

## FEATURE

### National Nutrition Month: Superfoods for Seniors!

Joe H. Zerbey VI

When is the last time you took a step back and asked yourself “what are my favorite foods?” Usually, our reasons for liking certain food boils down to taste, texture or sweetness, or whether or not a loved one prepared it for us. Whether it’s a sandwich, pesto pasta, eggs and toast, or a stake, we love food for a multitude of reasons. However, we often forget to seek out food that is not only good tasting, but good for us as well. As we age, we will need as much power as we can possibly get!

In light of National Nutrition Month, we’ve decided to provide a list of foods that are most beneficial for your brain and body. If you’re a fan of nutrient dense treats, then you’ve come to the right place. Working some of these foods into your diet may provide surprising results.

#### 1 – Berries

Berries provide “one-stop nutrition” for the over-50 crowd because they're high in fiber, vitamin C and anti-inflammatory, antioxidant flavonoids. “Fiber helps keep us regular, manage our weight and protect

against diseases like diabetes, heart disease and cancer,” says registered dietitian nutritionist Nancy Farrell Allen, a spokesperson for the Academy of Nutrition and Dietetics. Men 51 or older should eat 30 grams a day, and women 50 years or older should eat 21 grams a day.

#### 2 - Leafy Green Vegetables

“As we get older, our bones become softer and need calcium,” says Bernard of the NIH. “That’s something you can get from low-fat dairy and dark-green leafy vegetables.” We’re talking kale, arugula, broccoli and spinach, which are also high in fiber, appear to boost muscle function and are heart-healthy. An Australian study published in March 2021 in the *Journal of Nutrition* found that people who ate just one cup of nitrate-rich leafy green vegetables every day had 11 percent stronger lower limbs. Another recent study from Denmark looked at 50,000 people over a 23-year period and found that those who ate these veggies had a 12 to 26 percent lower risk of heart disease. And a third study, published this year in the journal *Neurology*, found that those with the highest levels of the antioxidants found in green leafy vegetables may be less likely to develop dementia.

#### 3 - Avocados

They don’t just taste good — they’re good for you. A 30-year Harvard study of some 110,000 people, published in the *Journal of the American Heart Association* in March 2022, found that those

who ate at least two servings of avocado a week had a lower risk of cardiovascular disease than those who seldom ate them.

#### **4 - Whole Grains**

Whole grains are rich in fiber, which helps with digestion and helps to protect the body from certain diseases. Some of the best whole grains include wheat germ, oatmeal, quinoa, and brown rice.

#### **5 - Beans and other Legumes**

Beans and legumes are rich in plant protein, fiber, B-vitamins, iron, folate, calcium, potassium, phosphorus, and zinc. Most beans are also low in fat. Legumes are similar to meat in nutrients, but with lower iron levels and no saturated fats. The high protein in legumes makes them a great option in place of meat and dairy products. Vegetarians often substitute legumes for meat.

- All information for this article was sourced from AARP and MedlinePlus.

Please feel free to provide feedback on this newsletter's contents to either myself at [jzerbey@longviewwithaca.org](mailto:jzerbey@longviewwithaca.org) or Christina Sterling at [csterling@longviewwithaca.org](mailto:csterling@longviewwithaca.org). We want to keep the newsletter relevant, fun and to the liking of those who read it. Thank you again for your support.

## **SPIRITUAL GUIDANCE NEWS**

### **Preachers for March, Sunday worship at 2:30 pm in the auditorium:**

March 3/The Salvation Army Women's Auxiliary

March 10/Pastor Geri Judd, Newfield Methodist Church

March 17/Pastor Nancy Didway, Dryden Presbyterian Church

March 24/Brooke Newell

March 31/Brooke Newell

### **"Stretch Your Spirit" Opportunities in March:**

Wednesday, **March 6th**, 1:30 pm, Carol Hockett will return to share about "Ancient Egyptian Faith as Reflected in Art."

