

Health & Wellness

NUTRITION NUGGET

What is “UP” with Vitamin D?

Most healthy people can satisfy their vitamin and mineral needs by eating well with Canada’s Food Guide - but there are some exceptions. For example, Canadians over the age of 50 require 400 IU of vitamin D and for Canadians over 70 the requirement is even higher, with 600 IU to be taken daily. The increased requirement is mainly due to our Canadian climate, aging skin reduces the body’s ability to convert vitamin D to its active form, and due to the lack of adequate sunshine we receive throughout the year. Vitamin D is naturally present in very few foods and that is why Health Canada has made the new recommendation for a vitamin D supplementation for all Canadians over the age of 50. Each cup of milk or fortified soy beverage only contains 100 IU of vitamin D, therefore it would take over 4 cups of milk to meet the minimum requirement!

We know that Vitamin D plays a vital role in maintaining strong bone healthy, however new research is showing exciting relationships between the role vitamin D plays in improving immunity, preventing cardiovascular disease, cancers, multiple sclerosis and diabetes.

Speak to your physician and registered dietitian who can advise you about specific vitamin and mineral requirements since getting too much of certain nutrients is just as much of a concern as getting too little. Until next time – cheers

Julie Cavaliere, Corporate Dietitian

More information about physical activity can be obtained by ordering a free copy of Canada’s Physical Activity Guide for Older Adults. To order call 1-888-344-9769 or visit the website at www.paguide.com

Some general tips on how You can eat well

- ☞ Enjoy a variety of foods from different food groups (such as grain products, fruits and vegetables) every day.
- ☞ Choose whole grain and enriched products more often.
- ☞ Choose lower-fat foods (e.g., more fruits and vegetables since these are generally low in fat).
- ☞ Choose dark green and orange vegetables and orange fruit.
- ☞ Choose lower-fat milk products.
- ☞ Choose leaner meats, poultry and fish.
- ☞ Choose dried peas, beans and lentils.
- ☞ Eat lesser quantities of non-nutritious foods and beverages.

Some general tips on how you can Keep active and healthy

- ☞ Be active, in a way that suits you, on a regular basis.
- ☞ Take part in activities that increase endurance four to seven days a week.
- ☞ These activities could include walking, swimming, dancing, aerobics, bicycling, cross-country skiing, etc.
- ☞ Increase flexibility activities every day. These could include stretching, reaching and bending, bowling, Yoga, Tai Chi, etc.
- ☞ Take part in activities that increase strength and balance two to four days a week. These could include lifting weights or household items such as laundry or groceries, climbing stairs, wall push-ups, etc.

If you are an older adult who is planning to start a physical activity program or you are thinking of making changes to your present level of physical activity, it is important to get the proper advice. To increase the benefits of physical activity you should discuss your particular situation, and also any concerns you may have (such as the risk of injury, etc.), with a qualified health practitioner or your doctor. For advice on diet and nutrition, please consult a registered dietitian.



Bloomington Times

Issue 6

June 2008

Seniors’ Month 2008 *Discover the Possibilities*



June is Seniors’ Month, an opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province. **This year’s theme is Discover the Possibilities.** Seniors’ Month is an annual celebratory tradition in which the contributions of seniors are acknowledged and honoured throughout the province. Seniors account for approximately 13 per cent of Ontario’s current population. Ontario is one of the best places in the world to grow old. Ontarians across the province are encouraged to join in the celebrations taking place in their local community to recognize and

thank older Ontarians who have worked hard and continue to contribute to the prosperity that we all enjoy today.

For more information, please visit www.culture.gov.on.ca/seniors

BIG BIKE FOR HEART AND STROKE A SUCCESS!!

Thank you to all the families and staff who pledged the Bloomington Buddies – Lindsey Alfermann, Robyn Stewart, Bernard Boreland, Julie Jarvis and Antonella Catalanotto

Together we raised over 330.00 for the Heart & Stroke Foundation.

Notice Of Assessments

Just a friendly reminder that 2007 Notice of Assessments are required by June 30th for the 2008 – 2009 year.

If you have any questions, Please contact Robyn or Kristy

**Father’s Day
June 15**



June is the sixth month of the year according to the Gregorian calendar, which is used in almost all the world today. June was the fourth month in the early Roman calendar, and it once had 29 days. The Romans later moved the beginning of the year to January 1, making June the sixth month. When Julius Caesar reformed the calendar in 46 BC, he gave June 30 days.

Flower of the Month

The flower for the month of June is the rose. The rose has been called "the queen of flowers" and is known as a symbol of love. Its name comes from the Latin word *rosa*, which means "red." Since primitive times, the rose has been used in perfumes, medicines, and even in foods. Recently, archaeologists discovered the fossilized remains of wild roses over 34million years old. In the language of flowers, a white rose means purity, a red rose means courage, and a pink rose means happiness. While the sharp objects along a rose stem are commonly called "thorns," the technical term is "prickles." The prickles help the rose hang onto other vegetation when growing and climbing.

