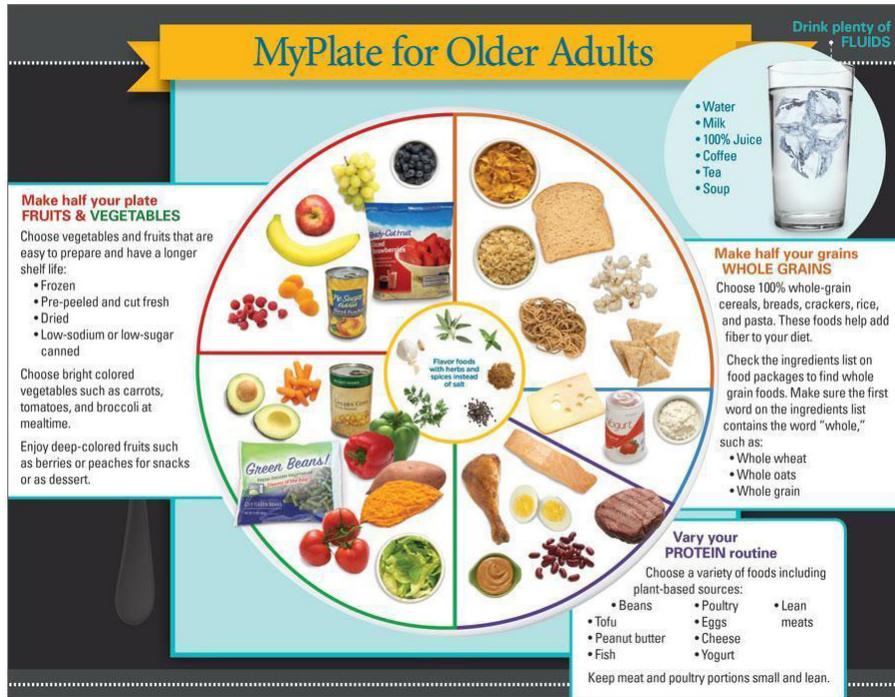


*The Monthly Newsletter of the Plymouth Place Dining Services, Life Enrichment & Wellness Departments*

## Nutrition News You Can Use

# Dining for Elite Agers Becomes the Focal Point of the Day



As we age, we define our food likes and dislikes. We experience our mother's and other family members' cooking and learn to discern what we want to eat. Our senses are involved in our choices: the distinguishing smells that come from the kitchen. The taste of sweet, salty, or sour. The sounds of foods such as bacon sizzling in the pan is something we learn to enjoy. The vision of the glorious food arranged "just-so" on the plate can make our mouth water. We determine that we "hate vegetables" or only like 2 fruits, and we are steadfast in these choices until we begin to develop dementia as an Elite Ager.

Dementia is a life changing experience. We forget what we like. We forget to enjoy the smells, the sounds, the tastes. We forget how to use our utensils. We forget the names for basically everything such as "this is salad. This is peaches." We forget that we need to eat a variety of foods, that we need a balanced meal. Dementia shelters us from what we liked and who we were in our golden days. We just don't remember.

During lunch every day, I have the opportunity to assist feeding some residents on the 3rd floor in the Healthcare Center. It's not just the feeding assist; we con-

verse about their past, their husbands and children. About music and dancing. We listen to music during our meal to help the focus be on the food, not on the surroundings. I have the opportunity to assure a few of my residents a balanced diet just by being present and offering these to them with a "yum, peaches. We love peaches, try one" comment. And I receive the same "yum" sound back when they eat one.

My goal is to share my knowledge in a "do as I do" situation in the dining room, to improve nutrition and maintain the weights of my residents. I am not always successful at every lunch, because dementia is not a constant every day- it is forever changing. They do respond positively to my voice, however. That is one of the familiar things that is constant at "Ladies Lunch".

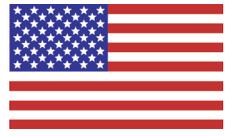
So in closing, may I remind all of you to eat your rainbow of vegetables and choose a dark blue, purple or red fruit at each meal for dessert? **PP**

*Yours in Good Nutrition,  
Janet Budnick, Clinical Nutrition Manager*



# Time for Summer!

**We want your feedback...** send your comments, suggestions and ideas to Karrah at [KCullers@plymouthplace.org](mailto:KCullers@plymouthplace.org).



