

LAUGH TO LOWER BLOOD PRESSURE



The findings of a study recently presented at the American Heart Association meeting in Atlanta revealed that listening to your favorite tunes or hearing a good joke could have as much effect on your blood pressure as reducing salt or losing ten pounds. Of course, music

and laughter alone are not sufficient to treat high blood pressure, but for anyone looking for a way to increase their overall health, remember this mind-heart connection. It is a natural way to improve health.

MEET THE STAFF

Clark Hunt -Community Manager
Robert Kreissler - Maintenance Supervisor
Gennie Gailey - Leasing Agent

"You've gotta dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening, and live like it's heaven on earth."

ESSENTIAL NUTRIENTS FOR HEALTHY BRAINS

A recent study published in the journal *Neurology* indicated that seniors who include more essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease and scored better on tests of mental performance. Essential nutrients include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found in fish, plant, and nut oils. Vitamins B, C, and E are found in fruits and primarily vegetables. The essential nutrient B12 comes from animal products. Talk with your doctor about including more of these nutrients in your diet. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish.

GROCERY SHOPPING TIP

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

FOOD TIP

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Standing Strong 1:00 Grand Room	18	19	20	21
22	23	24	25 Halloween Party 4:00 Grand Room	26	27	28
29	30	31 HAPPY HALLOWEEN				

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

RELIEVE STRESS WITH THESE FUN AND EASY



IDEAS

There are many small ways to improve how you handle daily stress and increase your well-being. Light some candles. Get a glass of wine. Take a hot bath. You can also try some yoga or any other form of exercise that makes you feel good. Meditate or explore breathing exercises. Listen to a guided meditation or download a mindfulness app to get started. Try some of these ideas and you are likely to hit

RENT

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.