

## Healthy Bodies As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease, as well as help to manage the disease.

### Nutrient Needs

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B<sub>12</sub>, minerals, and dietary fiber.
- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Aim for at least 4-5 servings a day of colorful fruits and vegetables.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals or supplement if needed, speak to your doctor first.
- Registered Dietitian can help you with a personalized nutrition plan to help eat healthier and manage health.

### Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time.
- Include activities that improve balance, strength, and reduce your risk of falling such as lifting small weights, at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- Check with your doctor before starting an exercise program or vigorous physical activity.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



61 Medford St  
 Somerville MA, 02143  
 617-628-2601  
 Fax: 617-628-1085  
[info@eldercare.org](mailto:info@eldercare.org)  
[www.eldercare.org](http://www.eldercare.org)

**Paul Hollings**  
*Executive Director*  
**Deb McLean**  
*Nutrition Director*

**Andrea Svartstrom**  
*Registered Dietitian*

### Inside This Issue

<b>Healthy Bodies As We Age</b>	<b>1</b>
<b>Community Café Locations</b>	<b>2</b>
<b>Sweet Potato Recipe</b>	<b>3</b>

### Monthly

### Brown Bag

**January 8, 2019**  
 Arts at the Armory  
 191 Highland Ave  
 Somerville  
 10:30-12:00 PM

## CAMBRIDGE Community Cafè Locations

<b>Cambridge Senior Center</b> 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King A Senior Dine Card is needed, call SCES	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 11:30am-12:15pm Supper: Mon 5:00pm
<b>Manning Apartments</b> 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am
<b>N. Cambridge Senior Center</b> 266-B Rindge Ave / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am
<b>Miller's River (Nutrition)</b> 15 Lambert St. / 617-628-2601	Supper: Thu 4:30pm
<b>Norfolk Street</b> 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm
<b>Kate's Cafe @ S&amp;S (LBGT) (Nutrition)</b> 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm
<b>Cambridge Hospital Cafeteria (Nutrition)</b> 1493 Cambridge St. / 617-628-2601 A Senior Dine Card is needed, call SCES.	Supper: Mon-Fri 4:45-6:00pm
<b>Mass. Alliance of Portuguese Speakers</b> 1046 Cambridge St. / 617864-7600	Portuguese Lunch: Mon-Thurs Noon Reservation required by 10 AM

## SOMERVILLE Community Cafè Locations

<b>Cross Street Senior Center</b> 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am
<b>Somerville Center</b> 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Thu and Fri 11:30am
<b>Ralph &amp; Jenny Center</b> 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am
<b>Properzi Manor</b> 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Lorraine	Lunch: Mon-Fri 11:30am

61 Medford St  
Somerville MA, 02143

Phone: 617-628-2601

Fax: 617-628-1085

info@eldercare.org

www.eldercare.org

**Transportation to meal sites** is available. Call us at 617-628-2601. Reservations are required by noon the business day before.

## Order Nutrition Drink Supplements Through SCES

**Regular Ensure** - \$25.00/24 drinks

**Diabetic Ensure (Glucerna)** - \$36.00/24 drinks

**Ensure Plus** - \$27.00/24 drinks (*special order*)

Choose from three flavors:

Vanilla, Chocolate, or Strawberry

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

For more information, call agency at 617-628-2601.

## Sweet Potato Casserole

### Ingredients

- 2 tablespoons 1% low-fat milk
- 1½ teaspoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup quick cooking oats, dry
- 1 can (about 15 ounces) low-sodium sweet potatoes, drained and chopped



### Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes.
6. Serve hot or refrigerate and serve cold.

Source: A Harvest of Recipes with USDA Foods