

Five Benefits of Eating Apples, Kerri-Ann Jennings, MS, RD

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1. Nutrition, Straight Up

Packing in quite a bit of soluble fiber (4 grams per medium apple) for a modest amount of calories (95) makes apples a filling, sweet snack. Plus, a medium apple counts as one cup of fruit, so after eating one, you're well on your way to meeting your daily fruit quota (around 2 cups for adults on a 2,000 calorie diet). They also are a good source of immune-boosting vitamin C (providing 14% of the Daily Value).

2. Weight Loss

Apples satisfy hunger for few calories so it's not surprising that they can be part of a healthy diet that promotes weight loss. And in a recent study, dried apples also helped participants lose some weight. Women who ate a cup of dried apples daily for a year lost some weight and lowered their cholesterol and heart disease markers. Florida State University researchers think apples' antioxidants and pectin (a type of fiber) are responsible for the benefits — and think that fresh apples would be even more effective.

3. Heart Health

The Florida State study is not the only one to link apple consumption to heart health. Last year, the Iowa Women's Health Study reported that, among the 34,000-plus women it's been tracking for nearly 20 years, apples were associated with a lower risk of death from both coronary heart disease and cardiovascular disease. ... Experts attribute the heart-healthy benefits to antioxidant compounds found in apples, which help prevent LDL cholesterol from oxidizing and inhibit inflammation. Plus, the soluble fiber in apples has also been shown to lower cholesterol levels.

4. Protect Against Metabolic Syndrome

People who eat apples may be less likely to suffer from metabolic syndrome, a cluster of symptoms linked to an increased risk of heart disease and diabetes. Joyce Hendley reported in EatingWellMagazine that researchers who analyzed National Health and Nutrition Examination Study (NHANES) data, a survey of eating and health habits, found that people who had eaten apples in any form over the past day were 27 percent less likely to have symptoms of metabolic syndrome than those who didn't. The apple eaters also had lower levels of C-reactive protein, a marker of inflammation whose presence in the blood suggests an increased risk for heart disease and diabetes.

5. Exercise Extender

Eating an apple before you work out may boost your exercise endurance. Apples deliver an antioxidant called quercetin, which aids endurance by making oxygen more available to the lungs. One study showed that quercetin — when taken in supplement form — helped people bike longer. (www.eatingwell.com)

Patriot Day

In the United States, Patriot Day occurs on Sept. 11 of each year, designated in memory of the 2,993 killed in the September 11, 2001 attacks. Initially, the day was called the Prayer of Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. On September 4, 2002, President Bush used his authority created by the resolution and proclaimed September 11, 2002 as Patriot Day.



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September 2017

Watermelon Social



We had a great time at the Watermelon Social!

Nail Care



We just love and appreciate Lyn coming to help us out with Nail Care every week.

Carol Burnett's Comedy

Millions of viewers spent their Saturday nights laughing out loud because of "The Carol Burnett Show," the first TV variety show to be hosted by a woman. Still ranked as one of television's best, the series premiered 50 years ago this month, on Sept. 11, 1967.

The hourlong program was a mix of comedy sketches, musical numbers and parodies performed by Burnett and cast members Vicki Lawrence, Harvey Korman, Tim Conway and Lyle Waggoner. The group often spoofed movies and TV shows, with "Went With the Wind" and "As the Stomach Turns" among its many memorable segments. Another recurring skit, "The Family," was spun off into a popular sitcom, "Mama's Family."

Each week, a guest star acted alongside the cast. Lucille Ball, Steve Lawrence, Betty White and Sammy Davis Jr. were among the dozens of entertainers who appeared on the show.

Burnett began most shows by saying, "Let's bump up the lights," and then taking questions from the audience. She ended each program by singing her theme song, with the lyrics "I'm so glad we had this time together," then tugging her left ear, which was a loving signal to her grandmother.

"The Carol Burnett Show" aired for 11 seasons and earned 25 Emmy Awards.



SEPTEMBER 2017

Locations

Activities Room, AR
Activities Room Hallway, AH
Court Yard, CY
Dining Room, DR
Game Room, GR
Independent Living
Activities Room, IA
Independent Living Dining Room, IL
Outing, O
Patio, P
Windsor Room, WR

Transportation Schedule

Thursday
11 a.m.
Lunch Outings

Sunday
2-4 p.m.
Bus Ride

Birthdays

Ida Jenkins, 26th

"How beautiful the leaves grow old. How full of light and color are their last days."

—John Burroughs

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3	LABOR DAY4	5	6	7	18	2
9:00 Sunday School, IA 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Matinee Movie, AR 3:30 Bean Bag Toss, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 1:30 Art for the Heart, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 1:30 Finish That Tune, AR 2:00 Bingo, AR 3:30 Arts & Crafts, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Zumba, AR 11:15 Day Trip With Lunch Outing, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Dancing to the Music, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
10	PATRIOT DAY11	12	13	14	15	16
9:00 Sunday School, IA 3:00 Grandparents Day Social w/ the Lyrics, IL 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 America the Beautiful Tribute, AR 2:45 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 1:30 Horse Race Game, AR 3:00 Arts & Crafts, AR 6:45 Fun Flicks & Popcorn, AR	9:50 Toss & Catch, AR 10:30 Reminiscing, AR 11:05 Lunch Outing: Picadilly 1:15 Bus Ride/ Possible Movie Outing, TBA, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Fun With Trivia, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
17	18	19	ROSH HASHANAH BEGINS AT SUNDOWN20	21	FALL BEGINS22	23
9:00 Sunday School, IA 9:45 Bible Scripture Reading (Ms. Dawn Taylor), AR 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Bean Bag Toss, DR 2:30 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 1:30 Art for the Heart, AR 2:00 Nail Care, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Ring Toss, AR 2:00 Entertainment by Rose Schlater, IL 3:30 Arts & Crafts, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Zumba, AR 11:15 Day Trip With Lunch Outing, O 2:00 Viva Italia Social!, IA 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 1:45 Snack Bingo, AR 3:15 Second Rule Game, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR
24	25	26	27	28	YOM KIPPUR BEGINS AT SUNDOWN29	30
9:00 Sunday School, IA 2:00 Bus Ride, O 6:45 Art for the Heart, AR	10:00 Chair Exercise, AR 10:30 Book Club, AR 1:30 Dancing to the Music, AR 2:30 Bingo, AR 6:45 Card Games, AR	9:45 Walking Warriors, AH 10:30 Lemonade & Conversation, AR 2:00 Nail Care, AR 6:45 Card Games, AR 7:00 North Hampton Church of Christ, DR	9:30 Resident Meeting, AR 10:00 Chair Exercise, AR 10:30 Ring Toss, AR 2:00 Autumn Social, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Chair Yoga w/ Tina Holter, AR 1:15 Bus Ride/ Possible Movie Outing, TBA, O 6:45 Card Games, AR	10:00 Chair Exercise, AR 10:30 Book Club & Doughnuts, AR 2:00 Birthday Party w/Roberto, IL 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 6:45 Checkers, AR