



SENIORLIFE NEWS

National Nutrition Month® 2007: The Best Path to Fitness and Health is to be *100% Fad Free*

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Diet fads come and go, and some may help you lose weight – in the short term. For National Nutrition Month® 2007, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be *100% Fad Free*.

“You can lose weight on virtually any diet,” said registered dietitian and ADA spokesperson Roberta Anding. “If you eat less, you will lose weight. The question is, can you maintain a healthy lifestyle over the long term – your life? The real key to reaching long-term goals is to focus on your overall health.”

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. National Nutrition Month also reminds con-

sumers that registered dietitians are their most valuable and credible source of timely, science-based information.

Develop an eating plan for lifelong health.

Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new *Dietary Guidelines for Americans* and *MyPyramid* as your guide to healthy eating.

Choose foods sensibly by looking at the big picture.

A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet.

Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

Find your balance between food and physical activity.

Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Food and nutrition misinformation can have harmful effects on your health and well-being,

as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets your individual needs.

See page 2 for a fun look at past fad diets!

Submitted by: *Melissa Fabina-Arcurio, Dietitian*

Articles extracted from www.eatright.org (2007)



**Before you go to bed on
Saturday, March 10...**

**Turn your clocks ahead 1 hour and don't forget
to change your smoke alarm batteries!
Daylight Savings Time starts March 11!**



Bite Size News: Fad Diet Timeline – Fad Diets Throughout the Years

Below is a blast from the past. It is interesting to recall some of the tactics mankind has ensued for health and vanity. Caution: this list may promote laughter or even some reminiscing.

1820 Vinegar & Water Diet: Made popular by Lord Byron

1825 Low Carbohydrate Diet: First appeared in the *Psychology of Taste* by Jean Brillat-Savarin

1830 Graham's Diet: Only legacy: Invented Graham cracker

1863 Banting's Low Carbohydrate Diet: "Banting" becomes a popular term for dieting

1903 Horace Fletcher promotes "Fletcherizing": Chew food 32 times

1917 Calorie Counting: Introduced by Lulu Hunt Peters in her book *Diet and Health, With Key to the Calories*

1925 Cigarette Diet: "Reach for the Lucky instead of a sweet"

1928 Inuit Meat and Fat Diet: Caribou, raw fish and whale blubber

1930 Hay Diet: Carbohydrates and proteins not allowed at the same meal
Dr. Stoll's Diet Aid: First of the liquid diet drinks.

1934 Bananas & Skim Milk Diet: Backed by United Fruit Company

1950 Cabbage Soup Diet: Flatulence is listed as a main side effect.

Grapefruit Diet: Also known as Hollywood diet.

1960 Zen Macrobiotic Diet: Created by Japanese philosopher George Ohsawa

1961 Calories Don't Count Diet: FDA filed charges regarding diet's claims

1964 Drinking Man's Diet: Harvard School of Public Health declared diet unhealthy

1970 Sleeping Beauty Diet: Individuals heavily sedated for several days
Liquid Protein Diets: Liquid protein drinks were low in vitamins and minerals

1981 Beverly Hills Diet: Only fruit for first 10 days but in unlimited amounts

1985 Fit for Life: Avoid combining protein and carbohydrate foods

Caveman Diet: Foods from the Paleolithic Era

1986 Rotation Diet: Rotating number of calories taken in from week to week

1987 Scarsdale Diet: Low-carbohydrate, low-calorie diet plan

1990 Cabbage Soup Diet: Diet from 1950s resurfaces on the Web

1994 High Protein, Low Carb Diet: Dr. Atkin's version

1995 Sugar Busters—Cut Sugar to Trim Fat: Eliminates refined carbohydrates

1996 Eat Right for Your Type: Diet based on blood type

1999 Juice, Fasting and Detoxification: Perennial dieting favorites reappear in combination

2000 Raw Foods Diet: Focuses on uncooked, unprocessed organic foods

2001 High Protein, Low Carb Diet: 1994 diet updated

2004 Coconut Diet: Fats replaced with coconut oil

2005 Cheater's Diet: Cheating on the weekend is required

2006 Maple Syrup Diet: Features a special syrup-lemon drink

Submitted by: Melissa Fabina-Arcurio, Dietitian

Articles extracted from www.eatright.org (2007)

