



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

Nutrition News You Can Use

September is Apple-Picking Season!

10 Reasons Why You Should Eat an Apple a Day.

By Shari Steinback, MS RDN. Shared by Janet Budnick, MS RDN LDN

We've all heard the famous saying, "An Apple a day keeps the doctor away," but did you ever wonder why eating an apple is so beneficial to your health? Many of the health benefits are due to the fact that apples are a rich source of phytochemicals, including quercetin, catechin, phloridzin and chlorogenic acid, all of which are strong antioxidants. These antioxidants help to break down and neutralize harmful free radical compounds within our bodies. Free radicals can rise due to many things such as exposure to polluted air and simply the aging process. Incorporating antioxidant rich foods such as apples into your daily meal plan can prevent free radicals from building up and promote better health in several ways:

Weight Management. Each medium apple contains approximately 4.5 grams of fiber. This fiber can slow digestion so you feel fuller after eating. This can keep you from overeating.

Gut Health. Apples contain pectin, a type of fiber that acts as a prebiotic that feeds the good bacteria in your gut. Your gut microbiota plays an essential role in your overall health and well-being.

Heart Health. Eating one medium apple a day may support a healthy heart by lowering blood pressure, cholesterol, and inflammation. Eat the peel, too, because its fiber and polyphenols benefit heart health.

Lung Strength. Research has shown that regular apple consumption may help promote lung function. For example, consuming five or more apples per week is associated with greater lung function and a reduced risk of developing chronic obstructive pulmonary disease (COPD). This may be due to the high concentration of antioxidants in apples, including flavonoids and vitamin C.

Brain Function. Apples contain a compound called fisetin. A 2014 study found that consumption of fruits that have this compound may prevent Alzheimer's and protect against memory loss. Identified only ten years ago, fisetin has been linked to fighting cancer and diabetes and is only now being praised for its brain boosting powers.

Immune System. Apple skins contain quercetin, a type of plant pigment flavonoid that helps boost your immune system and reduce inflammation

Diabetes Management. Eating apples on a regular basis has the potential to reduce insulin resistance, which should lead to lower blood sugar levels. This is because the polyphenols stimulate your pancreas to release insulin and help your cells take in sugar.

Bone Health. Due to a unique bone-building phytonutrient called phloridzin, apples can help improve bone density and reduce bone breakdown for women after menopause.

Asthma Prevention. According to a research review article in *Nutrition Journal*, apple consumption was associated with a lower risk of asthma and increased lung function. Experts speculate that those fabulous phytochemicals apply anti-inflammatory effects in the lungs and airways, reducing wheezing and other asthma symptoms.

Cancer Defense. Different observational studies have found that including fiber-rich apples as part of a nourishing diet can help reduce the risk of cancers such as colorectal cancer, lung cancer and forms of breast cancer. This is most likely due to the antioxidants in apples which provide anti-inflammatory and anti-cancer properties. **PP**

September 2023 Wellness Notes & Trends

Hendrickson Fitness Center –

Starting Monday September 11th, the Hendrickson Fitness Center will be closed due to remodeling. All classes will be relocated throughout the building. Please check your mailbox for a new class schedule and a color-coded fitness calendar for reference.

There will be cardio equipment available on the 2nd floor for all to use, located across from the nurses' station. If you have any questions please reach out to Stefanie at 708-482-6775.

New Classes Offered –

The Fitness and Wellness team has been listening to all your suggestions and we are happy to share that we are offering many

new classes! We will be adding stair fitness, dance fitness, line dancing, balance classes, both morning and afternoon meditation, and a seated aqua fitness. (Since the pool is closed we can't be in water, BUT we will still move and stretch like we are!) For dates, times, and locations, please refer to the schedule and calendar that will be in your mailbox.

Aquatic Classes –

Starting this month, the fitness area will be under construction. While most of our classes will be offered throughout the building, unfortunately aquatics will not be available. BUT, we do have an opportunity for aquatics classes through the Oak Brook Park District and Life Time Fitness in Oak Brook. If you are interested in learning more, please give Stefanie a call at 708-482-6775. **PP**



"An Apple a Day Keeps the Doctor Away"

We want your feedback... send your comments, suggestions and ideas to Jim at jpdewan@gmail.com.



Octoberfest Treats, Eventually

by James P. DeWan

Well, it's September, and you know what means: Octoberfest.

