



Nutrition News You Can Use

Five Nutrition Tips to Promote Wound Healing



We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when kept clean and free of infection, while other types of wounds are more serious and require medical intervention.

Serious wounds may include decubitus ulcers, also known as pressure sores or bed sores. Decubitus ulcers develop where bones are close to the skin — such as ankles, back, elbows, heels and hips. These wounds are a risk for people who are bedridden, use a wheelchair or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal.

Fortunately, healthful food choices may help with recovery by providing the calories, vitamins, minerals and protein necessary to promote healing.

Promote Wound Healing with Good Nutrition

1. Plan healthy, balanced meals and snacks that include the right amount of foods from all the MyPlate food groups — protein foods, fruits, vegetables, dairy and grains.

2. Choose vegetables and fruits rich in vitamin C, such as broccoli or strawberries. For adequate zinc, choose fortified grains and protein foods, such as beef, chicken, seafood or beans. Some wounds may require a higher intake of certain vitamins and minerals to support healing. Speak with your healthcare provider before starting any new supplements.
3. Include adequate protein throughout the day. Include a source of protein at each meal or snack. A sample menu may include scrambled eggs for breakfast, black bean tacos for lunch, yogurt or cheese for a snack and chicken at dinner.
4. Stay well-hydrated with water or other unsweetened beverages.
5. For people with diabetes, controlling blood sugar levels helps prevent wounds from developing and supports healing and recovery.”

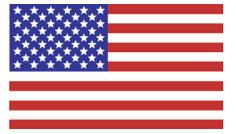
A registered dietitian nutritionist can work with you to develop an individualized eating plan that meets your specific needs.

Contributed by Janet Budnick, RD

Dog Days 2022!



We want your feedback... send your comments, suggestions and ideas to Karrah at KCullers@plymouthplace.org.



August 2022 Wellness Trend

Mind, Body and Spirit –

The first thing that comes to mind when you think about “Staying Healthy” is exercise and diet. To stay healthy at 65 years and older we need to focus on our Mind, Body and Spirit. As we get older it is vital that we keep our minds as sharp as our body. This is a necessity for a healthy and independent lifestyle. By participating in aerobic and resistance training, we not only increase the blood flow to the heart, muscle and lungs; but there is also an increase of blood flow to the brain and Central Nervous System, which promotes neurotransmission and brain function. Exercise increases the level of endorphins and dopamine which help in the reduction of stress levels. If you have any questions please feel free to contact us at the Hendrickson Fitness Center.

BeMoved® Dance Aerobics –

BeMoved® Dance aerobics will take place 4 times this month! Wednesday August 3rd, 17th, 24th and 31st in the Hendrickson Fitness Center at 1:00 pm. Please note there will not be class on Wednesday August 10th. There will be a nominal charge per class, but it is worth it! For those who do participate regularly, bring a friend so they can join in on the fun! **PP**



Hot Off the Grill Party

August 3rd in Dixon Garden



Legacy Tea

August 14th in Dole Hall

PIZZA AL FRESCO

An idea from resident Mr. Jim McCarty has become a crowd favorite! Our Ooni Pizza oven produces delicious pies.

Look for weekly dates thru early Autumn.

Sign up for our **August 10th** event by contacting the Call Center at 708.588.6423.



ROMEOS Lunch Outing

Meet at 11:15 am in the lobby on August 15th

JULIETS

JUST US LADIES INTO EATING OUT TOGETHER

10:30 am on August 22nd

National Catfish Month

Over the past 8-10 years, while everyone has taken to labeling themselves a ‘foodie’; there has been an emergence of food holidays. National Donut Day is June 3rd, March 14th is Pie Day and February 9th is Pizza Day.

Would it surprise you to learn that August is National Catfish Month?? The whole month of August is devoted to Catfish! Let’s have a look at the role Catfish farming plays in the southern economy.

NATIONAL CATFISH MONTH TIMELINE

1949

Catfish Captured in Arkansas

The catfish is first captured in the Red River by the Arkansas Game and Fish Commission.

1980s

President Reagan’s National Catfish Day

After realizing the economic benefits catfish lends to America, President Reagan declares June 25 as National Catfish Day.

2007

The Catfish Institute Formed

The Catfish Institute is established in order to promote and recognize the works of catfish farmers.

2013

First National Catfish Month

Congress designates August as National Catfish Month.

Catfish has become a go to fish for chefs and families. It is low in cost, versatile and has health benefits. Catfish is low in calories and full of protein. Outside of its convenience, this fish is a huge source of pride for Mississippi, Arkansas and Louisiana. 94 percent of all farm raised catfish are produced in one of these states and provides a variety of jobs. There are tasks to be completed in harvest & cleaning, purchasing, water quality control etc. Would you believe that the farm raised Catfish industry in the US employs nearly 10,000 people and is the largest US aquaculture sector? **PP**
– K. Cullers

Catfish Farming Trivia (True or False)

- 1) The farm- raised Catfish industry in the US contributes \$250,000,00 to the US economy
- 2) The US has 88,000 surface water acres used for farming Catfish
- 3) The average Catfish farmer produces approximately 5000 pounds of Catfish per acre
- 4) In 2020 Catfish growers sales were between \$365,000,000 – \$380,000,000

(4) True, sales were approximately \$371,000,000

(3) True

Catfish

(2) False the US has 89,400 surface water acres used for farming \$400,000,00 to the US economy

(1) False, The farm- raised Catfish industry in the US contributes

Answers