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Nutrition

Health & Wellness

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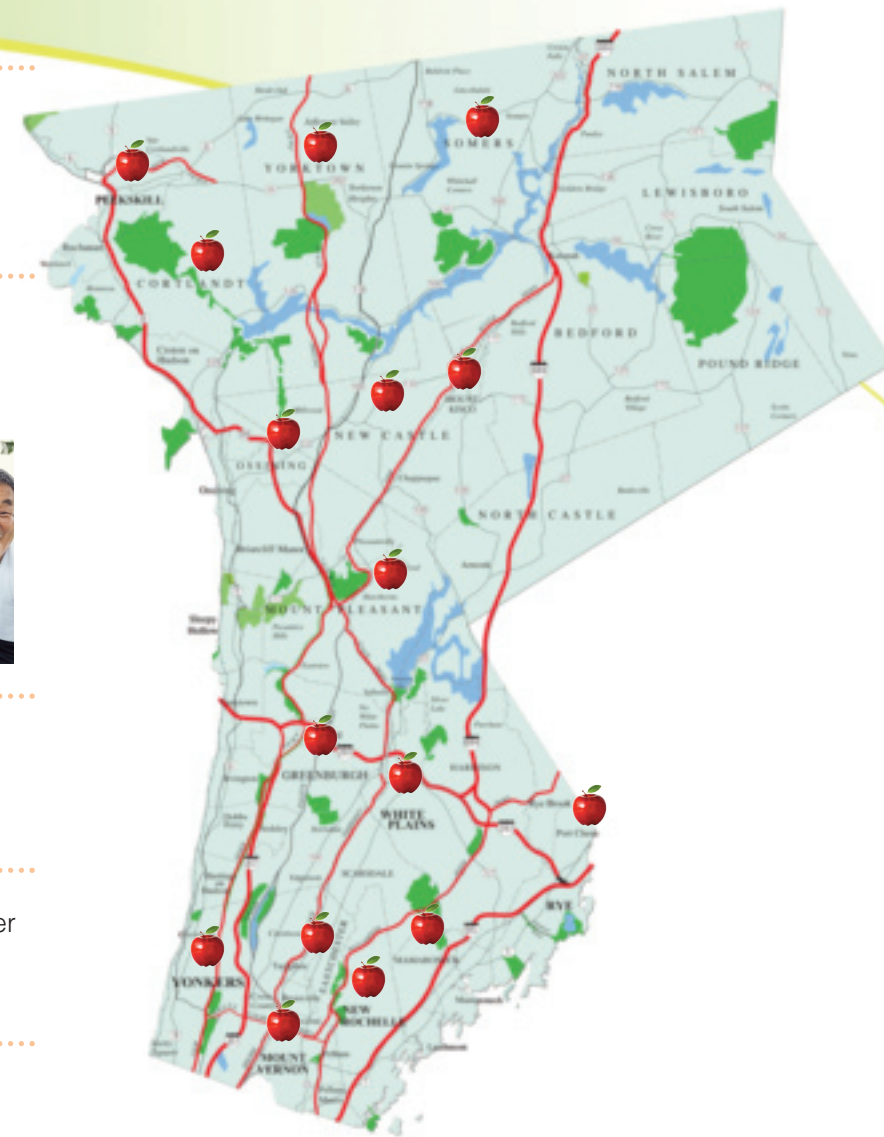
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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.



10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings. Add raw or cooked veggies to tacos on whole-grain corn tortillas and whole wheat wraps.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*See "Smart Tips to Build a Healthy Salad" at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Westchester County
Department of Senior Programs and Services
Nutrition, Health & Wellness Unit
George Latimer, County Executive
Mae Carpenter, Commissioner

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit www.MyPlate.gov.

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



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Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition
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Eight Superfoods for \$1 or Less

Many of us would agree that we are seeing much higher grocery store bills at the checkout counter. Inexpensive, processed foods are tempting as we walk through our own local stores. But while cost is important, we must make our health a priority and take responsibility of choosing foods that are whole, natural and nutritious. Here are eight superfoods to keep on hand and will help stretch your food dollars further.

Potatoes

Cost: about 44¢ a piece

Russet potatoes, which are a good source of fiber, potassium and vitamin C, are a great nutritional bang for your buck and very versatile! Try baking them, then topping them with beans, vegetables and salsa; mash them; slice and roast them; or turn them into hash browns for breakfast.



Bananas

Cost: 40¢ per banana

A large banana fulfills one of your daily fruit servings (the recommendation is 1 1/2 to 2 servings a day). Plus, it's a good source of potassium and fiber and a great source of vitamins C and B6. Bananas are perfect for a snack but also great to add to many dishes from breakfast to dessert.

