

vegetables, proteins and grains in your daily diet. Why does eating a rainbow work? Typically speaking, the color of the food indicates the nutrients it contains. For example:

- **Yellow and orange** produce has vitamins C and A.
- **Green** produce has vitamins K, B and E.
- **Purple** produce has vitamins C and K.
- If you are eating the rainbow, you will have a higher level of these vitamins in your daily life.

For older adults who have been diagnosed with heart disease or who are at risk for heart related conditions, a specific diet known as the **DASH** eating plan (Dietary Approaches to Stop Hypertension) can be valuable. This plan emphasizes whole foods, fat-free or low-fat dairy, poultry and seafood. It limits sodium and sugar intake and also limits caloric intake based on the individual's activity level.



Learn To Read Labels - Foods are all labeled with some sort of sell by or freshness date. As an older adult, it's important that you avoid foods that could be spoiled, as your body is going to have a harder time fighting off infection if you get sick. These dates can be confusing, though, because food that is **"past its date"** is not necessarily spoiled, depending on the type of date such as "Sell by," "Use by," "Best if used by," etc. These dates can be confusing. To avoid unwanted sickness, **err on the side of avoiding a food you think may be too far past its date.**

When reading the nutrition portion of food labels, look first at the **serving size**. Sometimes food manufacturers will list a serving size that is much smaller than what an average individual will consume.

Look for foods that are **low in fat, low in added sugars, low in sodium** and **high in fiber**.

***** Continued On Advertiser Insert *****

***** Officers/Board Of Directors Meeting @ 9:15 a.m. *****
 * Everyone - Please Bring This Newsletter With You To Our Meeting And Bring/Invite A Friend! *

Wednesday - July 26, 2017 | 10:00 a.m. - Noon
 Cheryl Glover | Houston County Habitat For Humanity



P.O. Box 7481
 Warner Robins, GA 31095
 www.AARPChapter1952.org
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Choice

The Newsletter Of AARP Chapter 1952
 (Houston County, Georgia)
 — Established November 7, 1974 —
 www.AARPChapter1952.org

July 2017
 Volume 21 - 7
 Monthly



Meeting Dates/Time: **Wednesday, July 26th** (10:00 a.m.) and **** Wednesday, August 23rd** (10:00 a.m.)
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Greg Davis	318-0471	Susan Sanders ^(Chairperson)	283-1887
Vice President	Frank Gadbois	953-7788	Sue Braun	302-5095
Secretary	James Erdmanczyk	(678) 246-4219	Catherine Butler	(803) 614-9620
Treasurer	Benedicta Edge	333-2310		
"Choice" Editor	Greg Davis	318-0471		



Birthdays For July

Paula Barnes	1 st	Helen Daly	1 st	Julie Heishman	3 rd	Catherine Butler	22 nd
Maureen Echols	24 th	Jeremiah Thompson	25 th				

Birthdays For August

Jennifer West	11 th	Angela Harris	26 th
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WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882).** "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4 NKJV**

Sick/Shut-Ins: Ivis Bedrick, Ruth Davis, Trudy Deep, Jeanine Frey and Mary Lappano.

We wish health/wellness to all past/current members, family members and friends. **ggd ☺**

Highlights From The June 2017 Meeting: Guest Speaker - **Denise Creel** | **Easterseals of Middle Georgia** which maintains as its primary objective *the empowerment and rehabilitation of individuals with disabilities through the provision of quality services.* It is the firm belief of the Board and staff that **"it is the abilities that count."** Children and adults with disabilities and special needs find highest-quality services designed to meet their individual needs. Non-core services include transportation, literacy, GED and referrals. **Advocacy** - Easterseals is among leading agencies with strong opposition to the **Better Care Reconciliation Act (BCRA)**, which includes deep cuts to Medicaid services for people with disabilities. **Connect/Give Locally** - Easterseals of Middle Georgia: 604 Kellam Road, P.O. Box 847 | Dublin, GA 31040 | 478/275-8850 **ggd ☺**



Additional activities included our annual membership drive, canned food drive (supporting Meals-On-Wheels), cultural dance performances (*Forever Young Dancers*) and a delicious **"calories not authorized"** summer picnic!



3 Important Reasons For Adults To Get Vaccinated!

1. You may be at risk for serious diseases that are still common in the U.S.
2. You can't afford to risk getting sick.
3. You can protect your health and the health of those around you by getting the recommended vaccines.

Be Informed! Visit: www.cdc.gov/vaccines/vpd-vac **ggd ☺**

Welcome New Members: **Earl Walker** and **Wilborn McCrary!** ☺

Members: Please UPDATE your local (Chapter 1952) membership ... still a “bargain” at only \$5.00/Year!
Advertisers/Sponsors: Your support of our newsletter is an exceptional value at only \$5.00, \$10.00, \$20.00, \$30.00 or \$40.00 **PER MONTH - PRORATED** and helps tremendously to offset printing/production/marketing expenses. *** Special Rates/Web Banner Spots Available As Well ***

Thank You Advertisers For Your Advertisement Renewals!

Thank You ... Thank You ... Thank You!



ALL: As Chapter President and Editor I'm open to suggestions for our newsletter!

So please, keep your membership status/information current and get your newsworthy information and/or photographs to me as soon as possible!

Sincerely,

Greg Davis ggd ☺ Tel: 478/318-0471 | E-Mail: gdavismail@gmail.com!

"Relevance!"

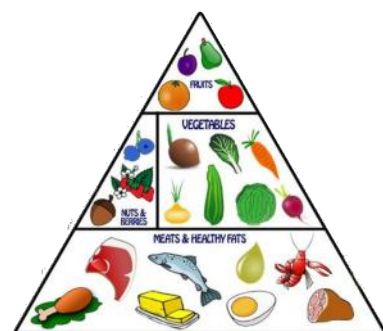
AARP Chapter 1952 ... We ARE "Forever Young!"

