

March 1, 2020



INDEPENDENT AND ASSISTED LIVING

# Red Oak Residence



## Why Are Seniors Always So Cold?

As we age, our bodies become sensitive to cold temperatures. This is because of a decrease in the metabolic rate. Our aging bodies are not capable of generating enough heat to help maintain the normal temperature of 98.6 degree. In addition, thinning of the skin is another factor that may contribute to the “feeling of cold” in older adults.

With ageing the physical capability undergoes a decline, and the body doesn't work the way it used to. A drop in temperature can make our seniors feel very cold, even if they are dressed in warm clothing. There are various studies showing that older adults have low body temperatures as compared to their young counterparts.

Various factors that can contribute to cold sensitivity include: low blood pressure, thinning of skin, medications, thyroid disease, high cholesterol, anemia, and diabetes just to name a few.

Experts say you can feel warmer fast just by avoiding caffeine (caffeine constricts blood vessels), drinking more water (to keep hydrated), get more iron (iron is vital to producing thyroid hormones, which stimulate heat production), and physical activity, which speeds up circulation and makes muscles generate warmth .

So come join us at Sittersize and get warm!!



## Are You Searching For Your Sleep?

It's 2 a.m., 3 a.m., 4 a.m. and you can't fall asleep. The night stretches on and you're staring at the clock, stressed, frustrated and miserable. You're not alone.

At least 30 percent of the population has insomnia at some point in their lives, said Dr. Belen Esparis, medical director of the Sleep Disorders Center at Mount Sinai Medical Center. Insomnia can be caused by a lot of factors, including anxiety, depression , sleep apnea, restless leg syndrome and poor sleeping habits. In turn, lack of sleep has health repercussions as well.

“Foods and nutrients contribute to every body process,” said Sheah Rarback, a registered dietitian on the faculty of the University of Miami Miller School of Medicine and a Miami Herald columnist. “There are certain foods that help us sleep by doing certain things in the body.”

## NATIONAL PEANUT BUTTER LOVER'S DAY

March 1st was made for National Peanut Butter Lover's Day. Ah, peanut butter. One day is not enough to recognize peanut butter. Research proves peanut butter and jell sandwiches are an excellent antidote to insomnia as peanut butter is loaded with snooze-inducing tryptophan.







Green, leafy vegetables, pumpkin seeds, edamame, bananas, avocados, beans, and nuts and seeds are all foods rich in magnesium, which helps muscles, relax and induces a sleepy state, Mehta said. A lack of magnesium can cause restless leg syndrome and muscle spasms.

Certain foods contain an amino acid called tryptophan. We usually associate tryptophan with our post-turkey nap on Thanksgiving, but many meats and other proteins have it as well. Tryptophan is a sleep-enhancing amino acid that helps produce serotonin and melatonin, the “body clock” hormone that sets your sleep-wake cycles. “A body that isn’t nourished during the day is not going to be in a restorative state at night,” Rarback said.



A very special thank-you to all the families who brought in treats for our Valentine’s Day Social ! We had two tables stuffed with chocolate and goodies. Over 87 people join us for an incredible feast and judging by the smiles, a good time was had by all.



If you're weary of short winter days, take heart: Daylight saving time begins Sunday, March 8, when most Americans will set their clocks ahead one hour — or, as the maxim goes, spring forward. It'll likely be dark when you wake up, but you'll also get an extra hour of daylight.

Hawaii doesn't observe daylight saving time at all, nor do U.S. territories of Puerto Rico, Guam, American Samoa and the U.S. Virgin Islands. The time switch also passes without notice in Arizona.

Daylight saving time has been around since World War I. But it became the law of the land more than 50 years ago with the Uniform Time Act of 1966, though the exact dates, now the second Sunday in March and the first Sunday in November have changed some over the years.



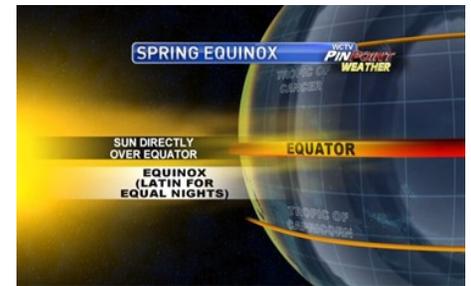
Thank You *Down to Earth Flowers* for the beautiful flowers you gave to each and every resident at Red Oak. The flowers were absolutely beautiful and helped to remind us that spring and sunshine is on the way!



Please join us on Tuesday, March 17th at 2:00 in the library for our annual celebration of St. Patrick's Day.

We will be serving green beer, and singing Irish songs.

Come and join us for a great time!



Spring begins March 19th and we'll do our annual “egg-speriment” in the dining room at 3:15 p.m. The theory is that in the spring (and fall) equinox you can balance an egg on its small end and it will stay upright ... for a time. Come and see if it works !!



### March 26th is Major League Baseball Opening Day!

Come join us as our Chef will be preparing a “Home Run Hot Dog Buffet” in the dining room at noon.

Pick a Lucky Hot Dog and you could be a winner!!