Beans

Cost: 52¢ or less for a ½ cup serving of canned beans

You just can't go wrong if you bulk up your meal with beans. They're packed with fiber and protein. Keep a variety in the cupboard and add them to salads, pasta, soups or use for an easy dip. Dried beans are even less expensive than canned. Cook a big batch, then freeze in smaller portions for when you're ready to use them in a recipe.

Frozen Vegetables and Fruit

Cost: 30¢ for a ½ cup serving of frozen peas

Keep frozen vegetables on hand for when the produce drawer is looking a little bare. Frozen fruits and vegetables are nutritious because they're picked at the peak of ripeness and then frozen to seal in their nutrients. For an additional bonus, most of them don't have added sodium or sugar like canned vegetables and fruits often do. Plus they're relatively inexpensive, especially when compared with their "fresh" counterparts out of season.



Pasta or Rice

Cost: 26¢ for 2 ounces of whole-wheat pasta

Do you have a few leftover vegetables or meat in your refrigerator? Maybe you have some fixings for a salad or a light soup, but it's not quite dinner. Pasta and rice are inexpensive, healthy pantry items that let you turn a few leftovers into a meal. Try quickly sautéing peppers and onions and toss them with noodles, herbs and a little cheese, or add rice to a vegetable soup to make it more satisfying.

Yogurt

Cost: 49¢ per $\frac{1}{2}$ cup serving

Yogurt is a great source of calcium and protein. You'll pay more (and create more waste) if you buy it in single-serving containers. Save your change—buy it in bulk and dish out your own portions. Choose plain yogurt and create your own homemade variety each and every time with the following: fresh or frozen fruits, nuts and seeds, wheat germ or ground flaxseed, pumpkin or apple butter, maple syrup or honey, dried cereal or granola, or even a sprinkle of coco powder or instant coffee!

Eggs

Cost: 32¢ for a large egg

A simple scrambled egg with whole wheat toast and fresh fruit is a great start to the day. A sliced hardboiled egg on whole grain crackers and Dijon mustard is a much better snack than sugary or salty alternatives. For dinner, consider Huevos Rancheros - a popular Mexican dish named for the mid-day meal shared by farmers. Huevos Rancheros are fried or scrambled eggs served over heated corn tortillas, alongside beans and salsa. Adding cooked rice and an avocado will boost the nutritional value of this meal. Eggs are a source of high-quality protein and also contain the antioxidants, lutein and zeaxanthin, which help keep eyes healthy.



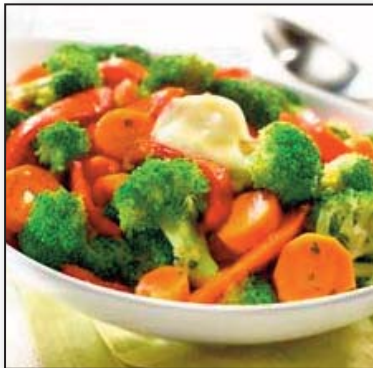
Ground Beef

Cost: \$1.12 per 3-ounce serving of 93%-lean ground beef

Meatloaf's reputation as a budget-friendly food is deserved because its main ingredient, ground beef, is inexpensive. When you buy a lean grind, it's also healthy. Meatloaf is not the only inexpensive meal to make with ground beef.

In the Kitchen: Quick Vegetable Sauté

Frozen vegetables are economical but they don't have to be boring. Follow the below recipe which adds a shallot and dried dill or tarragon to create a delicious side dish.



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced
- 4 cups mixed frozen vegetables, such as corn, carrots and green beans
- 1/2 teaspoon dried dill or tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

1. Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until softened, about 1 minute.
2. Stir in frozen vegetables.
3. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes.
4. Stir in dill (or tarragon), salt and pepper. Makes 4 servings, about 3/4 cup each.

Nutrition per 3/4c. serving: 107 calories; 4 g fat, 17 g carbohydrates; 3 g protein; 3 g fiber; 178 mg sodium; 294 mg potassium.

Source: Adapted from www.eatingwell.com. "8 Superfoods for \$1 or Less". October 2010. Recipe from Eating Well May/June 2010. Reviewed January, 2020.

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Healthy 4 Ingredient Flourless Sweet Potato Brownies

★★★★★

Just four healthy ingredients are needed to whip up these rich, fudgy and extremely moist chocolate brownies! Using sweet potatoes as a base, these flourless chocolate brownies are naturally paleo, vegan, gluten-free and completely refined sugar-free! A quick and easy snack recipe to satisfy the sweet tooth instantly!

| | |
|------------------|------------|
| Course | Dessert |
| Cuisine | American |
| Prep Time | 5 minutes |
| Cook Time | 20 minutes |
| Servings | 6 Brownies |
| Calories | 185kcal |
| Author | Arman |

Ingredients

- 1 cup cooked sweet potato mashed
- 1/2 cup almond butter can sub for any nut or seed butter of choice
- 2 tbsp pure maple syrup
- 1/4 cup cocoa powder
- 1/2 cup chocolate chips of choice Optional

Instructions

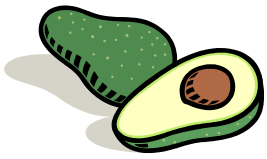
1. Preheat the oven to 180C/350F and grease a loaf pan and set aside.
2. In a high-speed blender or food processor, combine all the ingredients and blend well until a smooth brownie batter remains.
3. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces.