NOTE: With the exception of **November, December** and “special events,” our (monthly) meetings are held on the **fourth (4th) Wednesday**. As such, the newsletter is (usually) printed/mailed the third (3rd) Tuesday or Wednesday. We're **ALWAYS** “early” for the following month's special days/celebrations and SOMETIMES we're “early” for the current month's special days/celebrations as well. **2017 Meetings/Events:**

- 1/25/17 - Rebuilding Together Warner Robins ... [CHECK]
- 2/22/17 - The Otis Redding Foundation ... [CHECK]
- 3/22/17 - Wesleyan College/Confucius Institute ... [CHECK]
- 4/26/17 - SPRING-O-O-O At Antebellum Grove [CHECK]
- 5/24/17 - Ortho Georgia (Change) ... [CHECK]
- 6/28/17 - Summer Picnic/Membership Drive | Easter Seals of Middle Georgia [CHECK]
- 7/26/17 - Habitat For Humanity (Houston County)
- 8/23/17 - BBB Central Georgia
- 9/20/17 (Third Wednesday) | Walgreens
- 10/25/17 - Cherished Children (Warner Robins)
- 11/20/17 (Third Monday) | Business Meeting/Phoenix Center
- 12/18/17 (Third Monday) | Christmas Meeting/TBA

Nutrition Guide For Aging And The Elderly

As our bodies age, its dietary needs change. In older years, our activity levels may go down, and our metabolism will slow. This means we won't need as many calories as when we were young and active. Learning to eat well for ANY age - especially as we age — can help stave off a number of health conditions, helping us save both time and money normally spent on trips to the doctor. What we eat becomes even more important with **ANY** chronic condition (common with aging), such as heart disease or diabetes.



Focus On Nutrients: The key to healthy nutrition is a focus on nutrients, rather than simply counting calories or eating whatever you feel like eating. Because you need fewer calories as an older adult, you need to make sure those calories count!

The **American Heart Association** warns that many people are not getting the nutrients they need to be healthy. In order to get the right nutrients, choose foods that include:

Fruits, Vegetables, Whole Grains, Low-Fat Dairy, Lean Proteins Like Poultry and Fish, Nuts, Legumes

and Healthy Fats

Some foods are best for everyone to limit but especially older adults. Specifically, watch out for:

- **Sugars and starches** – Sugars and starches can make problems with blood sugar, such as diabetes, even more difficult to manage. They also include empty calories that can contribute to weight gain.
- **Sodium** – Sodium, also known as salt, is a necessary nutrient, but most people get too much of it in their diets. Sodium can increase blood pressure and the risk of heart disease, so try to limit your sodium intake.
- **Saturated fats** – Some fats are good, but saturated fats are not.
- Another way to look at nutrients is to look for the right balance of macronutrients. **Macronutrients** are the carbohydrates; fats and cholesterol; fiber; and protein and amino acids that are found in all foods.

“Think joining AARP makes you old? **Get over it.**”



AARP National + AARP Chapter 1952

Here are some guidelines about how many of these macronutrients you need:



Carbohydrates - Carbohydrates provide energy to the body, so cutting carbs completely is not a good idea. In fact, even for older adults, 45-65 percent of the daily diet should be carbs. Complex carbs, such as those found in fruits, vegetables and whole grains, are better than simple carbs found in sugars.

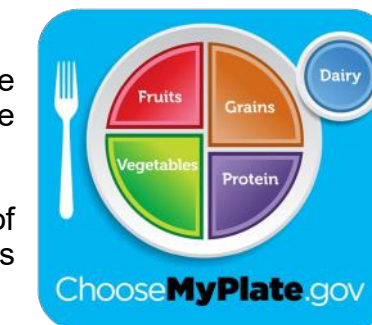
Fats and Cholesterol – Fats are necessary for the body to absorb specific vitamins, including vitamins A, D, E and K. Fat also helps keep the body's temperature stable and insulates the internal organs. Aim for monounsaturated, omega-3s and polyunsaturated fats to make up around 10 percent of your diet.

Protein and Amino Acids – Protein typically comes from meat, and many times older adults do not get enough protein because of their lowered appetites. Protein can help keep the muscles lean and strong, even as you age. Aim for 25 to 30 grams of protein in each meal you consume.

Dietary Fiber – Dietary fiber helps keep the bowels regular and improves hydration. It also assist the body in absorbing nutrients from food and can reduce the appetite for those who are overweight. Fiber comes from whole grains, fibrous fruits and vegetables. Women over the age of 50 need around 14 grams of fiber a day, while men need around 18 grams.

As you focus on nutrients, one of the easiest ways to ensure you are getting enough of the right foods is to pay attention to these macronutrients.

Have you learned about the food pyramid? This tried and true method of teaching healthy eating has undergone a makeover. Today, dieticians recommend following a plan known as the “**MyPlate**” plan.



MyPlate provides an easy visualization of how much food you should be eating. If you picture a round dinner plate divided into two halves, one of the halves will be split between protein and grains, with a little bit heavier emphasis on grains. The other half will be split between fruits and vegetables, with a heavier emphasis on vegetables. To the side, you will have a small cup for dairy. A healthy plate is one that matches the ratios on the **MyPlate** plan. For the elderly, the “plate” may be a little smaller, but the ratios are the same.

Another way to spot a healthy plate is to look for **a full rainbow of colors**. If you are eating **red, orange, green, purple and red foods** at every meal, you are bound to get the right balance of fruits,

☺ Check out our website - www.AARPChapter1952.org - and enjoy the newsletters in full COLOR! ggd