Thursday, **March 21st**, 6:45 pm, Compline (evening song) service returns by popular demand.

Thursday, **March 28**, 2 pm, Laura Peters will lead a session on "Wellbeing Through Mindfulness."

### **Communion Service**

Our Spiritual Life Coordinator will offer a service of communion (bread and juice) on the Thursday of Holy Week, **March 28th**, at 10:45 am in the Chapel. This Thursday is commonly referred to as "Holy Thursday" or "Maundy Thursday," and commemorates the last meal Jesus shared with his disciples before his execution. All are welcome.

### **Shabbat Services in March:**

Friday, March 1, 4 pm, in the Chapel (3rd floor)

Friday, March 29, 4 pm, in the Chapel (3rd floor)

### **Visits From Father Dan:**

Father Dan from Ithaca College Campus Ministries will visit with our Roman Catholic residents on the 3rd Thursday of each month, starting at 2:00 pm to hear confession. To make an appointment with Father Dan, contact Brooke Newell, Spiritual Life Coordinator.

### **THANK YOU!**

Thank you to our longtime Sunday accompanist, Edna Federer, who has stepped

away from the piano due to vision problems.

Thank you to our current Sunday accompanist, Joan Reppert.

Thank you to our current Wednesday Hymn Sing accompanist, Joe Haines.

Thank you to Jim Evans who provides vocal leadership at worship and Hymn Sings.

## RECREATION

### **Intro to Meditation – Mondays at 3:15PM**

This semester, Mary Ann Erickson continues her Introduction to Meditation group at Longview. All are welcome to attend.

### **IC Discussion on Wisdom – Monday, March 4 and March 25 at 6:30PM**

Lucy Hogan, IC Occupational Therapy student, and Mary Ann Ericsons will be leading a discussion on the influence of age on ideas about wisdom. Hogan is conducting a research study on this topic. The first session with Longview residents will be talking about wisdom.

The second session will be a discussion with both Longview residents and Ithaca College students. Three basic questions will be asked: Who do you think is wise and why? What is Wisdom? How does wisdom develop, and do you always get wiser with age? Please reach out to Bree Nash if you're interested. The discussion will be listed in the weekly recreation schedule – all are welcome to participate.

### **Special Dates:**

Friday, March 8 – International Women's Day

Sunday, March 10 – Daylight Savings Time/Ramadan Begins

Sunday, March 17 – St. Patrick's Day

Monday, March 18 – Lent Begins

Tuesday, March 19 – Spring Begins

Sunday, March 24 – Palm Sunday

Friday, March 29 – Good Friday

Sunday, March 31 – Easter

### **Events & Entertainment:**

3/1 – Coffee with Cheryl

3/1 – Shabbat Services with IC Hillel

3/4 – AL/EAL Resident Council Meeting; Cornell Companions Pet Therapy; IC Discussion: Wisdom

3/5 – Music with the Fortnight Singers

3/6 – Stretch Your Spirit: Faith of Ancient Egypt

3/7 – Cornell Companions Pet Therapy visit with IC Students & Breakfast the llama!

3/8 – Wellness Series (Rescheduled): Celebrating National Nutrition Month

3/11 – AL/EAL Resident Council Meeting; Holiday Bazaar Meeting

3/12 – Music Therapy with Amanda

3/14 – IC Music: Irish music performance with Ben Hogben

3/17 – Recreation Committee Meeting

3/19 – Food Committee Meeting

3/20 – Building Committee Meeting

3/21 – Garden & Grounds Committee Meeting; Stretch Your Spirit: Compline/NightSong

3/22 – Musical Performance by Tom Robert

3/26 – Music Therapy with Amanda

3/28 – Holy Communion/Maundy Thursday Service; Stretch Your Spirit:

Mindfulness

3/29 – Musical Performance with The Maplewood Jazz Trio; Shabbat with IC Hillel

## MARKETING AND SALES

Kim Owen

What's new in Marketing and Sales? We're moving in March and soon you'll be able to find Kim, Kylie and Joe in #309. We really want to thank all of the staff who were instrumental in helping to make this transition happen. One of the cool things that we look forward to sharing with you are some of the finishes that will be going into the renovated apartments when we get that project underway. We welcome you to stop by and say hello once we are moved in.

