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NUTRITION & SERVICES FOR SENIORS

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AUGUST INSPIRATION

“It’s never too late to be what you might have been.” - George Eliot

“We make a living by what we get, but we make a life by what we give.” -Winston Churchill

“Judging a person does not define who they are... It defines who you are.”

“It’s the possibility of having a dream come true that makes life interesting.”

“To accomplish great things, we must not only act but also dream; not only plan but also believe.” -Anatole France

“Always do your best. What you plant now, you will harvest later.” -Og Mandino

“We cannot direct the wind but we can adjust the sails.”



The Link Between Laughter & Memory Loss

Having a good laugh can help you age better!

A Loma Linda University study found that showing seniors a 20-minute funny video not only decreased amounts of the stress hormone cortisol in their blood, but also increased their ability to remember and learn new information. While presenting his team's findings at the recent Experimental Biology meeting in San Francisco, study author Lee Berk, DrPH, says their conclusions highlight the connection between stress and memory, as well as the benefits of humor for aging adults. Long-term exposure to high levels of cortisol can have a deleterious effect on the brain. People who experience prolonged periods of stress show shrinkage in the hippocampus (which is essential for memory formation and function) and the prefrontal cortex (which aids in problem-solving, glucose metabolism and control of impulse behaviors). Research has shown that lowering one's cortisol levels can also enhance immune system functioning, decrease inflammation, lower blood pressure and result in better weight management, regardless of a person's age. Aging is full of challenging situations, but being able to appreciate the lighter moments can be a good way to manage stress. Learn how laughter techniques can help caregivers stay healthy.

Source: <https://www.agingcare.com/articles/link-between-laughter-and-memory-loss-168166.htm>

Foods that Burn Belly Fat



OATMEAL



BERRIES



NUTS



OLIVE OIL



EGGS



GRAPEFRUIT



GREEN VEGGIES



PEANUT BUTTER



LEAN MEAT



Enjoy the perks of being a senior...

1. Kidnappers aren't very interested in you.
2. No one expects you to run into a burning building.
3. People no longer view you as a hypochondriac.
4. You can eat dinner at 4:00 p.m.
5. You no longer think of speed limits as a challenge.
6. You quit trying to hold your stomach in, no matter who walks into the room.
7. You sing along with the elevator music.
8. Your investment in health insurance is finally beginning to pay off.
9. Your joints are more accurate meteorologists than the National Weather Service.
10. Your secrets are safe with your friends because they can't remember them either.

Sandwich Humor

Q: What did the bacon say to the tomato?

A: Lettuce get together

Q: Why did the tomato turn red?

A: It saw the sandwich dressing.

Q: Why don't sandwiches like warm weather?

A: Things get Toasty!

Q: What is the recipe for a Honeymoon Sandwich?

A: Lettuce alone without dressing.

Q: What do you eat at the beach?

A: A Sand-wich.

Q: Who casts spells at the beach?

A: A Sand-witch.

Q: Where do golfers go to eat?

A: The sand-wedge shop.

Q: Why do hamburgers go to the gym?

A: To get better buns.

Q: Why don't Americans eat snail sandwiches?

A: Because they like "Fast Food".



Ham & Cheese Sliders

Celebrate **National Sandwich Month** with this spin on a sandwich classic!

INGREDIENTS:

- One 12-count package Hawaiian sweet rolls
- 3/4 pound cooked deli ham, thinly sliced
- 3/4 pound Swiss cheese, thinly sliced
- 1/2 cup (1 stick) unsalted butter, melted
- 1 tablespoon Dijon mustard
- 1 tablespoon poppy seeds
- 2 teaspoons minced onion
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste



DIRECTIONS:

1. Preheat oven to 350F. Line a 9 x 9 or 9 x 13 inch pan with aluminum foil, spray with cooking spray; set aside.
2. Using a large serrated knife, slice the rolls in half so you have a 'slab' of tops and a 'slab' of bottoms; don't pull the rolls apart and slice individually because you want to keep them connected. Place the bottom 'slab' of rolls in prepared pan.
3. Evenly layer about half of the ham over the rolls.
4. Evenly layer the cheese.
5. Evenly layer the remaining ham.
6. Add the top 'slab' of rolls; set aside.
7. To a medium microwave-safe bowl, add the butter and heat on high power to melt, about 1 minute.
8. Add the mustard, poppy seeds, onion, Worcestershire sauce, salt, pepper and whisk to combine.
9. Evenly pour butter mixture over the rolls.
10. Cover with aluminum foil and allow rolls to stand at room temp. for about 5-10 minutes.
11. Bake covered for about 20 minutes or until cheese is melted.
12. Uncover and cook about 3-5 mins, or until done as desired.

6 Foods That Keep You Hydrated

Along with drinking water, you can also boost your H₂O consumption from the foods you eat. A lot of fresh fruits and vegetables have an extremely high water content, helping with hydration especially in the Summer months.



Cucumbers
are 96%
water



Strawberries
are 92%
water



Pineapples
are 87%
water



Zucchinis
are 95%
water



Tomatoes
are 94%
water



Watermelons
are 92%
water

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