Dear JASA Clients and Friends,

We hope you had a happy and healthy summer! As the colder months approach, please make sure your influenza vaccinations are up to date. Flu is a serious disease, and a vaccine early in the season is especially important for older adults. We also are pleased to share Live Healthy with JASA Falls Prevention programs. Here are quick tips to help you avoid falls:

- Exercise to improve your balance and strengthen your muscles – enjoy classes at your local JASA center!
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

We hope you will share your tips and stories at #JASAhealthyliving -- they inspire us!

Kathryn D. Haslanger
Chief Executive Officer

Boost your health and wellness.

September/October

Please check your local JASA activities at:
www.jasa.org/locate
Or call JASA Services at:
212-272-5272

Live Healthy with JASA: Nutrition & Walk with Ease
Sue Ginsburg Senior Center, Bronx, New York

Remember your flu vaccination!
Ask your health care provider about vaccines early in the season. You can check on options made specifically to address the age-related decline of the immune system.

This summer, do you need extra help around the house? Are you caring for someone or for yourself and need a little additional support?

JASACare can help 877-736-5272 or homecare@jasa.org
I am JASA’s Registered Dietitian and I look forward to sharing information and tools that will enable you to live with vitality. We also hope you will share your stories and let us know what has worked for you. Please send an email to: newsletter@jasa.org

Healthy Aging and Why Nutrition Matters

Poor nutrition increases your risk for serious health problems. For those of you living with chronic conditions, it can result in the loss of muscle and other tissues which can make it harder to recover from surgery. It also makes it more difficult for wounds to heal and could lead to infection. Poor nutrition can diminish your strength and put you at greater risk for falls.

Our goal is to support you with information and tools to avoid these occurrences.

Tips to Live healthy with JASA:

Eat a diet balanced in protein, fat, and carbohydrates:

- lean fresh poultry, meats, fish, eggs, low fat cheese, non-animal protein sources (tofu, soybeans)
- whole grain pasta, breads, brown rice,
- olive oil, avocado, assorted nuts
- Variety of seasonal vegetables at every meal (if fresh isn't available choose frozen over canned).

Exercise: (with medical clearance)

- walking
- swimming
- dancing (low impact)
- senior yoga

Quick TIP! Regular resistance training and consuming a diet rich in protein, vitamin D, calcium, fruits and vegetables can strengthen muscles and protect bones according to the International Osteoporosis Foundation.