

SUMMER 2024

# Healthy VIBES



## Welcome Summer!

*As the sun shines brighter and the days grow longer, we're thrilled to bring you a dose of summer joy and inspiration straight to your inbox!*

Whether you're soaking up the sunshine in your garden, planning a leisurely stroll in the park, or simply savoring the simple pleasures of the season, we're here to make your summer even brighter.

In this edition, we've curated a delightful array of articles, tips, and activities specially crafted with you in mind. From a refreshing summer recipe to outdoor safety tips, wellness advice, and fun-filled activity ideas, there's something for everyone to enjoy.

So sit back, relax, and let our *Healthy Vibes* Newsletter be your companion as you embrace the beauty and warmth of the season ahead. From all of us here, we wish you a summer filled with laughter, love, and cherished moments.

**Happy reading!**

*Juana Leandry*



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OUR VALUES  GUIDE US



## OUTDOOR SAFETY TIPS

### STAY HYDRATED:

When spending time outdoors, especially during hot summer months, seniors should prioritize staying hydrated. Carry a water bottle and drink regularly, even if you don't feel thirsty. Dehydration can lead to heat-related illnesses, so it's essential to drink plenty of fluids, particularly water, to maintain proper hydration levels.



### PROTECT YOUR SKIN:

Sun protection is crucial for seniors to prevent sunburn, skin damage, and reduce the risk of skin cancer. Wear sunscreen with a high SPF, protective clothing like wide-brimmed hats and long sleeves, and seek shade when possible, especially during peak sunlight hours. Remember to reapply sunscreen every few hours, especially after sweating or swimming.

### WATCH YOUR STEP:

Seniors should be mindful of their surroundings to prevent falls and injuries while outdoors. Watch out for uneven terrain, obstacles, and slippery surfaces, especially in parks, trails, or unfamiliar outdoor settings. Wear sturdy, supportive footwear with good traction to minimize the risk of slips and falls. Additionally, use walking aids like canes or walking sticks if needed for stability and balance.

## INFORMATION SESSIONS



REGISTER @:  
[www.lpnynj.com](http://www.lpnynj.com)

**STAY TUNED!** For news about how the *Inflation Reduction Act* will change the Medicare Prescription Drug Program (PDP) payment structure for 2025.

I will be conducting several information sessions via webinars and in-person presentations in August and September to keep you all informed. Registration for these webinars/presentations will be through our website ([www.lpnynj.com](http://www.lpnynj.com)) starting August 1.

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# The Sharing Corner

## BENEFITS OF JUICING

Juicing can be beneficial as it provides a convenient and concentrated source of essential vitamins, minerals, and antioxidants found in fruits and vegetables. Here are some reasons why juicing can be good for you:

**Increased Nutrient Absorption:** Juicing allows you to consume a larger quantity of fruits and vegetables in a single serving, providing a concentrated dose of vitamins, minerals, and antioxidants. The juicing process breaks down the cell walls of fruits and vegetables, making it easier for your body to absorb and assimilate nutrients.

**Hydration:** Many fruits and vegetables have high water content, making freshly made juice a hydrating beverage choice. Proper hydration is essential for overall health and well-being, supporting functions like digestion, circulation, and temperature regulation.

**Promotes Variety:** Juicing allows you to incorporate a wide variety of fruits and vegetables into your diet, including those you may not typically enjoy eating whole. This diversity ensures you receive a broad spectrum of nutrients, supporting overall health & vitality.

*A morning juice recipe to help with inflammation includes ingredients known for their anti-inflammatory properties. This juice combines cucumber, celery, and apple with the anti-inflammatory properties of ginger and lemon. Spinach adds a dose of antioxidants and vitamins to support overall health. Enjoy this juice as part of a balanced diet to help reduce inflammation and promote wellness.*

**Supports Detoxification:** Some proponents of juicing believe that it can support the body's natural detoxification processes by providing an influx of nutrients while giving the digestive system a break from processing solid foods. However, it's essential to maintain a balanced diet and consult with a healthcare professional before embarking on any detox regimen.

**Convenience and Portability:** Freshly made juice can be a convenient option for individuals with busy lifestyles or those who struggle to consume enough fruits and vegetables. It's portable and can be enjoyed on the go, providing a quick and nutritious boost of energy.

While juicing can offer health benefits, it's essential to remember that it's not a replacement for whole fruits and vegetables in your diet. Whole fruits and vegetables contain valuable dietary fiber, which is often lost during the juicing process. Additionally, consuming too much fruit juice can lead to a high intake of natural sugars, so it's essential to enjoy juice in moderation as part of a balanced diet.

### MORNING JUICE RECIPE

- One medium cucumber
- Two stalks of celery
- 1-inch piece of ginger root
- One small green apple
- One handful of spinach
- 1/2 lemon, peeled

Cut cucumber, celery, and apple into chunks that will fit into your juicer. Peel the ginger root and lemon. Add all the ingredients to your juicer, starting with the leafy greens and ending with the lemon. Run the juicer and extract the juice. Stir the juice well to combine all the flavors. **Pour juice into a glass and ENJOY!**



## SUMMER FUN-FILLED ACTIVITIES

### Here are Five **SUMMER FUN** Activities Tailored for Seniors:

**Outdoor Picnics:** Enjoy the warm weather by organizing a picnic in a local park or your backyard. Prepare a basket with delicious sandwiches, salads, and refreshing fruits. Bring along a comfortable blanket or chairs to relax and soak up the sunshine while enjoying a leisurely meal with friends or family.



**Gardening:** Gardening is a fantastic way to stay active and connect with nature during the summer months. Whether you have a small balcony garden, a community plot, or a backyard oasis, planting flowers, herbs, or vegetables can be both rewarding and therapeutic.

**Outdoor Concerts or Movies:** Many communities host outdoor concerts or movie nights during the summer season. Check local event listings for outdoor performances or screenings in parks, amphitheaters, or town squares. Pack a comfortable chair or blanket, some snacks, and enjoy live music or a classic film under the stars with friends or family.

**Walking or Nature Trails:** Take advantage of the longer daylight hours and pleasant weather by going for a leisurely walk or hike along scenic trails. Explore local parks, nature preserves, or botanical gardens to discover the beauty of nature while getting some exercise and fresh air. Consider joining a walking group or inviting friends to join you for a stroll in the great outdoors.

**Water Activities:** Stay cool and have fun with water-based activities like swimming, water aerobics, or simply splashing around in a pool or at the lake. Many community centers, the YMCA, offer senior-friendly aquatic programs, including water exercise classes or leisure swim sessions. If swimming isn't your thing, consider a relaxing boat ride, kayaking adventure, or even a scenic cruise around the Hudson to enjoy the water from a different perspective.

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