In September. Octoberfest.

On an adjacent topic, remember Sydney J. Harris? He was that journalist who flourished for several decades in the mid 20th century, first in the Chicago Daily News and later in the Chicago Sun Times. One of his regular albeit aperiodic columns was "Things I Learned En Route To Looking Up Other Things."

As an aside, that's me in a nutshell. My students—both music and culinary—will confirm that I have difficulty getting to the point. Or, more precisely, perhaps, staying on topic once I've established the point.

To wit: Why isn't October the eighth month? Like octopus. You know what I mean: "Oct" is the Latin prefix meaning eight, so why is October the tenth month?

Well—and you probably knew this already—the Roman calendar used to have only ten months, starting with March. Back in those days, July (then the fifth month) was called "Quintilis" and August (month number six) was called "Sextilis." September, October, November and December, then, made perfect sense as months numbered seven through ten.

Enter one Numa Pompilius, the second king of Rome. Unhappy with the tenth-month calendar instituted by his predecessor, Rome's founder Romulus, Numa added January and February (although not in that order—but, that's another story), and blah blah blah, Bob's your uncle.

Now, the point is, I was thinking about this because, well, Octoberfest starts in September, and I'm thinking, "Why is everything about October all screwed up?"

Turns out, Octoberfest starts in September for reasons much less complicated than Roman history: It just got too, too big to be contained in one month.

Now that that's settled, we can finally get to the point: Octoberfest and a brace of its many associate yumblies, namely, beer and pretzels—a perfect combination if ever there was one, rivaling cheese and crackers, Martini & Rossi, Abbott and Costello.

Beer, of course, is fairly said to be the national drink of Germany, and the locals take it very, very seriously. Back in 1516, the Germans passed the Reinheitsgebot, or Beer Purity Law, that limits beer's ingredients simply to water,

barley (malt) and hops. Yeast was considered more of a part of the process than an actual ingredient although, curiously, the two main types of beer, lagers and ales, are distinguished by the species of yeast used in the brewing process.

Your ales are what we like to call "top fermented" because the yeast that they use to ferment it tends to float to the top of the tank in a heady foam that the brewers scrape off. Your lagers, on the other hand, are "bottom fermented" because the yeast tends to stay mixed into the liquid, sinking down to the bottom as it gets spent.

The Germans are fond of a beer style called pilsner, which is a variant of lager. You should try one or two at The Pub this month.

Then there's that other Octoberfest delight, the soft pretzel, called brezel in Bavaria. Here're some interesting if not technically historically accurate "facts" about the pretzel:

The noble tripartite bread product is attributed to Italian monks, who formed pretzels into their iconic shape to imitate arms that were crossed in prayer. The three resultant holes represent Christianity's triune god. (Getting back to Sydney Harris for a second, it appears that the words "monk" and "monkey are not related.)

Pretzels get their noted deep brown color and dense, chewy texture from the process by which they're made, which includes, if you can believe it, lye. Lye, of course, is a dangerously caustic alkaline chemical called sodium hydroxide that's most commonly used in products like oven cleaners and drain openers—not the sort of thing that you think would make for great food. (Along with pretzels, for example, one of its other culinary uses is in the production of lutefisk, a Scandinavian delicacy that the American humorist Garrison Keillor once described as "a repulsive gelatinous fishlike dish that tasted of soap and gave off an odor that would gag a goat.")

The lye solution in which the pretzel is dipped helps it achieve that beautiful mahogany color in the oven. Modern and less horrifying versions more suited to home cooking substitute the lye bath with a quick dip in boiling water made alkaline by the addition of baking soda.

Regardless of the process, a freshly baked, soft and salted pretzel is the perfect accompaniment to cold glass of German beer. And that's my official recommendation for Octoberfest. This September. **PP**

FRIDAY, SEPTEMBER 15TH:

ROMEO's Destination: Grill 89, Westmont. Meet in the Lobby at 11:15 am,

MONDAY, SEPTEMBER 18TH:

Culinary Adventures: 4:30 pm, Game Room

MONDAY, SEPTEMBER 25TH:

*Laudable Luncheon with Chef Elaine Sikorski.
Molecular Gastronomy: Food or Art? 11:30am, Game Room*

FRIDAY, SEPTEMBER 29TH:

JULIET's Destination: TBD. Meet in the Lobby at 11:15am