



SORRENTO SCOOP

February Newsletter



Welcome to Sorrento!

Life at Sorrento

It is about spending time with family, friends (old and new), making new connections and new possibilities. There is always great food and new experiences to enjoy.

Here are some fun events and programs that took place at Sorrento.



*Food Demo:
Delicious Appletinis*

*Food Demo:
Homemade Apple
Fritters*





*Afternoon Crafts:
Jewellery Box*



*Caricatures:
Cartoon Bob*



*Hands on Exotics:
Visit from Live Animals*



Message from Director of Recreation

Healthy Eating for Seniors

A Well-Balanced Diet

Eating a well-balanced diet is an important part of staying healthy as you age. It can help you maintain a healthy weight, stay energized, and get the nutrients you need. It also lowers your risk of developing chronic health conditions, such as heart disease and diabetes.

According to the National Resource Center on Nutrition, Physical Activity, and Aging, 1 in 4 older Adults has poor nutrition. Malnutrition puts you at risk of becoming overweight or underweight. It can weaken your muscles and bones. It also leaves you vulnerable to disease. To meet your nutritional needs, eat foods that are rich in fiber, vitamins, minerals, and other nutrients. Limit foods that are high in processed sugars, saturated and trans fats, and salt. You may also have to adjust your diet to manage chronic health conditions.

How Do Your Needs and Habits Change with Age?

As you get older, your nutritional needs, appetite, and food habits can change in several ways.

Calories

You'll probably need fewer calories as you age to maintain a healthy weight. Eating more calories than you burn leads to weight gain.

You may find you have less energy and more muscle or joint problems as you get older. As a result, you may become less mobile and burn fewer calories through physical activity. You may also lose muscle mass. This causes your metabolism to slow down, lowering your caloric needs.

Appetite

Many people experience a loss of appetite with age. It's also common for your sense of taste and smell to diminish. This can lead you to eat less.

If you're burning fewer calories through physical activity, eating less may not be a problem. However, you need to get enough calories and nutrients to maintain healthy organs, muscles, and bones. Not getting enough can lead to malnutrition and health problems.

Medical Conditions

As you age, you become more susceptible to chronic health problems, such as diabetes, high blood pressure, high cholesterol, and osteoporosis. To help prevent or treat these conditions, your doctor may recommend changes to your diet.

Some older adults become sensitive to foods such as onions, peppers, dairy products, and spicy foods. You may need to cut some of these foods out of your diet.

Medications

You may need to take medications to manage chronic health conditions. Some medications can affect your appetite. Some can also interact with certain foods and nutritional supplements.

If you're taking a medication, be sure to check with your doctor or pharmacist to find out whether you need to make any changes to your diet.

Oral Health

Seniors have their own set of oral health concerns. Some of these can interfere with your ability to eat. For example, dentures that don't fit properly may lead to poor eating habits and malnutrition. Infections in your mouth can also cause problems.

Immune System

Your immune system weakens with age. This raises your risk of food-borne illness, or food poisoning. Proper food safety techniques are important at every age. However, you may need to take extra precautions as your immune system weakens. For example, your doctor may recommend avoiding foods with raw eggs, such as homemade mayonnaise or Caesar salad dressing.

You maybe asking: "How Can I Maintain a Healthy Diet?"

The health and nutrition program is designed by Holistic Nutritionists, which explores the foundations of nutrition and longevity. Good food choices can have great significance to your health and wellbeing. Throughout the program, we'll explore the nutrition in different types of food and good food habits for maximum health and longevity.

Week 1: The importance and impact of food

Week 2: Strong Food: Choosing food that strengthens us

Week 3: Relationships with Food

Week 4: Longevity - Eating for Longevity and the Blue Zones

Check out the dates for these following programs in the month of February.

Sincerely,

Teresa Harrington
Director of Recreation.



Dog of the Month – Beagle

The beagle is a short-haired scent hound that was originally bred for fox hunting in England. This friendly, smart, sweet-faced dog has excellent tracking skills and is often used in airports to sniff out illegal plants and foods.

Beagles make good family pets. They are known to be adaptable, gentle, loving, sociable companions, and good with children. However, they are also prone to barking, digging, and stubbornness. They are small in size, between 20–24 pounds, and they come in a range of coat color combinations including white, tan, chocolate, orange, lemon, and red.

Beagles' sense of smell is thousands of times better than that of humans. Their keen noses have a remarkable 220 million scent receptors, as opposed to our five million. Their long ears help them smell by keeping scent particles trapped in the air around their noses.





Wine Tasting:
Featuring Italian
Wine & paired with
Foccacia

Art Class:
Oil Rouging Class



Upcoming Events

February 11th Food Demo:
Chocolate Pom Poms @
2:00pm ****Sign up****

February 14th Nutrition
Course w/ Strong Play Session
2 (Strong Food) @ 3:00pm

February 15th Book Club &
Discussion @ 2:00pm

February 15th Making paper
bracelets w/ student @ 2:00pm

February 16th Art Workshop:
Making Chinese Fan Craft w/
Merav @ 2:00pm ****Sign up****

February 18th: Afternoon
Entertainment w/ Marcus @
2:00pm

February 21st Nutrition Course
w/ Strong Play Session 3
(Relationship with Food) @
3:00pm

February 21st Olympic Medals
Competition- Winners @
2:00pm

February 22nd Dim Sum
Afternoon @ 1:30pm ****Sign
up****

February 23rd Make
Homemade Dog Biscuits @
2:00pm

February 25th: Homemade
Banana Ice Cream @ 2:00pm
****Sign up****

February 28th Nutrition
Course w/ Strong Play Session
4 (Longevity Eating) @ 3:00pm

***Sign up required for events
listed***

**For more information, please
contact Teresa, Director of
Recreation**

Workshop:
Making Bangles

