

Senior VIEWPOINT

January 2019

The secret to life...

We polled some of our longest living friends at all four of our centers to see if we could determine the secret to living the best life at ages 90 and 100. Surprisingly, though all agreed that a healthy lifestyle was one of the factors, most indicated that relationships with friends and with family were equally as important.

And laughter. Lots of laughter.

Other "top secrets" include:

- "Love everybody."
- "Don't be angry."
- "Don't die." (Best advice EVER!)
- "Make every day fun."
- "Don't take life so seriously."
- "Be active."
- "Don't sit down and feel sorry for yourself."

There's definitely a theme running through the lives of these seniors! Maintain a good attitude as you step forward into this new year and surround yourself with those who make you smile.

We wish for you a happy and healthy 2019!

Smart Driver Classes

SAVE THESE DATES

February 19 • OneStop Centerville

February 21 • OneStop Norcross

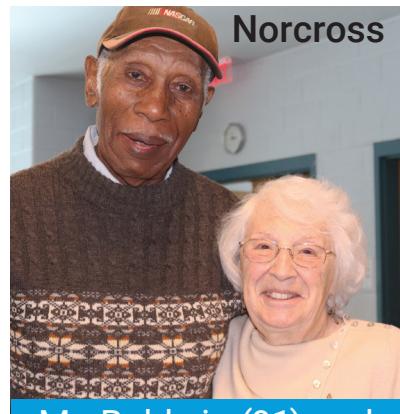
March 6 • OneStop Buford

\$15 per person for AARP members;
all others are \$20

Classes are 9:30am – 4:00pm.



Ms. Wright (94)
Lawrenceville



Mr. Baldwin (91) and
Ms. Layson (90)



Ms. Rice (91), Ms. Tedesco (92), and
Ms. Woodburn (100)



Centerville

From Left: Ms. Booker (91)

Ms. Prescott (93)

Ms. Baldwin (92)

Ms. Shannon (92)

Mr. Mays (90)

Ms. Dever (91)

At right: Ms. Williams (102)



Gwinnett
Health & Human
Services

Empowerline: **404.463.3333**
Information and Assistance: **678.377.4150**
Senior Services is a section of Health and Human Services
www.GwinnettSeniorServices.com

Resolve to eat more colorfully in 2019.

Happy 2019! New Year's is a great time to mark new beginnings and implement your better-than-ever resolutions. Starting the year resolving to eat healthier is always a good choice. Make this an easy promise to keep to yourself by thinking of it artistically!

Experts encourage us to eat at least five servings of fruits and vegetables daily and this is your opportunity to use the full spectrum.

Choose dark green collards, spinach, cabbage, peppers, asparagus, avocados, and broccoli. Rich in vitamin C, calcium, fiber, and lutein, green vegetables and fruits provide the helpful benefits that reduce cancer risks and lower blood pressure and cholesterol levels.

Add a little sunshine to your diet with bright yellow and orange choices such as carrots, lemons, oranges, sweet potatoes, and squash. Rich in vitamin C and potassium, these choices are good for your joints, blood pressure, and cholesterol levels.

Red fruits and vegetables such as beets, cherries, tomatoes, cranberries, apples, berries, and grapes are important to reduce the risk of

some cancers, as well as lowering blood pressure and cholesterol levels.

Blue and purple foods, rich in vitamin C and fiber, support eye health, boost immune system activity and healthy digestion, fight inflammation, reduce tumor growth, and limit the activity of cancer cells. You can find all these benefits by including blueberries and blackberries, grapes, raisins, eggplant, purple potatoes, asparagus, cabbage, and carrots.

Round out a beautiful plate with white fruits and vegetables which provide powerful immune boosting activities, reduce the risk of certain cancers, and balance hormone levels. White foods include: bananas, pears, cauliflower, garlic, onions, potatoes, and even those special white peaches that can be found at summertime markets.

Resolve to be healthier this year. Make 2019 a colorful one at each and every meal!

Source: U.S. Department of Health & Human Services; National Institute of Health



Buford Senior Center

2755 Sawnee Avenue
Buford, GA 30518
678.225.5367

Centerville Senior Center

3075 Bethany Church Road
Snellville, GA 30039
678.277.0230

Lawrenceville Senior Center

225 Benson Street
Lawrenceville, GA 30046
678.277.0970

Norcross Senior Center

(at Lucky Shoals Community Center)
4651 Britt Road
Norcross, GA 30093
678.225.5430