

# ◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

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Where do sharks go on summer vacation?  
**TO FINLAND!**

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Why do fish like to eat worms?  
**BECAUSE THEY GET HOOKED ON THEM!**

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Why do bananas use sun-screen?  
**BECAUSE THEY PEEL!**

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Which letter is the coolest?  
**ICED T**

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Why don't oysters share their pearls?  
**BECAUSE THEY'RE SHELLFISH!**

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What did the ocean say to the sailboat?  
**NOTHING, IT JUST WAVED!**

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What did the pig say on a hot summer day?  
**I'M BACON!**

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## Summer Happiness Challenge



Have a picnic with friends, family or pets.



Meditate outdoors.



Give yourself a facial.



Wear your favorite summer outfit.



Stargaze.

## 5 Ways To Stay Mentally Active



Increase bright light exposure during the day.



Don't consume caffeine late in the day.



Don't drink alcohol.



Don't eat late in the evening.



Reduce irregular or long daytime naps.

## Four Early Warning Signs of Mental Illness to Watch for in Older Adults

- 1. Memory Issues** - Memory issues are incorrectly considered a normal part of the aging process by many, which causes mental illnesses to often go unrecognized until they have advanced significantly. Memory problems can be a warning sign of mental illnesses such as Alzheimer's and dementia in older adults. Signs of this memory loss may include misplacing belongings, repeatedly asking for the same information or forgetting important dates.
- 2. Changes In Personal Care** - Often times, a person with mental health issues will stop adhering to their regular personal care routines. A noticeable change in appearance might signify that a person is unable to successfully adhere to their former routines related to personal appearance. While this will look different for everyone, changes in personal appearance that may be a sign of a mental illness include forgoing bathing or skipping previously standard personal care tasks, such as applying makeup.
- 3. Social Withdrawal** - Individuals suffering from mental illness often become socially withdrawn. If you notice your loved one losing interest in activities that they used to be excited about or avoiding regular social engagements, it may be because they are suffering from a mental health issue that makes these things difficult. For example, they may blow off weekly card games with their friends because they are having difficulty remembering how to play.
- 4. Changes in Mood** - A change in disposition often accompanies mental illnesses, such as depression and Alzheimer's. Your loved one may go from carefree to anxious, upbeat to depressed, or confident to confused. If these mood changes last more than a couple of weeks, there may be a more serious cause driving their altered personality.

*If you know a senior who is exhibiting any of these symptoms, encourage them to reach out to a professional who can help diagnose and treat mental illness. Some seniors may be reluctant to seek help on their own, making it important that you are there for them to support and encourage their treatment.*

## Avoiding A Summer Cold



When it comes to summer colds, there's good news and there's bad news. The good news is that summer sniffles are less likely than the "common" cold that seems pretty much destined to lay you out each winter. In fact, summer colds are only about 25 percent as common as winter ones, says Keri Peterson, M.D. Problem is, if you do get one, it's probably going to be bad. (And not just because it's a waste of perfectly good beach time.) In the summer, the enterovirus is more prominent (versus the rhinovirus in winter), and its symptoms—which tend to be worse and include body aches and upset stomach—typically last even longer than those of winter colds, says Peterson. So how can you avoid catching one of these summer-ruining colds? Good hand-washing habits are crucial, but Peterson also says to be careful where you're sticking your hands. For instance, think about your behavior at a summer barbeque: You shake hands, plunge them into bowls of communal chips, then lick your fingers "clean." Yuck. Not to mention all the germs you can pick up on picnic tables, planes, hotel rooms, and crowded sporting events, says Peterson. It's not that you should avoid those places—hey, they all make summer great—but know that they are germey and act accordingly by washing your hands and using disinfectant wipes when necessary. And if you're frequently getting sick in the summer, pay attention to other habits that may be wrecking your immune system—like less sleep, more stress (trying to book a vacation under budget? Yikes), and too many umbrella-toting cocktails. We know you want to celebrate summer, but cutting back on the day drinking and boosting your shuteye is crucial to avoid getting sick. Since it's pretty much guaranteed that you'll come into contact with cold-causing germs at some point this summer, make sure to up your body's defenses. So eat these flu-preventing foods, get plenty of rest, and avoid these 10 weird things that destroy your immunity.

## Spaghetti Aglio e Olio with Kale



### INGREDIENTS:

Kosher salt  
 3 large (or 4 small) bunches of kale  
 5 garlic cloves  
 1/4 cup olive oil, plus more for drizzling  
 Freshly ground black pepper  
 12 oz. spaghetti noodles  
 Parmesan & crushed red pepper flakes  
 Flaky sea salt

### DIRECTIONS:

1. Bring a large pot of salted water to a boil. Meanwhile, strip kale leaves from ribs and stems, then tear leaves into 2"-3" pieces. Cook kale in boiling water until bright green and slightly softened, about 2 minutes. Using tongs, transfer kale to a colander and rinse under cold water, tossing; squeeze out excess liquid from leaves. Keep water at a boil (you'll

use it for the pasta).

2. Whack garlic with the side of a chef's knife to crush; peel off skins. Heat 1/4 cup oil in a large heavy pot over medium. Cook garlic, stirring occasionally, until sizzling, about 3 minutes. Season very generously with black pepper and cook, smashing with a wooden spoon, until cloves break into rough pieces, soften, and look golden. Add kale to pot and cook, stirring often, until darkened in color and very tender, about 8 minutes (garlic will break into even smaller pieces). Season with kosher salt and pepper.

3. Meanwhile, cook pasta, stirring occasionally, until very al dente (2-3 minutes less than package directions).

4. Using tongs, add pasta to kale; splash in about 1 cup pasta cooking liquid. Cook, tossing and adding more pasta cooking liquid as needed, until sauce lightly coats pasta, about 2 minutes.

5. Serve pasta topped with Parmesan, red pepper flakes, sea salt, and more black pepper.



## SUMMERTIME SCRAMBLE

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