Notes

- **To store.** Place cooled brownies in a sealed container and keep them in the fridge. Brownies refrigerated will keep fresh for up to 1 week.
- **To freeze.** You can freeze sweet potato brownies! Wrap brownies individually in parchment paper and place them in a ziplock bag. Brownies kept in the freezer will keep fresh for up to 6 months.
- **To thaw.** Thaw brownies by keeping them out at room temperature or in the fridge overnight.

Nutrition

Serving: 1Brownie | Calories: 185kcal | Carbohydrates: 12g | Protein: 5g | Fat: 19g | Potassium: 3mg | Fiber: 6g | Vitamin A: 150IU | Vitamin C: 2.5mg | Calcium: 30mg | Iron: 0.5mg | NET CARBS: 6g



“You are what You Eat”

Super Foods Equal Better Health!

Super foods come with good news and bad news. No single food can cancel the consequences of poor eating habits regardless of any such claims. The good news is that making good food choices can be one of the best ways to achieve or maintain good health—especially when substituted for less nutritious foods.

Super foods are nutritional powerhouses high in phytonutrients – chemicals that occur naturally in foods. They protect against diseases such as cancer, diabetes, heart disease and hypertension.

There are several cautionary notes to keep in mind. Some of these super foods are calorie-laden and should not be super-sized. Moderation is important. Also, including super foods does not make up for an otherwise unhealthy lifestyle such as inactivity. In alphabetical order, here is a list of ten super foods to help start you on the path to good health.

1. **Avocados.** Avocados are jam packed with 20 vitamins and minerals, fiber and potassium. But what really sets them apart is the fact that they're one of the only fruits that contains monounsaturated fats. These healthful fats can help lower your LDL (bad) cholesterol, which translates into a reduced risk for heart disease and stroke. This healthful fat also contributes to the avocados smooth, creamy texture, and it helps to keep us feeling full and satisfied after meals.



2. **Blueberries.** Not only are blueberries bursting with flavor, they are bursting with health benefits too. Blueberries have less than 100 calories per cup, are fat free, sodium free and provide a good source of dietary fiber. Plus, they contain antioxidants – natural compounds that may help prevent a number of chronic diseases such as cardiovascular disease and certain forms of cancer. Eat them fresh, frozen or even dried!

3. **Broccoli.** Broccoli contains sulforaphane, a phytonutrient, which is one of the most powerful cancer fighting compounds in food. Broccoli is also high in vitamins A and C – antioxidants that can prevent damage to your body's cells. It's also a good source of Vitamin A, folate, iron, calcium and fiber.

4. **Dark Chocolate.** Chocolate contains flavonoids, the same substances we hear about in red wine and green tea. These flavonoids may help protect against heart disease. Dark chocolate is higher in flavonoids than other forms of chocolate. Including a small amount in an otherwise balanced diet may be good for your health.





5. **Lentils.** Lentils are a nutrition powerhouse, packed with heart healthy soluble fiber. They're also an excellent source of folate, iron and protein. They also do not require soaking, which makes them less time consuming to prepare than other beans. There are many different varieties of lentils, so be sure to try them all and see which you like best!

6. **Nuts.** Nuts are good sources of dietary fiber, magnesium, polyunsaturated fats, vitamin E, antioxidants and bioactive compounds. All of these elements play a role in reducing the risk of cardiovascular disease and cancer. Studies have shown that a frequent intake of nuts may also be associated with a reduced risk of diabetes, being overweight or obese, gallstones and colorectal cancer. Treat yourself to a *small* handful each day.



7. **Oatmeal.** Want to nudge down your cholesterol level? Try a bowl of oatmeal for breakfast. New research adds to earlier evidence that among the whole grains, oats are the most effective choice when it comes to lowering cholesterol, without lowering heart-protective HDL cholesterol. To eat more whole-grain oats, try the steel-cut version (also called Irish oats).

8. **Salmon.** Salmon provides a good source of high quality protein and heart healthy omega-3 fatty acids, which cannot be manufactured by the body. Omega-3 fats have been shown to help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions. Salmon is also a good source of a variety of vitamins and minerals. Canned salmon that contains bones is also a good source of calcium.