Our March Wellness Series has been rescheduled to Friday, March 8<sup>th</sup>. It will be held at 1:30pm in the Longview Auditorium and all are welcome. We have also opened up this program series to the community as a way to start inviting more people to come in to check out Longview and what we're about all while learning a little something. Keep an eye on the schedule for our monthly programs which will always be the first Friday of each month unless otherwise noted.

Just a few reminders...

**Resident Referral Program:** New guidelines for the program were delivered in December and if you'd like another copy, you can ask any one of us in Marketing and Sales. This is a great way to pick your own neighbors.

**Guest Apartments:** Keep Longview in mind when scheduling your next visit with a friend or relative. Our guest apartments are

available for nightly rental and can be reserved by calling our office. We offer a fully furnished one bedroom for \$135 per night and a studio for \$105 per night. Meals are not included but guests are welcome to visit our dining room for breakfast, lunch or dinner. Also, all amenities are available for their use within the Longview community.

Lastly, please welcome your new neighbors. Longview welcomed three new neighbors in February and at least five new neighbors are scheduled for move in for March.

## TIDBITS

### Amaryllis Flower

Flower and Photo provided by Sunny Kuskin



Ron Poley

A big thank you to Kathy Wilsea for taking on the project of finding pictures and paintings to display in our dining room and throughout the wings and lounges. Not only did she place them prominently but also repaired and cleaned them, restoring them back to their original beauty for all to enjoy

## LONGVIEW LIBRARY

Janice Lawrence

### Coming Soon to the Library Near You (Right here at Longview)

The resident volunteers who work in the library met recently with Whitney from the Recreation Dept. Several library activities were discussed.

The bulletin board is being moved to the wall in the entryway of the library. Library-related notices and other information will be posted there.

The book displays will continue following the themes posted in the window, so check the sign and then come in and check the display. If there is a book in the display that you'd like to read, it's ok to sign it out. Please suggest other themes you'd like to see displayed.

Some people would like to have a **Longview Book Club**. If you might be interested in reading and discussing books with others, please sign up on the bulletin board.

Have you read a book from our library which you'd like to recommend to others? If so, fill out a "**Pick of the Week**" form and we'll let others know.

This is the news from the library. It'll keep you out of trouble, and it's good for your brain.

## MARCH BIRTHDAYS

March 8<sup>th</sup> - Rena Ocone

March 9<sup>th</sup> - Diane Kelley

March 10<sup>th</sup> - June Layton

March 13<sup>th</sup> - Mary Ellsworth

March 15<sup>th</sup> - Phyllis Smith

March 16<sup>th</sup> - Victoria Calandra

March 18<sup>th</sup> - Donna Jean Darling

March 18<sup>th</sup> - Lucille Wernsing

March 20<sup>th</sup> - Harry Lawless

March 25<sup>th</sup> - Elise Jo Trawick

## NEW RESIDENTS

Harry Caraco (**327C**) – 3/16

Dennis and Louise Osika (**320B**) – 3/29

Neal Racinowski (**230C**) – 3/1

Steve and Beth Suddaby (**PH 139**) – 3/1

Donna Sokol (**344C**) – 3/10

Gloria and Harlan Vatland (**333C**) – 4/15

## NEW HIRES

Kelly Proctor – Recreation Assistant

## IC PARTNERSHIP

Please contact Bree Nash at

**Bnash@longviewwithaca.org** or Angela Darling at **Adarling@ithaca.edu** with any interest or questions concerning Ithaca College or Recreation.

### Creator

Gret  
Atkin

### Editor

Joe H.  
Zerbey VI

### Contributors

Kylie Morse  
Bree Nash  
Brooke Newell  
Kim Owen  
Christina Sterling