

August 31, 2020

## Is there a best diet for healthy aging, living longer? No, but there are some important basics.

Diets that emphasize vegetables and fruits, low-fat dairy foods, moderate amounts of whole grains, fish, poultry and nuts, show positive health outcomes, studies show.

By Val Schonberg, Environmental Nutrition Newsletter Aug 21, 2020

Worldwide, people are living longer. Numerous studies show that what we eat can affect health and longevity, so what's the best diet for aging and living a longer, healthier life?

"There's no best diet, but there are a lot of good ones," says Christine Rosenbloom, a nutrition professor emerita at Georgia State University and co-author of "Food and Fitness after 50."

Rosenbloom says a healthy eating plan is flexible, includes foods people like and addresses an individual's health concerns. But, in today's anti-aging culture with headlines and chatter about popular diet trends, how does one determine what makes up a good diet?

Here are some red flags to consider to help determine what's reliable information when it comes to today's (or tomorrow's) fad diet:

- **Nutrient deficiency or excess.** Eating plans that limit or restrict foods or food groups make it difficult to get the nutrients needed for healthy aging. For example, eliminating whole grains, beans, legumes or fruit decreases fiber necessary for maintaining intestinal health and protecting against heart disease. Food plans that restrict dairy foods make it harder to meet calcium, vitamin D and phosphorus needs. Very low-carbohydrate diets can lead to excessive fat intake, potentially increasing the risk of heart disease and certain cancers.
- **Poor energy.** Diets that encourage skipping meals or restricting carbohydrates can deplete the body's fuel sources, resulting in fatigue. Because glucose is the main energy source for the brain, lack of focus or concentration can increase an older adult's risk of falls or, for physically active individuals, an increased risk of injury to muscle or bone tissue.
- **Loss of lean tissue and weight regain.** Caloric restriction for weight control — most diets — can lead to a loss of lean tissue. So, when the dieter stops the diet or resumes past eating patterns, the body restores weight — often in the form of fat. Recent studies have documented the negative effects of repeated cycles of dieting.
- **Increased risk of disordered eating.** The pursuit of weight loss, even in the name of health, can contribute to emotional and psychological distress and can contribute to mood disorders or depression when the dieter is unable to achieve expected weight goals or regains the lost weight.

Principles that support healthy eating for older adults include:

- **Eat a balanced diet.** As people age, calorie needs decrease. But many nutrient needs remain high. Some older people struggle with loss of appetite, taste changes, teeth or denture issues, side effects from medication, budget concerns or dependence on institutional meals and might be eating less food or less variety.

To maximize nutrient-dense foods, Rosenbloom encourages older adults to stock up on pantry basics, including canned beans and vegetables. She tries to dispel the myth that only fresh fruits and vegetables are healthy. Packaged foods can be healthy, are easier to prepare and have a longer shelf life.

## In this issue:

Informative Articles

Fall Senior Recreation Information

At Home... Activities, Crafts, Exercise  
and a few laughs!

- **Improve diet quality.** A diet high in plant foods — beans, vegetables, nuts, fruit, whole grains — and low in processed foods is associated with improvements in cardiovascular health measures and is recommended by the American Institute for Cancer Research for reducing cancer risk.

For people who want to adopt a plant-based diet but don't want to give up meat, Rosenbloom recommends a Mediterranean diet that encourages eating more fish and less red meat or the DASH diet — Dietary Approaches to Stop Hypertension.

Both diets emphasize vegetables and fruits, low-fat dairy foods, moderate amounts of whole grains, fish, poultry and nuts, and they have high-quality studies showing positive health outcomes.

- **Create a support circle.** An observation from the diet literature is that people are successful when they have accountability and support. So try to choose one or two people who will help you be successful with your goals. Schedule fitness- and nutrition-oriented gatherings to connect, share recipes and learn how to prepare healthy meals.
- **Start small.** Change should come gradually in order to sustain behavior modification. For example, add fish or a meatless meal to the menu once a week, or add one serving of fruit and vegetables a day.

"Regarding sweets and desserts, I remind people the second half tastes like the first," Rosenbloom says. "Keep a watch on the portions, and enjoy your food."