9. **Sweet Potatoes.** Traditionally, sweet potatoes are served during the holidays, but why not enjoy them all year long? Not only do they taste like dessert, but they provide some surprising health benefits. Sweet potatoes are bursting with more beta-carotene than carrots. They are filled with greater amounts of vitamins and minerals than a typical white potato, and provide a unique combination of being low-fat and rich in heart-healthy vitamin E.

10. **Tomatoes.** Tomatoes and tomato products are rich in the powerful antioxidant group, carotenoids, which have been shown to inactivate free radicals, protect against cancer, and slow development of atherosclerosis. The most plentiful carotenoid is lycopene, which research suggests may be a big factor behind even more health-protective effects of tomato products including fighting inflammation, being sun protective and maximizing bone health.



Some information in this handout adapted from www.fruitsandveggiesmorematters.org / UNL Cooperative Extension / Harvard School of Public Health

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Spring into a Healthier You: Nutrition to Support your Immune System

Antonella Caggiano, MS, RDN, CDN

WESTCHESTER COUNTY DEPARTMENT OF
SENIOR PROGRAMS & SERVICES



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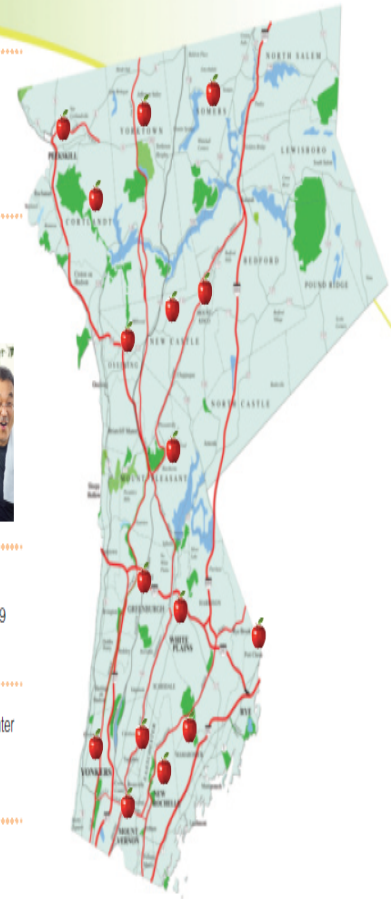
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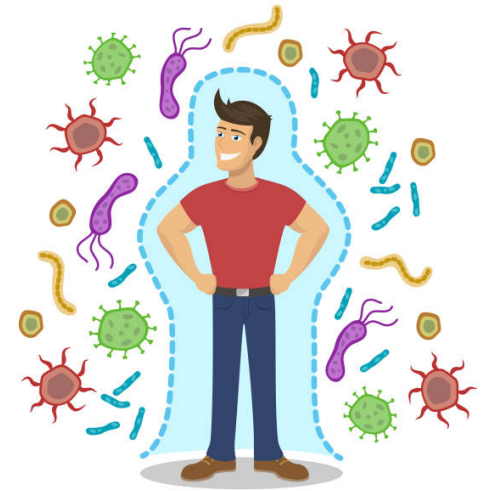
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The Importance of a Healthy Immune System

The immune system is responsible for fighting foreign invaders in the body, like pathogenic bacteria and viruses.



What factors can depress our immune system?

