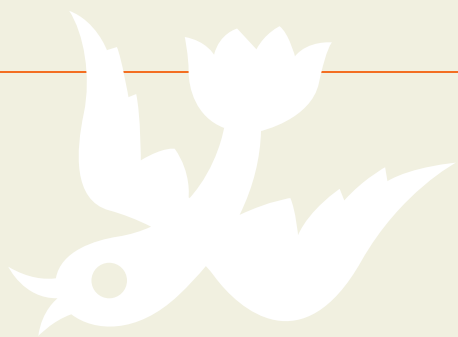
RESIDENTS FEATURED IN AWARD WINNING MUSIC VIDEO

*The RejuveNation Singers
Show that they are, indeed—
“Happy Together.”*

Last August, over 20 talented residents of the Terraces and the Gardens joined together in an uplifting musical performance, under the musical direction of Betty Vincent. The performance was filmed by New York University film student, Sam Nozik, and three songs performed by the group—dubbed RejuveNation—are now showing online. The songs have been viewed over a thousand times, with more viewers checking in every day.

The group performed Happy Together, a 60's hit song by the Turtles, Twist and Shout by the Beatles, and a medley of Blue Moon/Paper Moon. They rehearsed for a week before spending an exhausting and exhilarating day under the hot lights, singing and performing for the camera and a group of onlookers, who were clearly enjoying themselves almost as much as the singers.

continued ➔



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EATING FOR HEALTH

Constipation is a problem for many older adults. Try choosing one high fiber food every day such as: pears, dried beans, peas, corn, dates, 100% bran cereal, or potatoes with skins.

5) Eat foods fortified with vitamin B12, calcium and vitamin D. Ask your doctor or a nutritionist if you need a supplement.

Vitamins and minerals are essential for vibrant health. Some of the most important vitamins are:


Vitamin A—Prevents night blindness, promotes healthy skin and helps fight infection.

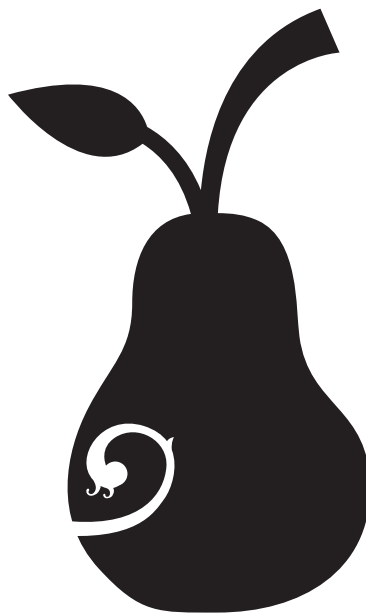
Vitamin C—Maintains healthy gums, assists in healing wounds and allows us to use the iron in our food.

Vitamin E—Protects the body against free radical damage to cells. (Free radicals are highly reactive chemicals that can cause tissue damage.)

It is also suggested that you eat calcium and protein rich foods. As we age more calcium is needed to prevent bone loss (osteoporosis). Because minerals in your bones may be lost over time, the bones thin and can become susceptible to breakage. Milk, cheese, yogurt, leafy greens, broccoli, sardines, canned salmon with bones, dried beans and peas, and tofu are all good choices. If you have trouble digesting milk products consider drinking lactose reduced milk, or eat cheese or yogurt where the lactose has been broken down. Fermented milk products such as yogurt or kefir also have the added advantage of helping balance intestinal flora, ensuring proper bowel function.

Proteins are the building blocks of your body. Eating protein helps to prevent muscle loss. As well as being good sources of zinc and iron, meats, fish, dried beans and peas are excellent sources of protein. Animal foods are also full of B12 which is needed to make red blood cells and maintain the central nervous system.

Even though meat and fish are good for you, research has found that we should stick mainly to a plant based diet, full of nutrient-dense fruits, vegetables, and whole grain foods. It is also believed that these foods may protect against the adverse effects of carcinogens that we are exposed to everyday: tobacco smoke, viruses, and pollution. Plants are full of antioxidants and phytochemicals, too. They can also help reduce your risk of heart disease and they may even slow down the aging process. 



“When you are planning a meal, create a vibrant plate of living color. That’s a fun and delicious way to get in all those vitamins, minerals, and antioxidants. Just imagine how beautiful a dish of purple cabbage, red peppers, green broccoli, red tomatoes, and orange slices might be.”



CIRCLE THE FOODS THAT ARE THE BEST SOURCE OF THE NUTRIENT LISTED:

(Hint: Some may have more than one answer!)

Vitamin A:

Cauliflower, Greens, Apple

Vitamin C:

Apple, Banana, Grapefruit

Fiber:

Pear, Dried Beans, Applesauce

Calcium:

Broccoli, Butter, Yogurt

Iron:

Milk, Meat, Dried Fruits

Nutrient Dense Foods:

Cake, Barley, French Fries

Answers:

Vitamin A= Greens,

Vitamin C= Grapefruit,

Fiber= Pear and Dried Beans,

Calcium= Broccoli and Yogurt,

Iron= Meat and Dried Fruits,

Nutrient Dense= Barley




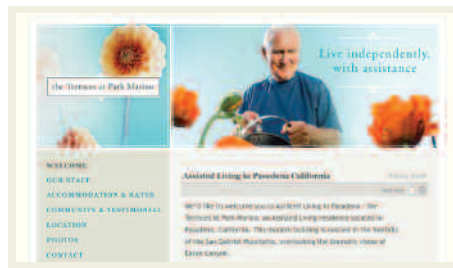
SUMMER DEBUT

TEST DRIVE OUR NEW WEBSITE!

