

“The H’art and Soul of Nutrition with Dietician Katherine Haar”

Tuesday, June 12th at 3:00PM

2nd floor TV room, Skilled Nursing, 1950 Cliffside Drive



Join our Skilled Nursing Dietician Katherine Haar for an afternoon of food facts that will help in choosing a proper diet. Katherine will review heart-healthy, strength-building, and memory-boosting food choices and provide tasty samplings of each. She will also give you a peek into the world of fortified foods – which is Juniper’s way of replacing medically-based supplements with delicious, whole, natural foods!



REHABILITATION AND SKILLED CARE
AT BROOKLINE

1950 Cliffside Drive
State College, PA 16801
814.238.3139
814.235.2074 Fax

www.junipercommunities.com



Check out our Blogspot at: <http://www.junipercommunities.com/voices-on-aging/>

the village view june 2018



Branching Out

A monthly contribution from our founder Lynne Katzmann

Building a Sustainable Future

What takes five seconds to produce, is used for five minutes and takes 500 years to break down? The answer: single use plastics, things like water bottles and drinking straws, coffee cups, lids and stirrers.

Juniper has always had a commitment to sustainability. Many of you remember that the buildings we constructed in Aurora, Louisville and Chatham were built to the most rigorous standards for environmental sustainability of the time. We have also championed things like recycling and the use of environmentally-friendly cleaning supplies and building materials. We’ve replaced most of our incandescent bulbs with energy efficient LED’s. All of this and more has been part of our pioneering Green Canopy program.

I trust you’ll agree with me that it’s time to take up this cause, to eliminate non-recyclable plastics from our buildings. In America alone, we use over 500 million plastic straws every day. And most of those end up in our oceans, not only polluting the water but killing marine life. Because plastic straws are too small and drop through sorting screens they are often disposed of as garbage. Our goal therefore will be to stop using plastic straws and replace them with paper or simply eliminate the need for them at all. It’s an easy thing to do and it will make a big difference.

The plastic pollution coalition estimates that 1800 organizations worldwide have gotten rid of plastic straws or implemented a serve-straws-upon-request policy. Let’s be the first in our industry and join Walt Disney World Animal Kingdom, the Smithsonian Institution and even European McDonald’s to get rid of plastic straws!

Live in Wellness

As our quarterly focus on healthy aging comes to a close, this month we celebrate food and how it contributes to our overall wellbeing. The proverb, “an apple a day keeps the doctor away” is actually some pretty good advice. USDA scientists studied more 100 different foods to measure their antioxidant concentration per serving size and apples – Red Delicious and Granny Smith particularly – ranked 12th and 13th respectively. Antioxidants are disease-fighting compounds. They protect the body from harmful molecules called free radicals which occur naturally in our bodies, and also through pollutants. Antioxidants may play a role in the management or prevention of some medical conditions, such as some cancers, macular degeneration, Alzheimer’s disease, and some arthritis-related conditions. The fiber – or pectin – in apples can help create a cleaner, whiter teeth by lowering bacteria through increased saliva production. Thanks to being one of the best high-fiber foods apples help improve your digestion and lower disease-causing inflammation. Now that’s definitely something to chew on.

Join us as we explore other healthy foods throughout the month through the use of technology, living cooking demonstrations and educational speakers. Enjoy the outdoors with us as we celebrate National Picnic Day by dining al fresco. We invite you celebrate food, glorious food with us as we **Live in Wellness** this month.

This Month at Brookline

SUNDAY, JUNE 24TH FROM 11:30AM-2:00PM AT 1930 CLIFFSIDE DRIVE (BEHIND THE INN)
“FAMILY PICNIC”

TUESDAY, JUNE 12TH, FROM 12:00PM-6:00PM, (RECROOM)
“AMERICAN RED CROSS BLOOD DRIVE”

FRIDAY, JUNE 29TH AT 3:00PM, (RECPATIO)
“S’MORES ON THE PATIO”

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