Older age

Environmental toxins

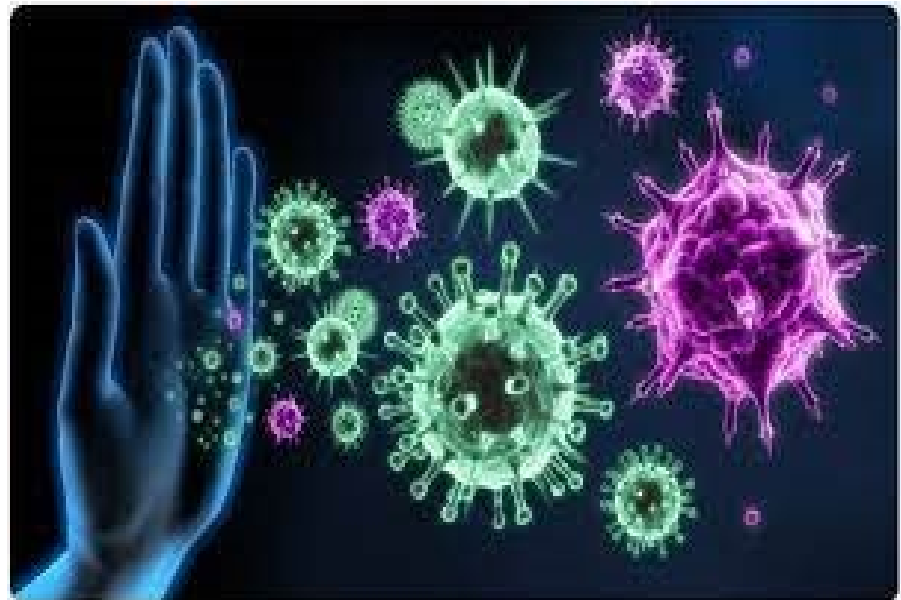
Chronic Diseases

Chronic Mental Stress

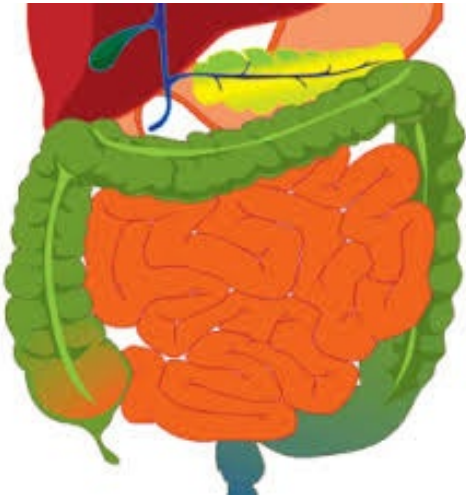
Lack of Sleep & Rest

Poor Nutrition

Excess Weight



Gastrointestinal Tract & the Immune System



The GUT Regulates the absorption of nutrients while keeping out damaging molecules and pathogenic organisms.

“Microbiome”

- The GI tract has a very large surface area. (*“The total area of the human adult gut mucosa that of half a badminton court”*).
- The “GUT” contains the largest number of immune cells of your whole body (some say up to 70%) and comes into contact with the largest amount and number of different molecules and organisms of any organ in your whole body.

Prebiotics and Probiotics

Prebiotic Foods – feed the friendly bacteria in your gut

Generally all Fiber-rich foods!
Fruits, vegetables & whole grains

- **Potatoes:** Ideally, boiled and cooled
- **Bananas:** less-ripe and green bananas are more beneficial
- **Jerusalem artichokes:** A root vegetable rich in the prebiotic inulin.
- **Garlic** - preferably raw
- **Apples**
- **Asparagus**



Probiotic Foods – live organisms that we get by ingesting them (from food or supplements)

Kefir

Yogurt (with live active cultures)

Fermented vegetables

Sauerkraut

Tempeh

Kimchi

Miso



Protein and the Immune System



A deficiency of dietary protein or amino acids is known to impair immune function and increase susceptibility to infectious disease. It is also especially important for healing and recovery.

Choose high-quality, complete proteins such as:

- Eggs
- Fish
- Lean beef & poultry
- Tofu
- Tempeh

Omega-3 Fatty Acids and the Immune System

Omega-3 = Anti-inflammatory

- Increase consumption of wild-caught cold-water fish like salmon, tuna, mackerel and sardines, ground flaxseeds, walnuts, pumpkin seeds leafy green vegetables.
- At the same time, reduce excess “bad” (trans and saturated) fats commonly found in: commercial baked goods, processed & fried foods, cheese, whole and 2% milk, ice cream, cream, fatty meats (beef and pork products), butter and margarine.





for a Healthy Immune System

Vitamin D is both a nutrient we eat and a hormone our bodies make (from getting sunlight). It is well known for its role in bone health by helping the body absorb calcium.

- **Vitamin D also helps maintain the integrity of epithelial barriers and stimulates production of antimicrobial substances that help fight viruses and decrease inflammation.**
- Deficiency in vitamin D is associated with increased susceptibility to infection. Deficiency is generally more common if you:
 - Have darker skin
 - Are overweight
 - Are older
 - Spend limited time outdoors

Food Sources of Vitamin D

| | |
|----------------------------------------------------------------------------|---------|
| Cod liver oil, 1 tablespoon | 1,360 |
| Trout (rainbow), farmed, cooked, 3 ounces | 645 |
| Salmon (sockeye), cooked, 3 ounces | 570 |
| Mushrooms, white, raw, sliced, exposed to UV light, ½ cup | 366 |
| Milk, 2% milkfat, vitamin D fortified, 1 cup | 120 |
| Soy, almond, and oat milks, vitamin D fortified, various brands, 1 cup | 100-144 |
| Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 1 serving | 80 |
| Sardines (Atlantic), canned in oil, drained, 2 sardines | 46 |
| Egg, 1 large, scrambled** | 44 |
| Liver, beef, braised, 3 ounces | 42 |
| Tuna fish (light), canned in water, drained, 3 ounces | 40 |
| Cheese, cheddar, 1 ounce | 12 |
| Mushrooms, portabella, raw, diced, ½ cup | 4 |
| Chicken breast, roasted, 3 ounces | 4 |
| Beef, ground, 90% lean, broiled, 3 ounces | 1.7 |

Other Sources of Vitamin D



Vitamin C for a Healthy Immune System



Vitamin C (ascorbic acid) - water-soluble vitamin. Your body cannot make vitamin C, it must come from the foods you eat every day.