Environmental Nutrition is an independent newsletter written by experts on health and nutrition.

## Birds Word Search

Find and circle all of the birds that are hidden in the grid.  
The remaining letters spell an additional bird.

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

BLACKBIRD  
BUDGIE  
CANARY  
CARDINAL  
CHICKEN  
CRANE  
CROW  
DODO  
DOVE  
DUCK

EAGLE  
EMU  
FALCON  
FINCH  
FLAMINGO  
GOOSE  
HAWK  
HERON  
JAY  
MAGPIE

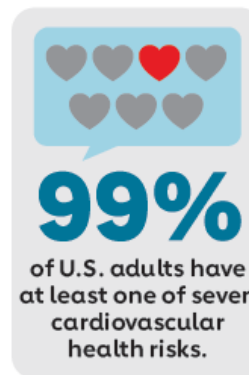
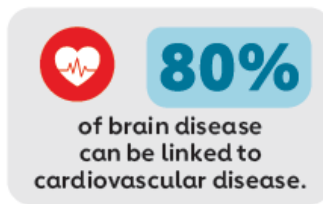
MARTIN  
MOCKINGBIRD  
MYNA  
OSTRICH  
OWL  
PARAKEET  
PARROT  
PELICAN  
PIGEON  
RAVEN

ROBIN  
SEAGULL  
SPARROW  
SWAN  
TURKEY  
VULTURE  
WOODPECKER  
WREN

# BRAIN HEALTH & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

## BY THE NUMBERS



## YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH

It's never too late to start making healthier choices:



**Get enough sleep**  
Adults need 7–9 hours per night. Teenagers and children need more.



**Get regular checkups**  
Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.



**Move more, sit less**  
Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



**Eat healthy**  
Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.



**Don't smoke or vape**  
If you currently smoke or vape, quit.

## HOW CAN I LEARN MORE?

**1** Talk with your health care provider

**2** Call 1-888-4-STROKE (1-888-478-7653) or visit [heart.org/BrainHealth](http://heart.org/BrainHealth)

# PLAYBILL®

Your guide to where and when to watch captures of live plays and musicals, from the National Theatre and more! Click the links below to view the upcoming free live streams of stage productions.

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>

## ***Carousel***

Through September 8

[Lincoln Center's YouTube Channel](#)

Kelli O'Hara and Nathan Gunn star in the New York Philharmonic's 2013 production of the classic Rodgers and Hammerstein musical. The cast also includes Stephanie Blythe, Shuler Hensley, Jason Danieley, Jessie Mueller, Kate Burton, John Cullum, Robert Fairchild, and Tiler Peck.

## ***Much Ado About Nothing***

Through September 12

[PBS.org](https://www.pbs.org)

Danielle Brooks, Grantham Coleman, Chuck Cooper star in the 2019 Public Theatre Shakespeare in the Park production.



**\*Pickup location ACROSS from Senior Center\***

**NEWARK**  
Recreation  
and Community Services

**TCV**  
FOOD BANK  
+ THRIFT STORE

A Partnership to serve the community

## **FREE COMMUNITY PROGRAM DRIVE-THRU GRAB & GO GROCERY BAG**

**NEWARK SERVICE YARD (across from Senior Center)**

37440 FILBERT STREET | NEWARK

Park along Filbert Street, Don't block driveways, Staff will guide you

## **Thursday, September 3, 2020**

**Pickup Time:** 10:30 AM or until supplies run out

FOR OUR COMMUNITY MEMBERS IN NEED

RECEIVE (1) BAG PER FAMILY PER CAR

DRIVE THROUGH ONLY

PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

### **PROGRAM INFO:**

1st & 3rd Thursday of each month  
first come, first serve, open to everyone  
MUST BE IN A CAR

