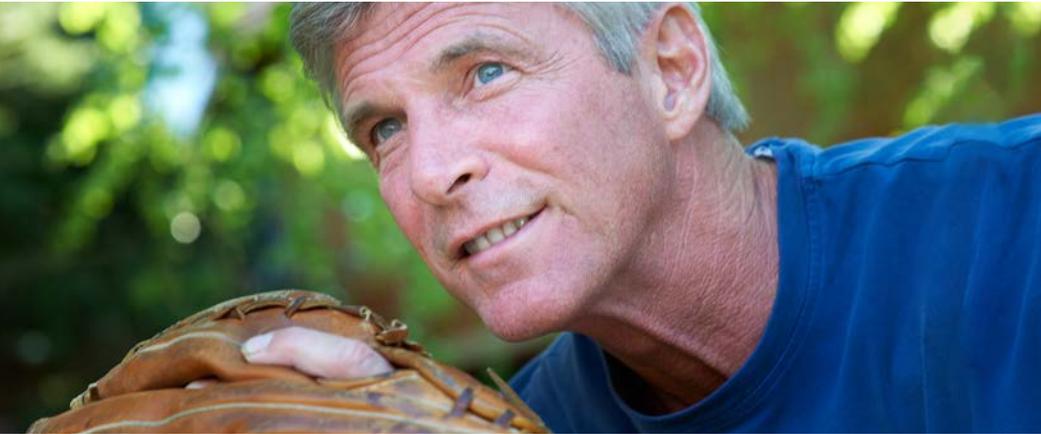


# HENRY FORD VILLAGE

You've earned it.



## GET INVOLVED IN MEN'S HEALTH AWARENESS MONTH

In addition to wearing blue for Men's Health Awareness on June 14th, there are many other ways to get involved this month to raise awareness about prevention.

[LEARN MORE](#)

## AVOCADO SAUCE PIZZA

For the avocado maniacs out there and also for those secretly looking for a familiar way to give them a try for the first time.

[GET THE RECIPE](#)



## PUTTING GREEN & PRACTICE AREA

The PGA Tour is in town this month – will you be ready? Residents hone their short game at the courtyard putting green and practice area all season long.

[CHECK OUT MORE](#)

## THE LONGEST DAY FOR ALZHEIMER'S AWARENESS

Each year's summer solstice is the longest day with the most light. On June 21, join us in fighting the darkness of memory diseases like Alzheimer's.

[LEARN MORE](#)



HENRY FORD VILLAGE  
Senior Living



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## GET INVOLVED IN MEN'S HEALTH AWARENESS MONTH

Not only are men more likely than women to encounter physical and mental health issues in their lifetime, they're also less likely to seek treatment and prognosis. These simple facts make Men's Health Awareness Month all the more important as we officially celebrate the 25th year of national recognition. The entire month of June is dedicated towards raising awareness for issues impacting the health and wellness of men and young boys alike. The month also coincides with Men's Health Week (June 10-16), a special awareness period created by Congress, and the #ShowUsYourBlue campaign on June 14 where men and women are encouraged to wear blue to work that day to show their support for the health and wellbeing of boys and men.

If you're looking for other ways to get involved this month, here are some suggestions:

- 1. Tell Your Friends** – Spread the word and make sure every loved male in your life is living well. Write an email, pick up the phone or host a themed party on #ShowUsYourBlue day (June 14th)!
- 2. Encourage Early Screenings** – Early screenings will not only save money in the long run but also save your life and/or make life easier to manage if diseases are caught early on. Encourage a friend or family member to make an appointment as well.
- 3. Exercise** - its summertime! Even just 30 minutes of activity per day can increase your circulation, stamina and balance if you're consistent with it over time. Get active this summer and know that your health is improving with every step.
- 4. Be an Ally** - Remember that anyone can assist in the men's health movement, and help is not limited by gender basis. Anyone can be supportive and help men make that first step towards a better life. Everyone should be an ally!

An active lifestyle is in the DNA at Henry Ford Village. Of the 150+ clubs & activities on campus, you can find something to get you going any day of the week like water aerobics at the all-season aquatic center or circuit training at the fitness center or bocce in the courtyard. Staying active is an important part of the overall puzzle that is life. We'd love to tell you about our 360 approach to wellness.