- Provides antioxidant activity to support healing at sites of inflammation.
- Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli and many more.
- Vitamin C may decrease the duration and severity of symptoms associated with upper respiratory viral infections by promoting phagocytic cell functions, and support healthy T-cell function.

VITAMIN C

Foods Sources

V Valencia Orange
I Issai Kiwi Fruit
T Turnip Greens
A Apricots
M Mango
I Ivy Gourd
N Nori
C Cantaloupe

Apricots
Beans, Yellow Snap
Bell Pepper
Blackberries
Broccoli
Brussels Sprouts
Cabbage, Green
Cabbage, Pe-Tsai

Cabbage, Red
Cantaloupe
Carambola
Cauliflower
Cauliflower, Green
Collard Greens
Chili Pepper, Hot
Gooseberries
Grapefruit
Guavas
Kiwifruit
Lemon
Lime
Nori
Mango
Melon, Honeydew
Okra
Onion

Orange
Papaya
Pineapple
Potato
Prickly Pears
Pummelo
Radishes
Raspberries
Rutabagas
Spinach
Squash, Summer
Strawberries
Sweet Potato
Tangerines
Tomato
Watermelon

Dietitians-Online©



On April 4, 1932 Vitamin C was first isolated by CC King at the University of Pittsburgh.

Zinc for a Healthy Immune System

Plays a vital part in immune function. Zinc is important in development and function of immune cells that respond to infection and also aids in inhibiting replication of certain viruses and reduces inflammation.

Zinc deficiency can spur production of inflammatory cytokines. Deficiency is not common in general population, but more so in older adults. Excess of zinc has also shown negative effects on the immune system.

Maintaining adequate but not excessive levels of zinc is important.

*This is one reason **food** is such an excellent source of obtaining nutrition versus supplementation*

EAT FOOD! Food contains a balanced variety of micronutrients whereas supplementation with individual nutrients can lead to too much of some and not enough of others.

Excellent Sources of Zinc

- Spinach
- Asparagus
- Shiitake and crimini mushrooms
- Sesame seeds
- Pumpkin seeds
- Garbanzo beans
- Lentils
- Cashews
- Quinoa
- Oysters



Spices to Support Immune System

Cinnamon



Contains Cinnamaldenylde (reduces inflammation) and Salicylate (found in aspirin) which reduces pain and promotes heart health

Turmeric



Contains Curcumin which has anti-inflammatory, anti-cancer, and antioxidant properties.

Ginger



Anti-inflammatory.
Also known as a digestive aid to soothe stomach aches and nausea

Garlic



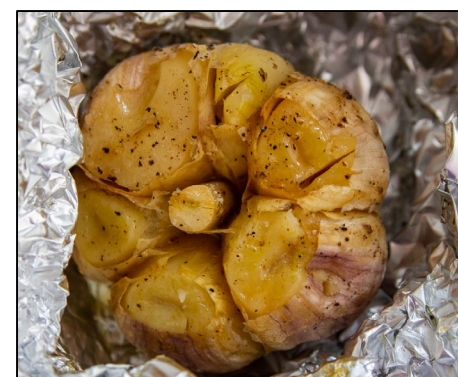
Contains sulfur compounds including Allicin – anti-inflammatory by helping to prevent free radical damage to linings of blood vessels, limiting inflammation.

Cinnamon: Sprinkle ground cinnamon on any dessert, on top of cooked fruit, or sprinkled in oatmeal or turkey chili. Buy cinnamon sticks and steep in boiling water with your favorite tea.

Turmeric: Sprinkle ground vegetables such as Brussels sprouts, brown rice or quinoa, or in chicken noodle soup. Try making "Golden Milk"

Ginger: Sprinkle ground on top of acorn squash, salads, or add it to stir-fries. Steep fresh cut ginger into tea or experiment and make your own candied ginger

Garlic: For maximum health benefits, cut, chop or mince fresh garlic at least 10 minutes before using it. This helps activate the immune boosting compounds in garlic that make it so healthy.