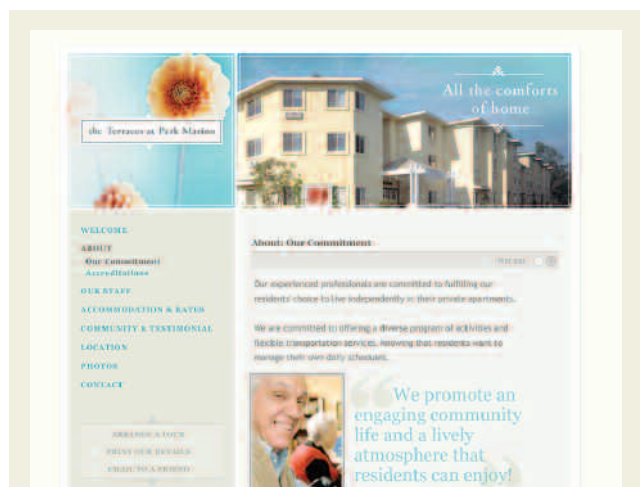
Elegant Design—More Information.

We were feeling that our old website was getting a little dated—plus it just didn't really convey the essence of the community that we have become. So, with the help and thoughtful effort of the firm Groundwave Design, the staff at both communities tackled the project—which was at times challenging but ultimately rewarding.

We had so much to share, that finding the right way to say it—in a clean, fresh presentation—became our goal. We focused on the elegant new photography by Loren Hammer who made the residents at our photo events so comfortable. Now the website provides a showcase for the lifestyle of our residents and a chance to share with you the experience of our communities. 



Visit www.parkmarino.com for the Terraces at Park Marino—our Pasadena community—and www.parkbalboa.com to see our Van Nuys community—the Gardens at Park Balboa.



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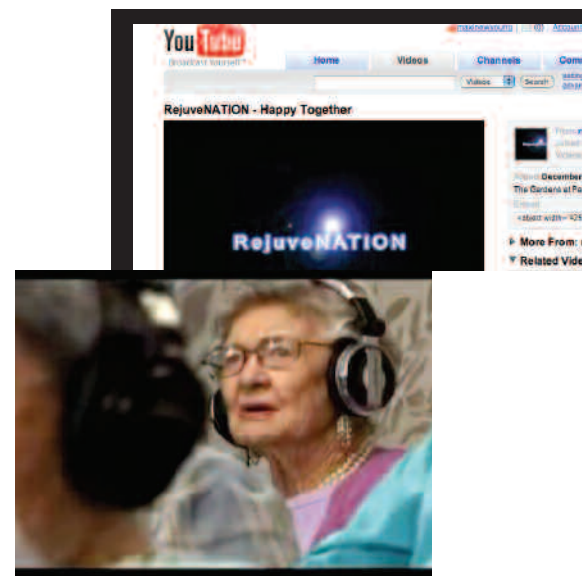
AWARD WINNING VIDEO

Mark Volman, the lead member of the band "The Turtles" viewed Happy Together on line and wrote to express his delight at seeing his hit song being sung by our wonderful group.

To view these three delightful performances on the internet, visit—www.youtube.com and type in:

*Rejuvenation – Happy Together
Rejuvenation – Twist and Shout
Rejuvenation – Paper Moon*

Thank you and congratulations to everyone who participated.



WWW.PANGEADAY.ORG

*"Happy Together" was featured on the Pangea Day website on May 10th. Virginia Cromie of Pangea Day, writes—
"Congratulations! ...your film submission "Happy Together" has been selected to be featured on Pangea Day's Website.."*

This short film was selected by the global Pangea organization—pangeaday.org—as part of their May 10, 2008 worldwide Pangea Day event. You can view the film at: www.pangeaday.org/filmDetail.php?id=56

UPCOMING EVENTS

the Gardens at Park Balboa

Friday, September 19th, 2008
Late-Summer Jazz Festival
4:00pm to 7:00pm

Thursday, November 27th, 2008
Thanksgiving Brunch
11:30am to 1:00pm

Saturday, April 25th, 2009
Arabian Nights
11:00am to 3:00pm



SUMMER JAZZ Evening



the Terraces at Park Marino

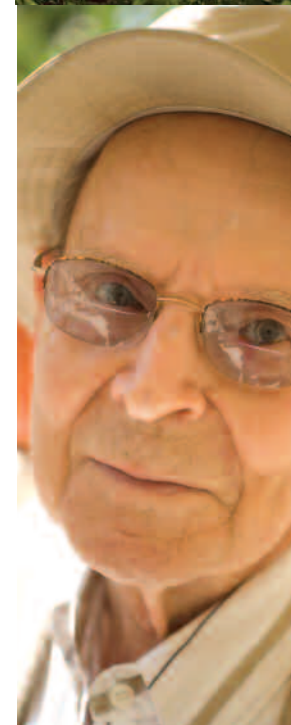
Saturday, September 20th, 2008
Late-Summer Jazz Festival
4:00pm to 7:00pm

Friday, October 31st, 2008
Haunted House & Show
Time to be Announced

Thursday, November 27th, 2008
Thanksgiving Brunch
12:00noon to 1:30pm

Saturday, February 23rd, 2009
Mardi Gras
1:00pm to 4:00pm

Saturday, May 23rd, 2009
Arabian Nights
Time to be Announced



the Terraces at Park Marino



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