

RCARE-Reidsville Center for Active Retirement Enterprises.

Better Choices Class Registration Underway

Special points of interest:

- 5/12/17 Club Meeting
- 5/13/17 Senior Games Award and Silver Follies
- 5/18/17 Senior Bingo
- 5/29/17 RCARE Closed for Memorial Day.

Better Choices is an 8 week program. Four sessions are in nutrition and four in food resource management. The content focuses on the health benefits for the older adult of consuming a diet that contains a variety of fruits and vegetables, choosing, sorting and preparing fruits and vegetables; money saving strategies for stretching limited food dollars and the importance of physical activity.

content are based on My-Plate for older adults and the Dietary Guidelines for Americans 2015. The estimated time of each session is approximately 45 minutes.

To register or for more information call 349-1088. You may also sign up at the center.

The first meeting is on 7/7/17 at 1:00 p.m.



Pre-session Date: 7/7/17

Classes will be held on Wednesdays at 1:00 p.m.

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The curriculum’s educational messages and

“FRIENDS OF THE CENTER” Meeting

Now that we are moved in to our new location it is time for the “Friends of the Center” members to become active again. Our next meeting is scheduled for May 25th at 10:00 a.m. Please plan on attending if possible.



The Facts on Omega –3 Fatty Acids

Omega-3 fatty acids are one type of fat that you don't want to cut back on. EPA and DHA are found primarily in certain fish. ALA (alpha-linolenic acid) another omega-3 fatty acid is found in plant sources such as nuts and seeds. These fatty acids deliver some major health benefits.

How They Help Your Health

- Lower blood fat (triglycerides) Fish oil supplements can lower your triglyceride level and reduce your risk for heart disease.
- Rheumatoid Arthritis.—EPA + DHA can curb stiffness and joint pain. They also seem to boost the effectiveness of anti-inflammatory drugs.
- Depression—countries that eat more fish have lower levels of depression and Omega-3's are believed to boost the effects of antidepressants and help the depressive symptoms of bipolar disorder.
- Asthma— a diet high in omega-3s lowers inflammation a key component in asthma.
- ADHD— some studies show that fish oil can reduce the symptoms of ADHD in some children.
- Alzheimer/Dementia—studies show omega-3s may help protect against Alzheimer's and dementia and have a positive effect on gradual memory loss.

Where should you get your Omega-3s?

- Try to get your fatty acids from foods rather than supplements. Your goal is to eat fish high in DHA and EPA 2-3 times a week.. These include anchovies, herring, mackerel, salmon (wild is better than farmed), sardines, lake trout and tuna.
- Good sources of ALA are walnuts, flaxseed and flaxseed oil, canola oil and soybean oil. The oils and nuts can be high in calories so eat them in moderation.

Should you take a supplement?

- Fish oil has EPA and DHA and may be a good option for people who don't eat fish. Everyone should talk to their doctor before beginning a fish oil to make sure of the correct dose and to make sure it will not interfere with other medicines you are taking.
- People with heart disease are usually advised to take 1 gram/1,000 milligrams a day.
- The most common side effects mentioned are indigestion and gas.

CHECK WITH YOUR PHYSICIAN AND SEE IF FISH OIL SUPPLEMENTS ARE FOR YOU.

Information taken from WebMD .

WHAT'S HAPPENING

SENIOR GAME EVENTS REMAINING:

- ⇒ 5/4/17 Shuffleboard Reidsville Senior Center
- ⇒ 5/5/17 Putt-Putt, Croquet- Farris Park-Madison-Mayodan
- ⇒ 5/8/17 Rook Garden of Eden Senior Center
- ⇒ 5/10/17 Badminton RCARE– Reidsville Senior Center
- ⇒ 5/13/17 Performing arts/awards Morehead High School

Special Events

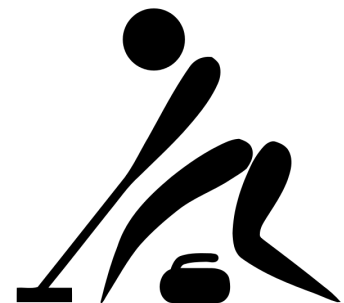
- 5/18/17 SENIOR BINGO 1:00 P.M.
- 5/25/17 “FRIENDS OF THE CENTER” MEETING 10:00 A.M.

ROOK– RCARE is trying to organize a Rook group. If you are interested in playing in an on-going competition call 349-1088 to sign up. Decide what days/times works best for you to play and we are going to see what is the best day and time to set up the event.



SHUFFLEBOARD LEAGUE STANDINGS– Top 5 (As of 5/1/17)

<u>PLAYER</u>	<u>RECORD</u>
MABEL POWELL	12-1
BARBARA SLADE	9-3
GRET'TA MAXEY	9-4
CHARLOTTE NEAL	8-4
IDA TUCKER	8-4



RCARE

102 N. WASHINGTON AVENUE



The mission for RCARE is to promote the importance of an active, healthy lifestyle by providing an assortment of social, educational and recreational activities.

We Are Off Our Rockers

WE ARE ON THE WEB
WWW.CI.REIDSVILLE.NC.US



JUST FOR FUN

