



COMMUNITY *connection* for Seniors

March 2020

The Importance of Good Nutrition



Why it's important

Most people know good nutrition and physical activity can help maintain a healthy weight. Good nutrition can also help:

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level

Tips for eating well

- **Eat plenty of fruit** – To get the benefit of the natural fiber in fruits, you should eat fruit whole rather than as juices.
- **Eat plenty of vegetables** – Eat a variety of colors and types of vegetables every day.
- **Eat plenty of whole grains** – At least half of the Cereals, breads, crackers, and pastas you eat should be made from whole grains.
- **Choose low fat or fat free milk** – These provide calcium and vitamin D to help keep your bones strong.
- **Choose lean meats** – Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein.
- **Try other sources of protein** – Try replacing meats and poultry with fish, beans, or tofu.

Other Homecare By Design Services:

Personal Service Agency
765.446.8080

Membership: Some of our services can be provided on an "ala carte" basis such as our **Clubhouse Only Membership at just \$39/month**. But, did you know you can save more money and time by bundling services together to make a complete package tailor-made just for you! Our *Active Lifestyle Membership* is a popular package that combines the Clubhouse Membership for year-round activities, the NEW Members only Handyman Service & for even more peace of mind **Guaranteed access to our Award-Winning Homecare Services**, if needed 4-24 hours a day. You may also include our **Hospital to home** service to support you during a hospital stay, communicate with loved ones on your behalf, drive you home at discharge, stay with you if needed, pick up medications, groceries and arrange follow up appointments. Life just got easier! Setting Appointments for March. **CALL NOW!**

**CALL US TODAY FOR A
FREE** *Membership Consultation!*

Happy National Nutrition Month®!

Words may be horizontal, vertical, diagonal or backwards.

1. Artichoke
2. Buttermilk
3. Cocoa
4. Dates
5. Eggplant
6. Farro
7. Garden
8. Kidney Beans
9. Mango
10. Noodles
11. Omelet
12. Pork Chops
13. Rainbow Chard
14. Strawberry
15. Turkey
16. Vanilla
17. Watermelon
18. Yellow Squash

L A G B U T T E R M I L K L T
T K R O L H S L X E N C E R H
N V E T V Y R R E B W A R T S
A W E A I D K I W N A C B O A
L A N N B C E Y U O B A S T U
P T U Y T H H V C O Q D P H Q
G E E C O E J O G D J E O G S
G R D O M M C H K L S M H I W
E M R R E I Z O W E G Y C R O
N E A D L A V L T S O T K F L
F L H Y E T S A F T G A R L L
Y O C V T W D T N S H E O O E
F N W A I U Q C R I N G P W Y
A L O N R S R O X U L K L I B
R N B T U B O K H V T L Z G A
R O N R Q N O N E X K W A R D
O G I O K I D N E Y B E A N S
X R A T A B L U E S I D R A F
G A R D E N S P O T O G N A M



917 Sagamore Pkwy W. • West Lafayette



March 2020



Calendar of *events*

MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
11am Life Group 1pm DIY Project *Craft Photo Frames -\$5 2pm Film Society "Mrs. Miniver"	12pm Tech Talk 2pm SilverSneakers <i>Strength & Balance</i>	9am-3:30pm Stroke Detection Screening Event 2pm Chair Yoga <i>Video Instructed</i>	10am SilverSneakers <i>Strength & Balance</i>	12pm <i>Board Games & Coffee</i>
MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
11am Life Group 1pm DIY Project *St. Patrick's Day Fabric Wreath - \$10 2pm Film Society "GiGi"	12pm Tech Talk 2pm SilverSneakers <i>Strength & Balance</i>	10am Private Event 2pm Chair Yoga <i>Video Instructed</i>	10am SilverSneakers <i>Strength & Balance</i>	9am Kiwanis Doll Stuffing 12pm <i>Board Games & Coffee</i>
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
11am Life Group 1pm DIY Project *Rock Painting - \$5 2pm Film Society "Anna Karenina"	12pm Tech Talk  2pm SilverSneakers <i>Strength & Balance</i>	10am Private Event 2pm Chair Yoga <i>Video Instructed</i>	10am SilverSneakers <i>Strength & Balance</i> 11:30am Hello Friend Brunch & Learn (Open to Public) <i>Special Guest Presentation - RSVP Required</i>	10:30am Book Club Meeting 12pm <i>Board Games & Coffee</i>
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
11am Life Group 1pm DIY Project *Canvas Painting- \$5 2pm Film Society "Madame Bovary"	12pm Tech Talk 2pm SilverSneakers <i>Strength & Balance</i>	10am Private Event 2pm Chair Yoga <i>Video Instructed</i>	10am SilverSneakers <i>Strength & Balance</i>	12pm <i>Board Games & Coffee</i>
MONDAY 30	TUESDAY 31	<div data-bbox="927 1989 1864 2284" style="border: 2px solid pink; border-radius: 50%; padding: 10px; text-align: center;"> <p>RSVP to the Hello Friend Brunch & Learn by Monday March 16th by calling 765.464.8080</p> </div>		
11am Life Group 1pm DIY Project *Paint Bird Houses- \$10 2pm Film Society "Green Book"	12pm Tech Talk 2pm SilverSneakers <i>Strength & Balance</i>			

* Call ahead to reserve a spot

The Clubhouse offers a variety of activities, workshops and seminars that are all open to the community.

Please Note – PINK events/activities are NEW! Paid Entry events/activities are FREE to Members.



A Senior Living Community
WITHOUT WALLS

765.464.8080
homecarebydesign.com

The Clubhouse
917 Sagamore Pkwy W.
West Lafayette, IN 47906