

Villas at Water Run - July 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	1	2
						12pm Pizza Party  (clubhouse)
	Independence Day 		12pm Villa Luncheon Fried Chicken Day 			
10	11	12	13	14	15	16
		2pm Slushy Party  Refreshments Guest Demonstrator				
17	18	19	20	21	22	23
					3:45pm Happy Hour (Bistro)  Wine & Cheese Day	
24	25	26	27	28	29	30
Christine on vacation 						

Happy Independence Day!

Memorial Day Happy Hour

The Villas held a Memorial Day Happy Hour on 5/26/22.



Happy Birthday Dottie!

The Villa residents enjoyed lunch and joined in to celebrate Dottie Lindemann's birthday.



Cashew-Chicken Rotini Salad

Ingredients:

- 1 package (16 ounces) of spiral or rotini pasta
- 4 cups cubed cooked chicken
- 1 can (20 ounces) pineapple tidbits, drained
- 1-1/2 cups sliced celery
- 3/4 cup thinly sliced green onions
- 1 cup seedless red grapes
- 1 cup seedless green grapes
- 1 package (5 ounces) of dried cranberries
- 1 cup ranch salad dressing
- 3/4 cup mayonnaise
- 2 cups salted cashews

Steps:

-Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, pineapple, celery, onions, grapes, and cranberries. Drain pasta and rinse in cold water; stir into chicken mixture.

-In a small bowl, whisk the ranch dressing and mayonnaise. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in cashews.



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July 2022

Osteoporosis Can Be Sneaky

Bone Health Is An Important Issue For Seniors

It's called the "silent disease" because it commonly occurs without symptoms. Osteoporosis (porous bone) is the loss of bone mass and the structural deterioration of bone tissue. Similar to termites eating away a piece of wood, this disease can be unseen while it eats away at bone density. Over time it silently leaves the skeleton weaker and bones more brittle. In fact, the first symptom some people experience is a break or fracture. (To physicians, these two terms are interchangeable.)

Osteoporosis affects more than 54 million Americans, with females over 50 years of age being the most susceptible. This disease is more than a serious health concern for seniors. It can also take a huge toll on the personal lifestyle of many victims by hindering mobility, decreasing self-confidence and eroding independence.

Risk Factors

- Female.
- Old age.
- Postmenopause.
- Family history of osteoporosis.
- Thin and/or small body frame.
- Diet low in calcium.
- Low testosterone levels in men.
- Amenorrhea - the abnormal absence of menstrual periods.
- Inactive lifestyle.
- Cigarette smoking.
- Use of certain medications, such as anticonvulsants and corticosteroids.
- Alcohol abuse.
- Anorexia nervosa or bulimia.

Statistics

- Approximately 10 million Americans are dealing with osteoporosis and 44 millions have low bone mass.
 - One in two women over age 50 will experience osteoporotic fractures.
 - One in four aged over 50 will experience osteoporotic fractures.
 - The risk of these fractures increase with age for both women and men.
 - Bones can become so brittle that they break due to a minor fall. In serious cases, a sneeze or bumping into something solid can cause a break.
- Menopause significantly speeds up bone loss. Research has found that this stage of life can result in the loss of up to 20% of bone mass.
- Bone breaks related to osteoporosis cost patients, families and the healthcare system about \$19 billion a year.
 - In the U.S., osteoporosis is responsible for about two million broken bones per year.

