

July | 2021



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ASPEN happenings

How these sweet summer fruits can help you stay healthy over the years

The Anti-Aging Benefits of Berries

Of all the luscious, healthy fruits in season now, fresh berries may be the cream of the crop. They are top sources of vitamins, minerals, and disease-fighting nutrients that can help reduce the risk of several age-related conditions. Yet they are also highly perishable and often expensive, which may make you hesitant to purchase them. Here's why you should be buying and eating berries often, plus shopping and storage tips to lower their cost and make them last longer at home.

BODY BENEFITS

Among their many nutritional perks, berries provide potassium, magnesium, vitamins C and K, and fiber. They're low in calories and relatively low in natural sugars, and they contain prebiotics - carbohydrates that help feed healthy gut bacteria.

Many of their benefits are attributable to anthocyanins (compounds that give many fruits and vegetables their red, purple, and blue colors). Eating blueberries, a rich source, three times a week may help lower the risk of type 2 diabetes, according to a 2013 study in the journal *BMJ*. And in a study that followed people for up to 24 years and was published in 2016 in *BMJ*, those who regularly ate foods high in anthocyanins – mostly blueberries and strawberries - gained less weight than those who ate them infrequently.

Blueberries and strawberries are heart-healthy, too. According to a study of more than 90,000 women published in the journal *Circulation*, those who ate these berries more than three times a week vs. once a month or less over an 18-year period had a 34 percent lower risk of heart attack. And in a 2019 *American Journal*

of Clinical Nutrition study, eating the equivalent of a cup of blueberries a day for six months improved heart-health measures in overweight and obese adults with metabolic syndrome. (This condition raises the risk of heart problems and type 2 diabetes.) Regularly eating blueberries has also been shown to help lower systolic blood pressure.



"On average, people who eat more berries seem to live a little bit longer," says Eric Rimm, ScD, a professor of epidemiology and nutrition at Harvard's T.H. Chan School of Public Health who has researched berries. He suggests enjoying a cup of berries a day when they are in season to reap the benefits.

FUEL FOR THE BRAIN

Blueberries, strawberries, and raspberries are also powerful foods for learning and memory, says Barbara Shukitt-Hale, PhD, a neuroscientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston. According to a 20-year Harvard study of women 70 and older, eating blueberries at least once a week or strawberries at least twice a week may delay cognitive aging by up to two-and-a-half years. And in Shukitt-Hale's research, older men and women who ate the equivalent of 1 cup of fresh blueberries every day for three months did better on learning and memory tests than those who were given a placebo. *(continued on page 3)*
SOURCE: Consumer Reports *On Health*, July 2021

Visit aspnofbrookhaven.com to view the entire Aspen activity calendar.

Recipe of the Month – Cowboy Caviar

Ingredients:

- ½ c olive oil
- ¼ c granulated sugar
- ¼ c white wine vinegar
- 1 tsp chili powder
- 1 tsp salt
- 1 lb Roma tomatoes—seeded & diced
- 1-15 oz can of drained/rinsed black beans
- 1-15 oz can of drained/rinsed black eyed peas
- 11 oz sweet corn
- 1 diced red onion
- 1 diced green bell pepper
- 1 diced red bell pepper
- 1 c chopped cilantro or parsley

Directions:

In a large bowl, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt. Add tomatoes, black-eyed peas, beans, corn, red onion, and bell peppers. Stir to combine. Stir in cilantro. Cover and chill until serving time. Enjoy!



A Great Big
**THANK
YOU**

*to all of our CNAs
at The Aspen!
We could not make it
without you.
We love you!!*



making memories... a look back at June

- Group Exercise
- Devotion
- Bingo
- MS Braves Game
- Birthday Bash
- Flower Arrangements
- Bake Sale
- Fishing Trip
- Piano w/Angela
- Eastern Sky Gospel
- Sno Cones @ Buds & Blooms
- and more!



Anti-Aging Benefits of Berries *(continued from page 1)*

a placebo. Ongoing research suggests strawberries and raspberries may have similar benefits, she says.

SHOPPING AND STORING TIPS

Locally grown berries are the freshest, so look for them at your farmer's market or supermarket. Plus, the price is best when berries are in season and most abundant in your area, says Joan Salge Blake, RDN, a nutrition professor at Boston University. If there are two-for-one sales, consider buying extras to freeze for year-round use. "Freezing doesn't destroy any of the compounds-in fact, it may preserve some," Shukitt-Hale says.

To help fresh berries last longer at home, store them in a covered container in your refrigerator and don't rinse them until you're ready to eat them, Salge Blake says. Lining a container with paper towels and removing the stems from strawberries will also help make them last for a week.

The Berry Best

Raspberries

(red, black, and golden) have the highest amount of fiber - 8 grams per cup - of any of these berries.

Strawberries

are rich in vitamin C: about 85 mg per cup. The daily need for men is 90 mg; for women, 75 mg.

Blueberries

have compounds that help generate new nerve cells in the brain and increase their communication.

Blackberries

have the most potassium (233 mg per cup) and almost as much fiber as raspberries.

SOURCE: Consumer Reports *On Health*, July 2021



M. Hurst - 6th
M. Smith - 19th
W. Morgan - 21st
E. Gentry - 27th
B. Beeson - 31st



1. The Declaration of Independence wasn't actually signed in July, the official copy wasn't signed by all 56 signers until August 2, 1776.
2. According to the American Pyrotechnics Association, Americans spend \$1 billion on fireworks each July.
3. Calvin Coolidge was the first and only president to be born on July 4th, however 3 presidents died on July 4th, they are John Adams, Thomas Jefferson and James Monroe.

COASTAL WORD SEARCH

	S	U	E	V	Y	W	S	A	L	K
BEACH	H	T	A	Q	A	S	H	Q	J	S
BOAT	G	E	I	V	C	E	R	U	M	I
COAST	J	D	E	N	A	A	I	C	V	N
OCEAN	W	S	H	T	G	T	M	P	T	K
SHRIMP	N	A	E	C	O	R	P	B	S	K
STINGRAY	B	W	T	T	A	J	A	Q	A	D
TIDE	Y	Q	A	I	K	E	E	Y	O	T
WAVES	R	O	D	W	D	U	B	R	C	W
	B	S	A	N	D	E	U	Q	X	G

UNSCRAMBLE

CBERUBAE

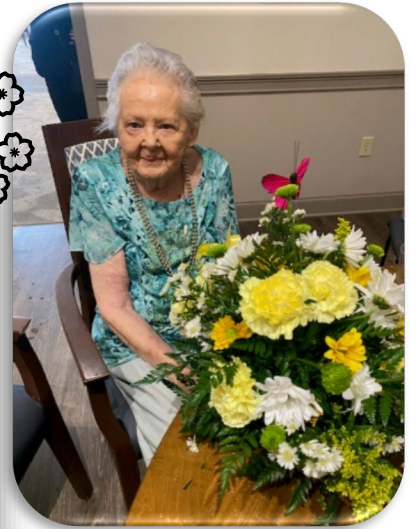
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BRSLEOT

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Unscramble Answers: barbecue, lobster

More memories...



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.