### **QUESTIONS:**

NICK CUEVAS, RECREATION SUPERVISOR  
OFFICE: 510-578-4432  
NICHOLAS.CUEVAS@NEWARK.ORG

## **YouTube Craft**



**BINGO DAUBER CARD CRAFT**

<https://www.youtube.com/watch?v=cO5m55LIOEA>

## **Exercise**

**zoom**

**FREE MORNING STRETCH WITH**

**JESSICA EVERY WED. @ 10AM**

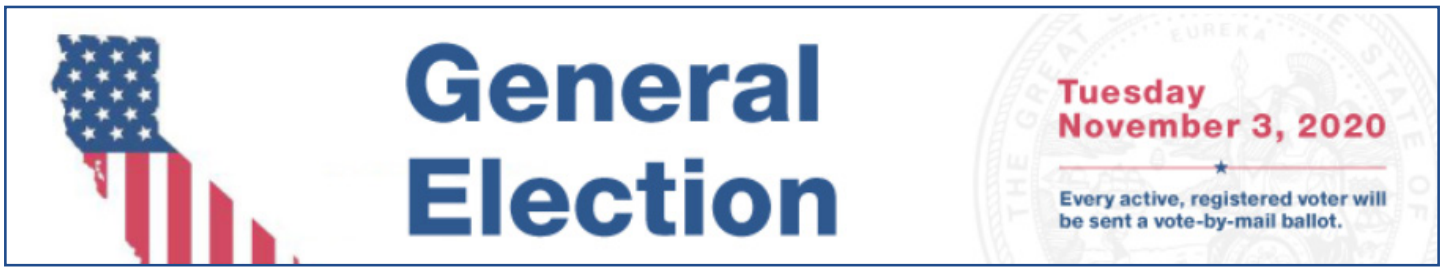
Click [HERE](#) to register!

 **YouTube**

**25 MIN. SEATED EXERCISES**

<https://www.youtube.com/watch?v=jUjEceBj2tw>





Dear California Voter,

All California voters will be sent a vote-by-mail ballot with a prepaid postage return envelope for the November 3, 2020 General Election.

All voters can now get critical updates on their ballots through California's official "Where's My Ballot?" tracking tool. Signing up takes less than three minutes!



You can also copy this URL into your browser: [wheresmyballot.sos.ca.gov](https://wheresmyballot.sos.ca.gov)

\*\*If you have already signed up for "Where's My Ballot?" you do not need to take further action.\*\*

What you'll be able to track



You can select to receive notifications on the status of your vote-by-mail ballot by text (SMS), email, or voice call, including alerts if there are any issues with your ballot and instructions for how to correct them to make sure your vote is counted.

Don't miss out on the opportunity to track your ballot every step of the way!

Sincerely,  
Alex Padilla  
California Secretary of State

P.S. Can you think of a relative, neighbor, or friend who might be interested in ballot tracking? Share this URL with them today: [wheresmyballot.sos.ca.gov](https://wheresmyballot.sos.ca.gov)

California Secretary of State | 1500 11th Street, Sacramento, California 95814 [www.sos.ca.gov](https://www.sos.ca.gov)

# Clark W. Redeker Newark Senior Center Fall Activities. Register now...

Click on activity to register online or complete and mail the provided registration form with payment.

**Virtual Activities:** Participants must have access to a computer with internet capabilities and know how to use Zoom. Zoom link will be emailed to registered participants prior to start.

## Free Virtual Morning Stretch with Jessica!

Get up and get moving with a 20-minute stretch with our very own Jessica!

**Age Day Date Time**  
55+ Wed 9/2-12/16 10:00am  
**Via Zoom!**



*Pre-registration Required!*

## Virtual Hula Classes

Learn beginning hula...  
on your feet or  
in a chair!



**Age Day Date Time**  
55+ Tue ~~9/8~~-12/17 12:00pm  
9/15  
Instructor: Janice Gonzalves

*Pre-registration Required*

**NEWARK**  
Recreation  
and Community Services

## Trivia

- When did the Senior Center open? 20 Points
- Who was the 23rd President of the US? 20 Points
- who was Newark's first elected Mayor? 20 Points



## Virtual Trivia WITH NICK!

Join Recreation Supervisor, Nick Cuevas, for a 55+ Virtual Zoom Trivia Game! Compete against others from the comfort of your home! There will be a wide variety and themed trivia questions each session! Participants must have access to computer with internet capabilities and know how to use Zoom.

