



Coffee for Seniors: Why and How You Should Drink it

<https://seniordirectory.com/articles/info/coffee-for-seniors-why-and-how-you-should-drink-it>

There's this nasty little rumor going about that caffeine is bad for you. If you're a person with some years under your belt this may be particularly disconcerting. Bad for you? How bad? Actually, not so bad at all. In fact, coffee can be very good for senior citizens when dosed appropriately. Today we look at the health benefits of caffeine and then evaluate the easiest way you can get yourself a nice refreshing cup of java each morning.

Health Benefits of Caffeine for Seniors

There are actually a couple of major health benefits that come with drinking coffee. Coffee drinkers are roughly 25% less likely to experience colon, liver, or breast cancer. Coffee is a complex mixture of many biologically active components, some of which may have anti-tumor effects. They include caffeine, cafestol, kahweol, and chlorogenic acid. Tallied up, the benefits far outweigh the consequences. Be mindful and deliberate in your caffeine intake and you will enjoy a number of health benefits.

A Word of Warning

There are definitely some negative health consequences associated with coffee. The good news is that seniors who have been drinking java regularly are largely immune to them. For example, if you've been drinking black or lightly sweetened coffee for many years, you're likely to be immune to the rise in blood pressure often associated with the beverage.

However, there are other consequences often associated with certain coffee drinks that you should look out for. For example, cappuccinos are high in sugar, calories, and cholesterol. This means that they can have negative consequences for people who are at risk of diabetes, obesity, or heart disease.

As with anything, moderation is key. Be sensible with your caffeine intake, and you shouldn't run into any problems.

Upcoming Events:
4th of July Celebration
with
"Squeezy" Wes Miller
July 3rd at 2:30pm in the Main Dining Room

Patrick Sullivan
July 5th at 2:30pm in the Fireside Lounge

Sing-a-longs with Phil Kitze
July 8th at 10am in the Fireside Lounge

Darlin' Jesse
July 9th at 2:30pm in the Fireside Lounge

Mary Hall
July 10th at 2pm in the Main Dining Room

Nate Hance
July 16th at 1:30pm in the Main Dining Room

Gary Larue
July 18th at 3pm in the Main Dining Room

World's Most Dangerous Polka Band
July 19th at 2:30pm in the Fireside Lounge

Sing-a-longs with Phil Kitze
July 22nd at 10am in the Fireside Lounge

International Friendship Day Celebration
with **Randy Roloff**
July 30th at 3pm in the Main Dining Room



The Importance of staying Hydrated

The warm weather is here to stay! That means it is time to talk about the importance of staying hydrated. Senior citizens and the elderly are at greater risk for dehydration because their kidney function is often somewhat diminished.

Signs of Dehydration:

- Confusion
- Drowsiness
- Labored speech
- Sunken eyes

Effects of Dehydration:

- Loss of muscle tone
- Excess weight gain
- Increased toxicity
- Organ Failure



A cute and Cuddly Kangaroo melted the hearts of our residents on June 23rd at our 3rd anniversary party.



A Salute to Our Veterans at Gable Pines

Gable Pines is grateful to have the honor of thanking its residents whom have served in our country's military to protect and keep us safe. It is because of you that we have the lives we know and live today. Your selfless act is not one that will ever be forgotten, and we thank you for the sacrifices you have made in order to preserve our country.

Be sure to stop by our Veterans wall and check out all the awesome service members we have in our community!

Patriotic Mini Cheesecakes

Ingredients

3- 8oz Cream Cheeses ROOM TEMP
3/4 cups Sugar
3 Eggs
2 teaspoon Lemon
2 teaspoon Vanilla Extract or 1
teaspoon Vanilla Bean Paste
Mini Nilla Wafers
Mini Cupcake Liners
2 cups of powdered sugar
Fruit of choice: Strawberries,
blueberries, raspberries
4th of July Sprinkles



Take 16 oz of cream cheese (2 pkgs), 3/4 cup sugar, 2 eggs, 1 t Lemon, 1 t Vanilla and mix together with a hand mixer. After it begins combining, add the additional egg. When the batter is done it should be smooth and a little thick. Kind of like a thick cupcake batter.

Take a mini cupcake pan and line it using mini cupcake liners. Then take your Mini Nilla Wafers and put one in the bottom of each cup. I like to put the flat side down! Take the batter and fill each cup about 3/4 of the way full.

Bake at 350 for 15-20 minutes. Makes 4 dozen mini cheesecakes. Allow to cool completely. While the mini cupcakes are cooling, make the cream cheese frosting. Take 8 oz of Cream Cheese Frosting, 2 cups of powdered sugar, 1 tsp lemon and 1 tsp vanilla and whip for 2-3 minutes.

After the mini cheesecakes are completely cool, pipe a small amount of cream cheese frosting onto each

Eight Dimensions of Wellness

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Gable Pines incorporates wellness programming that provides a focus on their lifestyle and health services.

The LCS Lifestyle and Health Services Wellness Program focuses on Eight Dimensions of Wellness. These include:

Spiritual

Spiritual well-being gives meaning to life and helps inspire a sense of peace, confidence, and security.

Vocational

Vocational pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

Health Services

Health Services offers a means to proactive preventative care, independence, and peace of mind.

Intellectual

Intellectual idea sharing and general education activities lead to proven health benefits.

Emotional

Emotional wellness is all about maintaining a positive relationship with one's self and others.

Environmental

Environmental consciousness comes with appreciating and caring for our physical surroundings.

Physical

Physical lifestyle choices like eating smart and remaining active can improve health as we age.

Social

Social wellness includes positive interaction with people and other living things.

You can expect to find activities that encompass all Eight Dimensions of Wellness throughout the month at Gable Pines. Please check out our monthly calendar for a detailed list of what is happening this month.



Did You Know?

Gable Pines has a warm, welcoming, and comfortable living environment. There are so many great things going on at Gable Pines daily through our interactive daily schedule, wonderful dining experiences, friendly staff, and spacious apartments! Why not share this experience with your own friends and families?

When you refer a friend to move to Gable Pines you will receive **\$1000** off your rent!*

Let your friends know and save BIG!

*Credit will apply to the next month's rent after they have lived at Gable Pines for 30 days.

Please talk with Sam or Stacy if you have any questions or for more details.

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