



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

January 2018

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, January 19, 9 am.  
Pack food for the food shelf.

### Vadnais Heights Community Food Program

Distribution is on Saturday, January 20, 9am.  
Vadnais Heights residents must bring proof of residency (driver's license).

### 1st Tuesday Lunch for Seniors

January 2, noon at Christ the Servant Lutheran Church, Vadnais Heights.  
Lunch is served at noon and BINGO will follow.

### Council Meetings

Tuesday, January 2 and Tuesday, January 16 at 7 pm.  
Vadnais Heights City Hall.

### Lunch & Table Games

Wednesday, January 10, noon.  
We're off to a new year. Looking forward to having new friends join us. Hope you did not lose the recipe for your favorite bag lunch! The coffee will be ready and Linda Wong will bring the dessert.

### Food for Energy

Friday, January 12, 10 am – noon, at Maplewood Library. Nutrition can take you from fatigue to vitality. Learn which foods deplete energy and which foods and beverages will keep you going strong all day. Real food creates powerful energy. This free event will be presented by JoAnn Ridout, Nutritional Weight and Wellness.

### Friendly Thought #1

Love is the only thing you get more of by giving it away.  
- Tom Wilson

### Community Connections: Newtrax

January 23, 2 – 3 pm, Vadnais Heights City Hall.  
Come and learn about Newtrax and the Local Bus Circular Service for seniors. Co-sponsored by Vadnais Heights Parks & Recreation and White Bear Senior Program.

### Lunch & Table Games

Wednesday, January 24, noon.  
Join us for an afternoon with friends. The coffee will be ready and after enjoying our bag lunches the dessert will be furnished by Bette Stebbing. We will have a short meeting with table games of choice to follow.

### Social Connections

Thursday, January 25, 1 pm – 2:30 pm at Ramsey County Library, 2180 Hamline Avenue, Roseville.  
Loneliness has been the subject of research in recent years. Attend this forum to explore the importance of social connections and steps that you might take to lessen the effect of loneliness in your own life or in others around you. Loneliness has been declared a significant "silent killer" among older adults. Free and open to everyone. To register call 651-724-6001 or visit [www.vital-aging-network.org](http://www.vital-aging-network.org).

### Healthy Habits for Managing Diabetes

Genes play a big part in determining who may develop diabetes. Studies show that losing five to ten percent of your body weight and exercising about 2 hours a week may make a big difference in the progress of the disease.

### Save the Date

1<sup>st</sup> Tuesday Lunch for Seniors will be February 6 and the registration deadline is January 30 noon.

*Happy 2018!*

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified.

For more information on any event, please contact Vadnais Heights City Hall, 800 East County Road E, 651-204-6000, or [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org).



# 10 Best Foods



**1 Sweet Potatoes.** A nutritional All-Star – one of the best vegetables you can eat. They're loaded with carotenoids, and are a decent source of

vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



**2 Mangoes.** About a cup of mango supplies 100% of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber. *Bonus:* mango is one of the fruits least likely to have pesticide residues.



**3 Unsweetened Greek Yogurt.** Non-fat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas, or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy. And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt – about 18 grams in 6 ounces of plain Greek yogurt.



**4 Broccoli.** It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.



**5 Wild Salmon.** The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has lower levels of PCB contaminants than farmed salmon.

**6 Crispbreads.** Whole-grain rye crackers, like Wasa, RyKrisp, Kavli, and Ryvita – usually called crispbreads – are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.



**7 Garbanzo Beans.** All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.



**8 Watermelon.** Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



**9 Butternut Squash.** Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It's an easy way to get lots of vitamins A and C and fiber.



**10 Leafy Greens.** Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens, and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.



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