

# Food and Fitness



## Let's Eat Together—Congregate Meals

It has been a common practice to sit down at a dinner table and enjoy a meal with friends and family. With age and the progressing of the generations, we have moved to a society that now eats alone, in front of electronics, at a desk, in the car, and many uninviting locations for conversation. Congregate meal sites now are focused more than ever on the interactions, social experiences, and psychological needs of the participants.

Meals are important to provide the body the nourishment it needs and help to prevent food insecurity. When participating in congregative meals, the participants are getting at least one-third of the Dietary Reference Intakes for many nutrients for that day. When at home, some of these important nutrients can be overlooked or missed.

Meals are designed to give participants a well-balanced meal with foods from the major food groups and designed to promote health and wellness. Also, these sites provide information related to nutrition education, nutritional screening, and nutrition counseling.

(Continues on Page 2)



### Inside this issue:

Let's Eat Together	1-2
Mineral—Boron	3
Healthy Homemade Cheeseburgers	4
Brain Exercise	5
May Monthly Observations	6
Contact Information	7

## Let's Eat Together

(Continued From Page 1)

Beyond this, our bodies do benefit from mealtime conversation with others. Congregative meal sites give the participants a reason to get up and get moving which promotes the feeling of being young and mentally active.

Many participants benefit from the socialization and making friends at these locations. Many participants live alone or do not have many opportunities to get out of the house. While eating a healthy meal, participants can alleviate the feeling of loneliness, get emotional support, prevent depression, and more.

Not only do sites provide a healthy balanced meal, they also provided an array of activities. Each and every senior center does activities differently. Some provide coloring, bingo, puzzles, while others even do short trips to places like farmers markets.

Eating, being active, and socialization are basic needs that everyone needs to have a happy healthy life. Encourage all your older American friends to join a senior center today!



5

**B****Boron**  
10.811

## Minerals— Boron

### Functions

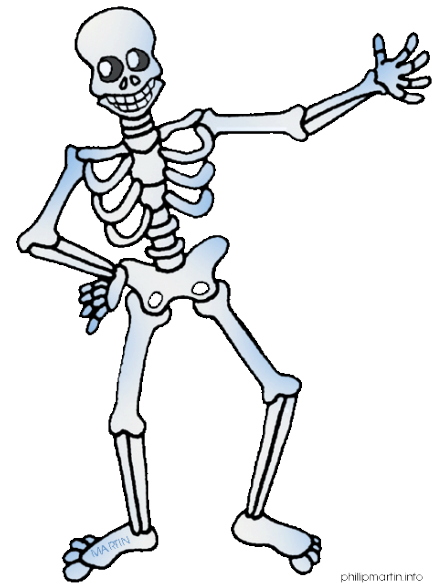
Boron is found in highest levels in the body's bone, spleen, and thyroid. Boron is important to the body for enhancing the ability to use calcium, magnesium, and vitamin D. It is also believed that boron assist in brain function and recognition. Boron is also commonly used in eye wash and in antiseptic for the skin.

### Recommended Daily Allowance

No daily values have been set but 1.5-3.0 milligrams is a safe daily value.

### Food Sources

Prunes	Green Leafy Vegetables
Dates	Nuts
Raisins	Legumes
Grapes	Beer
Pears	Wine
Honey	Cider



### Deficiency

Deficiency has not been reported in humans. Deficiency can be a result in eating a diet with too many refined foods.

### Toxicity

Toxicity can cause a dryness of the skin or digestive upset.

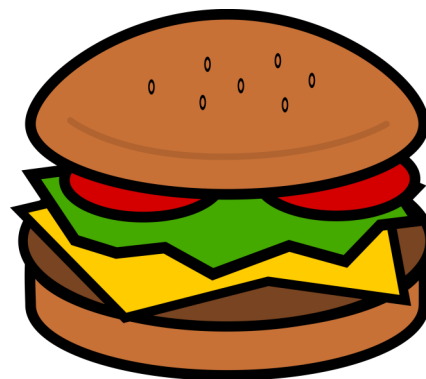


# Healthy Homemade Cheeseburgers

Serves 4

## Ingredients

- 3/4 lb extra-lean ground beef
- 2 tbsp finely chopped onion
- 2 tbsp chili sauce
- 1 tsp Dijon mustard
- 4 slices (about 3/4 oz each) reduced-fat cheddar
- 4 whole-wheat hamburger buns
- Lettuce and tomato slices



## Instructions

1. Mix first 4 ingredients.
2. Form mixture into four 1-inch-thick patties.
3. Broil 5 to 7 minutes on each side for medium to well-done burgers.
4. Top each burger with a cheese slice right before removing from the oven.
5. Transfer burgers onto buns, top with lettuce and tomato and serve.

Recipe Received from: <http://www.epicurious.com/recipes/food/views/healthy-homemade-cheeseburgers-230146>

## Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

### Inky #1

<b>2 ×</b>	<b>1 -</b>	
		<b>3 ×</b>
<b>1 -</b>		

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### Inky #2

<b>1 -</b>		<b>2 ×</b>
<b>1 -</b>	<b>9 ×</b>	

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Fill in the blank squares so that each row and each column contain all of the digits 1 thru 3.

The heavy lines indicate areas (called cages) that contain groups of numbers that can be combined (in any order) to produce the result shown in the cage, with the indicated math operation. For example,  $12 \times$  means you can multiply the values together to produce 12.

Numbers in cages may repeat, as long as they are not in the same row or column.

**Brain Exercise Answers on Page 8**

Received From: <http://krazydad.com>

May Monthly Observations

- Older Americans Month
- National Salad Month
- Date Your Mate Month
- Foster Care Month
- National Barbecue Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- National Recommitment

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mother Goose Day	2 Baby Day	3 National Teachers Day	4 Bird Day	5 National Hoagie Day	6 Military Spouses Day	7 National Tourism Day
8 Mother's Day	9 Lost Sock Memorial Day	10 Clean Up Your Room Day	11 Eat What You Want Day	12 International Nurses Day	13 Blame Someone Else Day	14 National Train Day
15 National Chocolate Chip Day	16 Love a Tree Day	17 Pack Rat Day	18 Visit Your Relatives Day	19 Boy's Club Day	20 Pick Strawberries Day	21 Armed Forces Day
22 World Goth Day	23 Lucky Penny Day	24 National Escargot Day	25 National Wine Day	26 Sally Ride Day	27 Sun Screen Day	28 International Jazz Day
29 Learn About Composting Day	30 Water a Flower Day	31 Save Your Hearing Day				

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**Brain Exercise Answers**

**Inky #1**

<b>1</b>	<b>3</b>	<b>2</b>
<b>2</b>	<b>1</b>	<b>3</b>
<b>3</b>	<b>2</b>	<b>1</b>

**Inky #2**

<b>3</b>	<b>2</b>	<b>1</b>
<b>1</b>	<b>3</b>	<b>2</b>
<b>2</b>	<b>1</b>	<b>3</b>

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