Summary: Supporting Your Immune System

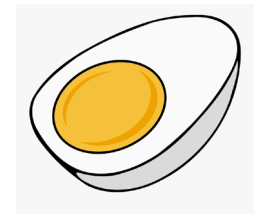
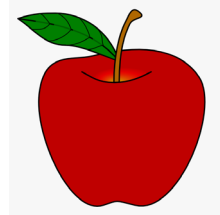
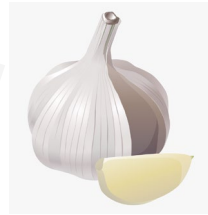
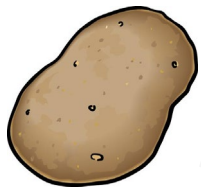
- 1. Support your gut's microflora by eating more prebiotic and probiotic foods. Consider taking a probiotic supplement.**
- 2. Eat high-quality protein such as fish, eggs and poultry.**
- 3. Get your Omega-3' Fatty Acids by eating more wild-caught cold-water fish like salmon, tuna, mackerel and sardines, ground flaxseeds, walnuts, pumpkin seeds, leafy green vegetables.**
- 4. Eat foods rich in Vitamin C and Zinc.**
- 5. Get a little bit of sunshine every day (responsibly). Talk to your physician about your vitamin D levels and if supplementation is right for you.**
- 6. Add herbs and spices to your daily food routine, especially cinnamon, garlic, turmeric and ginger.**

Don't forget to cut down on PROCESSED FOODS

Your Budget & Immune-Boosting Foods

Many are low-cost whole foods!

Potatoes, Bananas, Garlic, Apples, Yogurt, Chickpeas, Lentils, Eggs



Canned products can be an Acceptable Alternative to Fresh
Canned Salmon, Tuna, Oysters, Chickpeas, Sardines et
(Rinse When Appropriate)



Your Freezer is Your Friend!

Stock up on seasonal fresh items when they are on sale and freeze what you can to enjoy at a later time.

Sample Meal Ideas

Breakfast

- Greek Yogurt with Sliced Banana, Flax Meal & a Sprinkle of Cinnamon
- Mashed Avocado & Sliced Hard Boiled Egg on Whole Grain Bread, Pita or Rice Cake with Orange Juice

Lunch / Dinner

- Smashed Chickpea Salad (on Whole Grain Bread or over Spinach Salad)
 - Baked Potato (Topped with Bean Chili or Plain Greek Yogurt with Everything Bagel Seasoning)
- Baked Salmon or Salmon Patty/Burger, Brown Rice, Sautéed Broccoli
- Brazilian Lentil Soup, Whole Grain Bread with Oven Roasted Garlic

Snack / Dessert

Baked Apple or Poached Pear with Cinnamon & Ginger

Golden (Turmeric) “Milk”

Ingredients

- 2 cups coconut milk, almond milk or cashew milk
- 1 tsp ground turmeric
- pinch black pepper
- 1/4 tsp ground cinnamon
- 1-2 tbsp maple syrup or honey

Optional

- 1/2 tbsp coconut oil
- ginger
- cardamom
- peppercorns
- vanilla extract or vanilla bean



Directions

Add all ingredients to a pot over medium heat and bring to a simmer. Simmer for 10 minutes to let the flavors meld.

Pour into a cup and enjoy.



Oven Roasted Garlic

Ingredients

1 large head garlic

Extra-virgin olive oil

Kosher salt

Freshly ground black pepper

Directions

Preheat oven to 400°. Slice off top of the head of garlic. Drizzle with oil and season with salt and pepper. Wrap in aluminum foil and place in a shallow baking dish.

Roast until golden and soft, 40 minutes. Let cool then squeeze out garlic cloves and use on everything!

Spread on whole grain bread, toss into whole wheat pasta with olive oil and grated cheese, spread on a baked potato

<https://www.delish.com/cooking/recipe-ideas/a22553960/how-to-roast-garlic/>

Smashed Chickpea Salad

• Ingredients

- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 1/4 cup diced celery
- 1/4 cup diced dill pickle
- 1/4 cup canola mayonnaise
- 2 tablespoons minced red onion
- 1 1/2 teaspoons fresh lemon juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 (1 1/2-oz.) slices whole-grain bakery bread, toasted



Step 1

Place chickpeas in a bowl; coarsely mash. Stir in celery, pickle, mayonnaise, onion, lemon juice, salt, and pepper.

Step 2

Spread about 2/3 cup chickpea salad onto each slice of toasted bread.



Coconut Lentil Soup

Directions

Ingredients

- 1 Tbs. olive oil
- 1 medium yellow onion, chopped (1.5 cups)
- 1/2 tsp. ground ginger
- 1/2 tsp. ground turmeric
- 1/4 tsp. ground allspice
- 2 Tbs. tomato paste
- ½ can (~ can of low-fat coconut milk)
- 1 cup lentils (any variety)
- 1/4 cup raisins
- 2 tsp. lime juice

1. Heat oil in large skillet or saucepan over medium heat. Add onion, and sauté 5 to 7 minutes, or until onion has softened. Stir in ginger, turmeric, and allspice, and sauté 30 seconds, or until fragrant. Stir in tomato paste, and sauté 30 seconds. Add 1 cup water to pan, and scrape up any browned bits.