CALL 1-877-660-1807

Sources:

<http://www.menshealthmonth.org/wp-content/uploads/2019/04/2019-Mens-Health-Month-Toolkit-Compressed.pdf>



## AVOCADO SAUCE PIZZA

### INGREDIENTS:

- 5 oz cooked chicken breast (or eggplant, Portobello mushrooms, tempeh)
- 1 piece wheat naan bread
- 3/4 cup arugula
- 1 small Haas avocado
- 1 heaping tbsp goat cheese
- 1.5 tbsp reduced fat parmesan cheese (optional)
- A dash of sea salt & pepper

### DIRECTIONS:

1. Set oven to 405 degrees F.
2. Mash the contents of an avocado in a bowl with a fork. Add a dash of sea salt and pepper.
3. Spread the mashed avocado on a piece of naan bread.
4. Add arugula, cooked chicken breast, goat cheese and parmesan.
5. Bake in the oven for 12-15 minutes at 405F.
6. Enjoy!

Yields: 1 or 2 servings, Prep Time: 10 mins, Cook Time: 12-15 mins, Total Time: 22-25 mins

Learn more about the lifestyle and dining options that residents at Henry Ford Village enjoy every day.

CALL 1-877-669-0728

Sources:

<https://fitmencook.com/no-tomato-sauce-use-avocado-as-pizza-sauce/>



## THE LONGEST DAY FOR ALZHEIMER'S AWARENESS

On June 21st - the summer solstice and longest day of the year - we collectively stand up to darkness in an effort to end Alzheimer's and other memory diseases. Families, friends, communities and organizations all over the world come together on this day, each year, to raise awareness about the disease — as well as funds to research a cure.

More than 5 million people in the United States are estimated to be living with Alzheimer's disease, and with that number expected to triple by 2050, it is paramount to increase awareness now.

In an effort to bring more recognition to the disease, The Alzheimer's Association chose the summer solstice — the longest day of the year — to be the day of a sunrise-to-sunset relay event to support those facing the disease. On their website, the Alzheimer's Association says the purpose of the Longest Day is to: "Come together to honor the strength, passion and endurance of those facing Alzheimer's with a day of activity."

### **How to Raise Awareness for Alzheimer's**

Although a 16-hour day of raising awareness for Alzheimer's may sound intimidating, there are many easy ways to take part in the event.

#### **The Alzheimer's Association recommends five steps to get started:**

- 1. Do what you love to raise awareness** — like cooking, gardening or walking.
- 2. Grab your friends** — form a team to spread the word.
- 3. Remember to plan your day with your team** — whether it's raising awareness together or digitally, if in different locations. Share personal stories or Alzheimer's facts on social media.
- 4. Raise money** — doing what you love to support Alzheimer's on the Longest Day. Organize a fundraiser within your community or amongst friends.
- 5. Remember to celebrate** — at sunset with your team and recognize the accomplishments you made towards bringing awareness to Alzheimer's.

## Staying Involved

Even if you can't participate in the Longest Day, it is important to remember that there are others ways to raise awareness for those facing Alzheimer's and stay involved.

### This could include:

1. **Getting educated** — about Alzheimer's and dementia.
2. **Talking** — about Alzheimer's.
3. **Wearing purple** — the official color of the disease.
4. **Signing** — the "Stop Alzheimer's" petition.
5. **Volunteering or donating** — to your favorite Alzheimer's awareness organization.

Residents and staff at Henry Ford Village are participating in The Longest Day this year by taking turns on the Nu-Step bikes from sunrise until sunset to raise awareness for Alzheimer's.

For more information on how to register for the event, visit The Longest Day's website:

[http://act.alz.org/site/TR?fr\\_id=11896&pg=entry](http://act.alz.org/site/TR?fr_id=11896&pg=entry)

Learn more about memory care at Henry Ford Village and how residents here are focused on wellness of the mind, body and soul each day.

CALL 1-877-669-0728

### Sources:

[www.alz.org/thelongestday](http://www.alz.org/thelongestday)

<https://www.alzheimers.net/2014-06-19/raise-awareness-for-alzheimers-on-the-longest-day/>