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LIFESTYLE “MEDICINE” FOR A BETTER LIFE

Last year, Americans spent more than \$722 billion on prescription drugs and nearly \$4 trillion for chronic diseases and mental health conditions. But there are lifestyle medicines that are free that doctors could be prescribing for all their patients. Lifestyle “medicine” is the clinical application of healthy behaviors to prevent, treat and reverse disease. More than ever, research shows that the “pills” today’s physician should be prescribing for patients are the four domains of lifestyle medicine:

WHOLE FOOD PLANT-BASED EATING. Diets high in fruits and vegetables and whole grains and lower in animal products and highly processed foods have been associated with the prevention of many diseases.

REGULAR PHYSICAL ACTIVITY. Moderate-to-vigorous aerobic activity has both immediate and long-term health benefits.

RESTORATIVE SLEEP. High-quality sleep can reduce inflammation, immune dysfunction and stress, all of which are associated with or cause chronic disease.

POSITIVE PSYCHOLOGY AND SOCIAL CONNECTION. Maintaining a positive mindset through the practice of gratitude and the quality of our relationships has perhaps the most powerful of health benefits on our well-being.

QUOTE OF THE MONTH

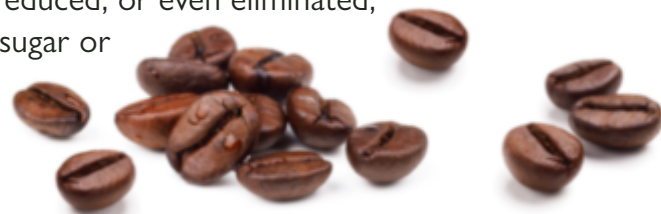
“YOUTH IS THE GIFT OF NATURE, BUT AGE IS A WORK OF ART. ~ STANISLAW JERZY LEC”

COFFEE: THE NEW MINI-MEDITERRANEAN DIET

The debate about whether coffee is good for you or not goes back a long time. But the evidence is getting stronger that coffee is so beneficial that some experts are now describing coffee as a “mini-Mediterranean diet” all by itself.

Recent studies have found that coffee consumption can help reduce a person’s risk for certain types of cancers, as well as Type 2 diabetes by 22%, Parkinson’s disease and dementia. A recent study found people who consumed more than 60 cups of coffee per month have a 70% lower risk of liver cancer, 50% lower risk for colon or breast cancer, and a 30% lower risk of thyroid cancer as well as a 30% lower risk of developing Parkinson’s disease, compared to non-coffee drinkers.

Coffee also increases metabolism of fats in the body. It’s important to point out that these benefits can be reduced, or even eliminated, by the addition of milk, cream, sugar or other add-ons. Black coffee maximizes the benefits.



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

SOUTHLAND

OCTOBER 2024

AN APPRECIATION FOR FRANK SINATRA’S “YOUNG AT HEART”

Frank Sinatra became a pop star in the early 1940s and he remained an American icon until his death at the age of 82 in 1998.

Ask any fan their favorite Sinatra song and you’re likely to get a different answer every time. One song that has always been a fan favorite from his catalog of songs is “Young at Heart.” It embodies a message about the importance of maintaining a youthful and open mindset throughout life, which can lead to a more fulfilling and happy life.

The song’s lyrics reflect on the value of age and experience. It implies if one were to live to a very old age, they would find immense joy and fulfillment from simply being alive. The song emphasizes that remaining young at heart helps you appreciate life’s beauty, making the most of each day and finding happiness in every stage of life.



OCTOBER 2024 EVENTS!

- DIA Museum
- Wellness U
- Dance Party with Marti
- Exercise Therapy with Jamie
- Trunk or Treat
- A Barry Halloween
- Michigan Haunts & Haunting
- October Fest
- Nail Care with Beth
- Brunch at Buddys Pizza

FOLLOW US ON FACEBOOK

A DAY TO HONOR WISDOM + EXPERIENCE

Older adults are a wealth of wisdom, experience and storytelling. They inspire us to keep striving to do great things or warn us of things we may not know. It’s in our best interest to look to them for guidance whenever possible. And it’s why the International Day of Older Persons on October 1, 2024, is such an important day. It was first recognized in 1990 by the United Nations to promote “the full and equal enjoyment of all human rights and the fundamental freedoms by older persons.”





October 2024

BIRTHDAYS		
Happy Birthday	10/11 Jan G	10/28 Mary B.
	10/17 Gwen F.	
10/2 Amos H.	10/24 Helen M.	
10/5 Angela G.	10/26 Jerry L.	
10/9 Rosemary D.	10/26 Karl S.	
10/10 Daryl S.	10/26 Susan Y.	