Birthstone

The traditional June birthstone is the pearl. The finest quality pearls have been highly valued as gemstones and objects of beauty for many centuries. This is probably why the word "pearl" has become a metaphor for something rare, fine, valuable, and admirable. (Thank you for that "pearl of wisdom.") A "natural pearl" is one that forms in the wild without any human intervention at all. Natural pearls are very rare. A "cultured pearl" on the other hand, is one that is "grown" on a pearl farm. The great majority of pearls on the market are cultured pearls. Natural pearls start with an irritant - a grain of sand or a microscopic worm - that works its way into an oyster's shell. This irritates the soft body of the oyster, and it tries to expel the object. If the oyster is not successful, it covers the object with shell material that eventually becomes the pearl.

Famous June Folks

Some famous people born during the month of June include:

- Andy Griffith – actor (June 1, 1926)
- Marilyn Monroe – Actress (June 1, 1926)
- Tony Curtis – actor (June 3, 1925)
- Dean Martin – actor (June 7, 1917)
- R. Lee Bailey – attorney (June 10, 1933)
- Joe Montana – athlete (June 11, 1956)
- Burl Ives – actor (June 14, 1909)
- Lionel Richie - singer (June 20, 1950)
- Jane Russell – actress (June 21, 1921)
- Meryl Streep – actress (June 22, 1949)
- George Orwell – writer (June 25, 1903)

FATHER'S DAY FUN...

Can you make a boy into a man?

Change *only one letter* in BOY to spell a new word. Then change one letter in that word to make another word. Finally, change one more letter to spell MAN. Every time you change a letter it must spell a new word.

BOY

_____ (A body of water)

_____ (A month)

MAN

A Son Becomes a Dad

Can you change a son into a dad in three moves?

SON

DAD

FUN FACTS

Birthday Song Origins

Mildred J. Hill composed the melody for the song that would become "Happy Birthday" on June 27, 1859. Several decades later, her younger sister, Patty Smith Hill, wrote the first lyrics, "Good morning to you," as a classroom greeting to her students, and only added the "Happy Birthday" verse years later. That version first appeared in a songbook edited by Robert H. Coleman in 1924. As the "Happy Birthday" song, it soon became a best seller, and in 1935, the Summy Company copyrighted it, which meant that royalties were paid to the company anytime it was played or sung in a public place anywhere in the world. Understandably, the Hill family was not happy that others were making millions without any compensation or recognition of their ancestors' work, and eventually won a lawsuit for infringement. Today, the copyright is owned by the Warner Chappell Company, and they are still reaping its rewards. It is estimated that "Happy Birthday to You" is the most popular song EVER. Think of the millions of people who sing it every day!

© activityconnection.com



FISHING MONTH HUMOUR

Taking My Fish for a Walk

After a day fishing on, a fisherman is walking from the pier carrying two trout in a bucket. He is approached by a game warden who asks him for his fishing license. The fisherman says to the warden, "I was not fishing

and I did not catch these trout. They are my pets. Every day I come down to the water, dump these fish into the water, and take them for a walk to the end of the pier and back. When I'm ready to go, I whistle and they jump back into the bucket and we go home."

The officer, not believing him, reminds him that it is illegal to fish without a license. The fisherman turns to the warden and says, "If you don't believe me then watch," as he throws the trout back into the water. The warden says, "Now whistle to your fish and show me that they will jump out of the water and into the bucket." The fisherman turns to the officer and says, "What fish?"

POETRY CORNER

Hidden Mystery

By Fred Burks

In the deepest depths of you and me
 In the deepest depths of we
 Lies the most beautiful jewel
 Shining forth eternally
 Within that precious jewel
 Within that priceless piece of we
 Lies a time beyond all time
 Lies a place beyond all space
 Within that sacred source of radiance
 Lies a love beyond all love
 Waiting
 Waiting
 Waiting
 Ever so patiently
 Waiting for you, waiting for me
 Waiting patiently for all to see
 The beauty that is you inside of me
 The beauty that is me inside of thee
 In the deepest depths of you and me
 In the deepest depths of we
 Lies the love and wisdom
 Of all Eternity

**JUNE IS STROKE MONTH.
 NOW IS THE TIME TO
 PUT YOUR HEART INTO IT.**

STROKE KNOW THE WARNING SIGNS

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.

- Weakness**
Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.
- Trouble speaking**
Sudden difficulty speaking or understanding or sudden confusion, even if temporary.
- Vision problems**
Sudden trouble with vision, even if temporary.
- Headache**
Sudden severe and unusual headache.
- Dizziness**
Sudden loss of balance, especially with any of the above signs.

SEE WHAT HAPPENS WHEN
 YOU PUT YOUR HEART INTO IT.™



HEART & STROKE FOUNDATION
 Finding answers. For life.

heartandstroke.ca

Why Celebrate National Volunteer Week?