An Irish Toast

May you always be
blessed

With walls for the
wind,

A roof for the rain,

A warm cup of tea by
the fire,

Laughter to cheer
you,

Those you love near
you,

And all that your
heart might desire.

take it EASY



take it **EASY!**

Wellness Series: Relaxation

So many of us have stressors or anxiety in our lives! And we all know to stay well we must take the time on occasion to relax! Don't forget the nice experiences from our Relaxation group and please try these at home when you feel stress and anxiety.

*Turn down the lights/turn off the television

*Put on soft, relaxing music

*Try lavender scented lotion

*Do pursed lip/deep breathing

*Try tension/relaxation starting from your head to your

toes

*Try visual imagery

*Drink some chamomile tea

*Pray

Take some time for yourself to unwind!

Our Members Share.....

“How do feel about “springing forward” on March 11?”



Joan Reed

“I like daylight savings time because it stays light longer. I enjoy the light of the summer season. And I’m happy they are making it longer this year.”



Jay Fields

“I get my sleep no matter what!”



Dorothy Walker

“It makes things go faster for me. It seems like I get things done faster. You get the light to shine longer and that helps me.”



Eleanor Shiley

“At first you’re all mixed up. It takes about a month to get it straight!”

Celebrating March Birthdays!



Member Birthdays

- Margaret Vello. Mar. 01
- Jay Fields Mar. 02
- Dee Chappell Mar. 10
- Julia Bulick Mar. 12
- Helen Foldy Mar. 12
- Mickey Buchan Mar. 13
- Ida Mae Pridgen Mar. 13
- Pat Stanton Mar. 20
- Anna Moss Mar. 25
- Charlie Chappell Mar. 26

People born in March tend to have personalities made up of multiple elements—they are independent, mystical, kind, caring smart, idealistic, intuitive, self-sacrificing, colorful multi-taskers.

- Flower: Daffodil
- Birthstone: Aquamarine
- Zodiac: Pisces and Aries
- Lucky Color: **Green**

Staff Birthdays

- Daphne Reffner Mar. 01
 - Nicole Hipp Mar. 14
 - Sonja Serball Mar. 18
 - Cozette Hupkovich . . . Mar. 23
 - Kathleen Grohal Mar. 25
- Famous Birthdays
- Lynn Redgrave Mar. 08
 - Barbara Feldon Mar. 12
 - Queen Latifah Mar. 18
 - Bruce Willis Mar. 19

Thought for The Day

“Don’t walk behind me for I will not lead. Don’t walk in front of me for I will not follow. Just walk beside and be my friend.”

~ Old Irish Saying



SeniorLIFE Bulletin Board

- February brought SLJ two new members to our growing team! Extend a warm welcome to Brian Bicko in Transportation and Debbie Lester in Activities!
- Don’t forget to wear your GREEN on Friday, March 16, 2007 to celebrate St. Patrick’s Day!
- Look for the upcoming Activities Survey to provide you with an opportunity to rate how we are doing in meeting your needs and to explore interests in new programming ideas.
- Did you know that researchers at Stanford

University found that memory loss can be decreased by 30-50% simply by doing mental exercises. The brain is like a muscle—if you don’t give it regular workouts, its functions will decline. Remember to attend Activities and challenge your mind!



JOHNSTOWN

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We're on the Web!
www.seniorlifejohnstown.com

SeniorLIFE Johnstown is a program designed specifically to sustain independence among seniors by coordinating and/or providing a comprehensive range of support services all through a single network. Each member receives a customized plan to meet their individual needs.

Services include: Physicians, nursing, therapies, medication monitoring, therapeutic activities, meals and nutritional counseling, social services and counseling, home care services and transportation.

If you or a loved one is 60 years of age or older and needs assistance with activities of daily living due to a medical condition, call us at **535-6000** to learn more!



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**Ask us about
SeniorCALL!!**