**FREE FOR SENIORS!**  
Pre-Registration Required  
Starting Tuesday, September 1, 2020 10:30 AM

Information: Nick Cuevas, Recreation Supervisor  
510-578-4432 or nicholas.cuevas@newark.org

# Clark W. Redeker Newark Senior Center Fall Activities. Register now...

Click on activity to register online or complete and mail the provided registration form with payment.

## Parking Lot Activities: Held at the Silliman Activity Center Parking Lot, 6800 Mowry Ave.

### Drive-Thru/Tailgate ICE CREAM SOCIAL

Thursday, 9/24, Arrive between 1:30pm - 2:00pm

Free of charge for Seniors

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot



All participants must wear a mask. Grab and go or... eat your ice cream in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

### Parking Lot BINGO

Arrive between 12:00pm - 12:15pm

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Drive up and purchase your pack and optional daub tickets (cash or check written to NBC, no credit card payments)

Birthday BINGO: \$10/ten-game pack. Payout: \$30/regular games, \$75/blackout.

Regular BINGO: \$7/ten-game pack. Payouts: \$25/regular games, \$50/blackout.

Optional Daub Game: \$1 ea. Payout: 50/50 split.

All payouts will be split if multiple winners. Location: Silliman Activity Center Parking Lot BINGO will be canceled due to rain.

All participants must wear a mask. Play from your car or bring a chair. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff/volunteers.

Age	Day	Date	Time	10-game pack
55+	Th	9/3	12:00pm	\$10 - cancelled
55+	Th	9/17	12:00pm	\$7
55+	Th	10/1	12:00pm	\$10
55+	Th	10/15	12:00pm	\$7
55+	Th	11/5	12:00pm	\$10
55+	Th	11/19	12:00pm	\$7



### DRIVE THRU/TAILGATE LUNCH AND COSTUME CONTEST

Thursday, 10/29, Arrive between 12:00pm - 1:00pm

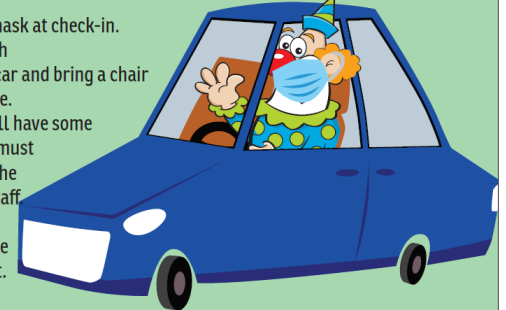
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Chicken Caesar Wrap) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Wear a costume and participate in the tailgate costume contest. Prizes will be awarded!



### Drive Thru/Tailgate Friendsgiving Lunch

Monday, 11/23, Arrive between 12:00pm - 1:00pm

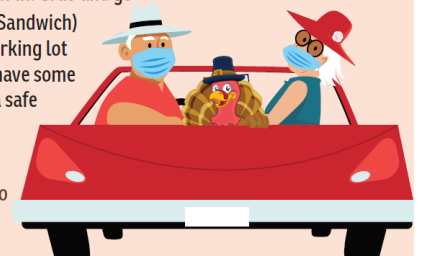
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to [cheryl.galvez@newark.org](mailto:cheryl.galvez@newark.org) by 11/2 to be included in a recipe exchange.



### Senior Ages 55+

### Social Distanced Paint Day

Friday, September 18th

1:00-3:00 pm

Silliman Center Parking Lot  
6800 Mowry Ave. Newark.

\$10 per person

All supplies included

Bring your own snack to enjoy while painting!

Pre-registration required

Register online @ [www.newark.org](http://www.newark.org)



**ONLINE...** at [newarkca.activityreg.com](http://newarkca.activityreg.com) or scan the QR Code



**MAIL...** registration form and payment to "City of Newark":  
Silliman Activity & Family Aquatic Center  
6800 Mowry Avenue  
Newark, CA 94560

**PHONE IN REGISTRATIONS ARE NOT ACCEPTED.**

## Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Release of Liability:** I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

\_\_\_\_\_  
Signature of Participant (or Parent/Guardian, if under 18)

Payment: \_\_\_\_\_ Check or Money Order made payable to the "City of Newark"

\_\_\_\_\_ Charge VISA/Mastercard... Card #: \_\_\_\_\_ ; \_\_\_\_\_ ; \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_  
month/year