## June 2022 Wellness Trend

### Health Education –

Join Ed on Friday June 17th at 2:30 pm to learn about the importance of Spiritual Wellness and the benefits it brings to oneself. Meditation is a great way to focus on your spiritual wellbeing and in the Fitness Center twice a week there is a Chair Yoga and Chair Tai Chi class which is the perfect starting point. If you are interested in learning more on chair yoga and Tai Chi please don't hesitate to ask. If you have any questions you can call Ed or Stefanie at 708-482-6775.

### Be Moved Dance Aerobics –

Be Moved Dance aerobics will take place 4 times this month! Wednesday May 4th, 11th, 18th and 25th in the Hendrickson Fitness Center at 1:00pm. 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**

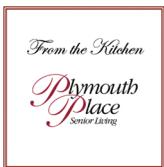


### ROME OS Lunch Outing

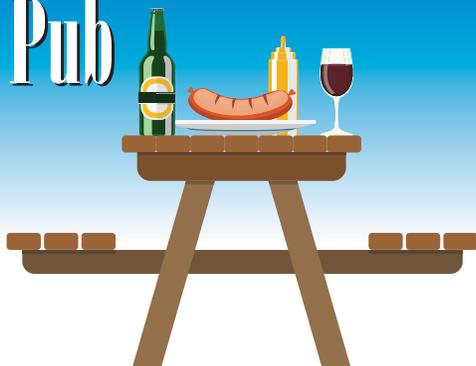
Meet at 11:15 am in the lobby on June 17th

### Dixon Garden Farmers Market

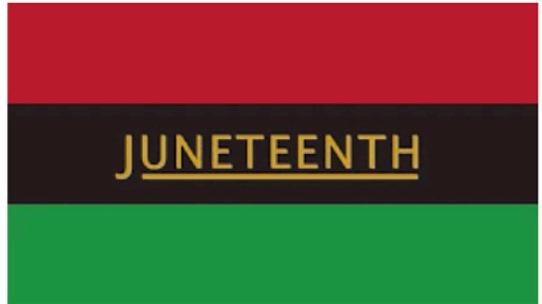
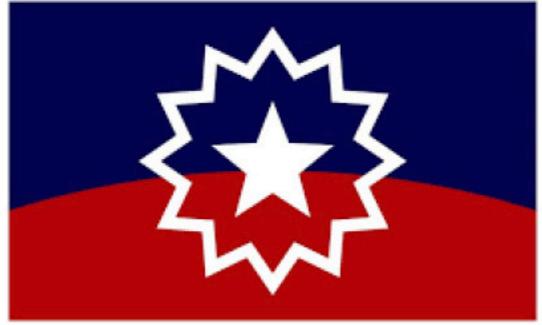
June 9th at 10:00 am – Dixon Garden  
Join us for a Marketplace featuring the below vendors to include Plymouth Place candy and produce from Castro.



## The Pub



June 23rd  
Summer Solstice Shindig in The Pub



## JUNETEENTH

Pictured above are 2 flags both associated with the Juneteenth holiday. Flags have always held interest to me as they tell stories. The colors of any flag have a lot to say about history. The Juneteenth flags are steeped in rich history.

In this case these flags are as communicative about history as they are about food. The flag at the top, featuring the star has less to do with food and tells more about African American and our struggle for freedom. This flag has the same concept as the American flag; to indicate that African Americans have been granted the same equality as everyone else. The star is a nod to Texas (the Lonestar state) where Juneteenth was first recognized. The star also indicated freedom in all 50 states.

The red, green and black flag tells tale of pride, freedom and celebratory foods:

**Red** – The blood and lives lost on the path to freedom. This is celebrated with red food – red velvet cake, strawberry or hibiscus tea.

**Black** – Representing the melanin and unification of the African Diaspora.

**Green** – Stands for fertility, productivity and prosperity. This is celebrated with foods like collard greens or fried green tomatoes. **PP**