2. Add lentils, raisins, coconut milk and 1.5 cups of water. Bring to a boil, then reduce heat to medium-low, cover, and simmer 30 minutes. Uncover, and simmer 10 to 15 minutes more, or until lentils are tender. Stir in lime juice, and season with salt and pepper, if desired.

4 Ingredient Fudgy Sweet Potato Brownies

Ingredients

- 1 cup cooked sweet potato, mashed
- 1/2 cup almond butter - can sub for any nut or seed butter of choice
- 2 tbsp pure maple syrup
- 1/4 cup cocoa powder
- 1/2 cup chocolate chips of choice (Optional)

Directions

Instructions

1. Preheat the oven to 180C/350F and grease a loaf pan and set aside.
2. In a high-speed blender or food processor, combine all the ingredients and blend well until a smooth brownie batter remains.
3. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces..

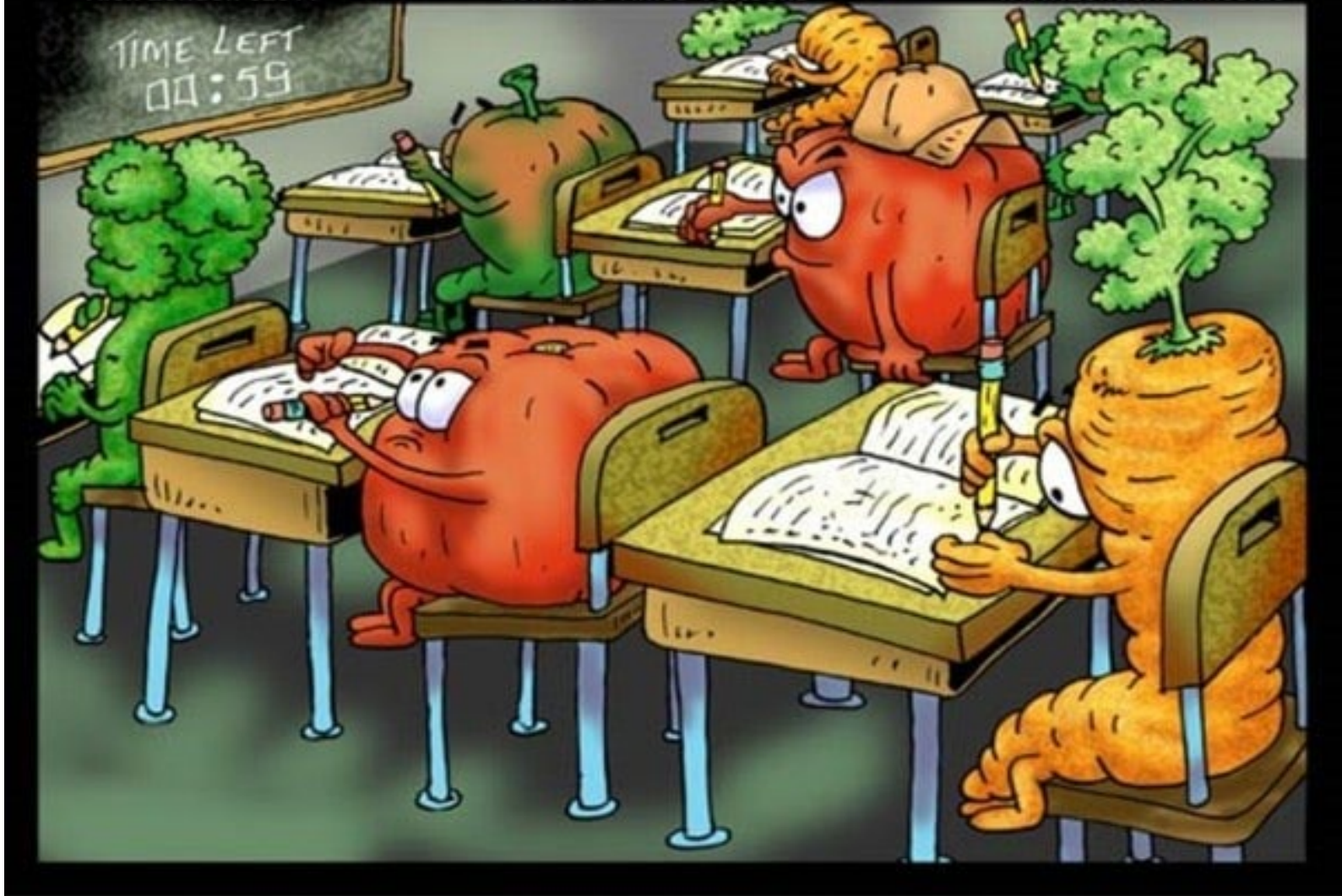




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SALAD BAR EXAM