LOCATION KEY			01	02	03	ROSH HASHANAH	04	05
IFL 1 st Floor	DR Dining Room	OUT Outing	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:30a Puzzle Time
2FL 2 nd Floor	DRP Dining Room Patio	O Outside	10:30a Walmart	2:00p Prize Bingo	2:00p Prize Bingo	2:00p Prize Bingo	1:00p Piano with Ralph and Judy	1:00p Movie Matinee
2FA 2 nd Floor Activity Room	D2D Door to Door Service	THR Theater	2:30p Cooking Demo	3:15p Scrabble	3:15p Kings in the Corner Card	3:15p Kings in the Corner Card	1:30p Sound Mind & Body	2:00p Euchre
AR Activity Room	GR Game Room	APT Your Apartment	3:00p Jeopardy Jam	4:30p Dominos	Games	4:30p Dominos	2:00p Happy Hour with Billy Dixon	3:00p Scrabble
CHP Chapel	LIB Library		4:30p Dominios	6:30p Intercity Baptist Bible Study	4:30p Dominos	6:00p Communion & Rosary	5:00p Dominos	5:00p Dominos
			6:00p Pinochle					

06	07	08	09	10	11	12	YOM KIPPUR
9:30a Morning Church Service with Minister Terrance	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	9:00a Nail Care with Beth
1:00p Puzzle Time	10:30a Dairy Queen	2:00p Yoga with Jane	11:15a Detroit Institute of Arts	10:30a Meijer	1:00p Piano with Ralph and Judy	10:30a Puzzle Time	10:30a Puzzle Time
2:00p Rummy	2:00p Balloon Volleyball	3:00p Bible Trivia with the Bandy's & Bryan's	2:00p Prize Bingo	2:00p Prize Bingo	1:30p Sound Mind & Body	1:00p Movie Matinee	1:00p Movie Matinee
3:00p Billiards: Pool Table & Shuffle Board	3:00p Gideon's Bible Study	4:30p Dominios	3:00p Scrabble	3:00p Dance Party Contest with Marti from Advisacare	2:00p Oktoberfest with Shelia & Joe	2:00p Euchre	2:00p Euchre
5:00p Dominos	5:00p Count Domino	6:00p Pinochle	6:30p Intercity Baptist Bible Study	6:00p Communion & Rosary	5:00p Dominos	3:00p Scrabble	3:00p Scrabble
						5:00p Dominos	5:00p Dominos

13	14	15	16	17	18	19
9:30a Morning Church Service with Minister Terrance	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:30a Puzzle Time
1:00p Puzzle Time	10:30a Dollar Tree	10:00a Auction	10:30a Brain Matters	10:30a Meijer	1:00p Piano with Ralph and Judy	1:00p Movie Matinee
2:00p Rummy	2:00p Balloon Volleyball	2:00p Resident Meeting	2:00p Cash Bingo	2:00p Prize Bingo	1:30p Sound Mind & Body	2:00p Euchre
3:00p Billiards: Pool Table & Shuffle Board	3:00p Gideon's Bible Study	4:30p Dominios	3:00p Scrabble	3:30p Meet Our Neighbors	2:00p Shelia & Joe Rocking Halloween	3:00p Scrabble
5:00p Dominos	5:00p Count Domino	6:00p Pinochle	6:30p Intercity Baptist Bible Study	6:00p Communion & Rosary	5:00p Dominos	5:00p Dominos

20	21	22	23	24	25	26
9:30a Morning Church Service with Minister Terrance	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:30a Puzzle Time
1:00p Puzzle Time	2:00p Balloon Volleyball	2:00p Rhythm & Groove with Jane	2:00p Prize Bingo	10:30a Meijer	1:00p Piano with Ralph and Judy	1:00p Movie Matinee
2:00p Rummy	3:00p Gideon's Bible Study	3:00p Bible Trivia with the Bryan's & Bandy's	3:00p Scrabble	2:00p Prize Bingo	1:30p Sound Mind & Body	2:00p Euchre
3:00p Billiards: Pool Table & Shuffle Board	4:00p Kings in the Corner Cards	4:30p Dominios	5:00p Dominos Game	5:00p Trunk or Treat	2:00p Birthday Celebration with Barry	3:00p Scrabble
5:00p Dominos	5:00p Count Domino	6:00p Pinochle	6:30p Intercity Baptist Bible Study	6:00p Communion & Rosary	5:00p Dominos	5:00p Dominos

27	28	29	30	31	HALLOWEEN
9:30a Morning Church Service with Minister Terrance	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	10:00a Chair Exercise	
1:00p Puzzle Time	10:30a Brunch Bunch at Buddy's Pizza	2:00p Pinochle with Kim	1:00p Chaplain Chat with Jim from Advisacare	10:30a Meijer	
2:00p Rummy	2:00p Balloon Volleyball	3:00p Michigan Haunts & Hauntings	2:00p Cash Bingo	2:00p Barry Halloween Costume Party	
3:00p Billiards: Pool Table & Shuffle Board	3:00p Gideon's Bible Study	4:30p Dominios	3:30p Art & Design	3:30p Fun Family Feud	
5:00p Dominos	5:00p Count Domino	6:00p Pinochle	6:30p Intercity Baptist Bible Study	6:00p Communion & Rosary	

All activities subject to change.