



KEEP YOUR FRIENDS CLOSE

This is a time for love, for friendship, and connection. You might have an idea of how beneficial it can be, but just how important relationships are never cease to amaze.

SMOOTH MOVES

Smoothie bowls are all the rage these days. You get the velvety rich texture of blended fruit, plus the crunch and pop of whole fruit chunks on top—you gotta try it.



LET'S GO FOR A WALK

Don't just take the heat, put it to work for you! Get out and get walking—there are so many benefits to it. Read about them and hit the sidewalk.

PEACE OF MIND. ALL THE TIME.

That worry-free feeling—feel it all the time. Henry Ford Village is designed with comfort as #1. From the safety of a gated community, the on-site medical center, to-your-door dining, covered walkways—comfort is everywhere.





PEOPLE MAKE THE PLACE

“Residents and staff come from all walks of life, each bringing something unique to the Village. Outside, there is greater Detroit -- rich in culture, sports, restaurants, nature. An interesting mix.” - Barbara HFV resident

Henry Ford Village prides itself on welcoming and inviting people of all walks of life. And there are so many best friends because of it.

WHY FRIENDS MATTER

A study by Gallup showed if you hang around people having a nutritious and healthy mindset, you are more than five times as likely to have a very healthy diet yourself.

- Scientists have found that being lonely is more dangerous than air pollution, obesity, or excessive drinking.
- Individuals who are not lonely have as many problems as lonely people. But when you're lonely, the problems faced stress you more and for a longer time. People with active social groups are able to move past stress faster. It's believed that their friends make that possible.
- When an individual stresses, their friends remind them of their value, giving the person the ability to quickly move out of feeling negative.
- Friendship is the leading factor of happiness.
- We learn to make friends accidentally. No one, even our parents, teach us how to do it.

Friendships can't be looked at as either black or white; either we are best friends forever, or not at all. Holding a hard and fast rule about friendships will hurt you. Try to focus on ranges of friendships from acquaintances, to very casual, to very close. Having a broad and interesting social circle is key to happiness. With casual friends, your investment of time and energy is just smaller, and you share less intimate information.

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

<https://seniornews.com/how-friends-keeps-us-young-at-heart/>



BANANA COCO SMOOTHIE BOWL

It's so darn easy, and so delicious. Grab a spoon—you're in for a wonderful breakfast treat.

INGREDIENTS

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk (plus more as needed)
- 1 scoop plain or vanilla protein powder of choice* (optional)

TOPPINGS

- 1 Tbsp shredded unsweetened coconut (desiccated)
- Granola (optional)
- 1 Tbsp chia seeds
- Fruit (optional)
- 1 Tbsp hemp seeds

STEPS:

1. Add frozen berries and banana to a blender and blend on low until small bits remain - see photo.
2. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency (see photo).
3. Scoop into 1-2 serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired toppings (optional). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!
4. Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

Learn more about the live-well (and sometimes snack-well) lifestyle that residents at Henry Ford Village enjoy every day.

<https://minimalistbaker.com/favorite-smoothie-bowl-5-minutes/>



WALK THE WALK—THERE ARE SO MANY REASONS WHY

Just put one foot in front of the other, and before you know it, you could be walking your way to better health!

Walking may be one of the easiest and most effective forms of exercise out there for seniors. Whatever your level of mobility, it's a great way to get active, at your own pace. A regular walk can help you meet all of the four core fitness areas that the National Institute on Aging recommends for seniors – endurance, strength, balance, and flexibility – while also encouraging you to get outside and connect with others.

THE HEALTH BENEFITS OF WALKING FOR SENIORS

Just how positive and beneficial is walking for seniors? Regular, brisk walking has been shown to help older adults:

- **IMPROVE CARDIOVASCULAR HEALTH**

Studies have repeatedly shown that routine walking can help improve circulation, lower blood pressure, and help ward off signs of cardiovascular disease. In fact, prominent studies out of the University of Colorado at Boulder and the University of Tennessee revealed that walking a few miles per day helped lower blood pressure, and reduce stroke risk for older women.

- **FIGHT DISEASES**

Walking is a natural way to give your immune system a major boost. One major study of 1000 adults found that those who walked just 20 minutes per day, five days a week, experienced 43 percent fewer sick days than those who did not. Similarly, walking has been shown to reduce your likelihood for developing chronic illness, including certain types of cancer.

- **STRENGTHEN BONES, MUSCLES, AND JOINTS**

While it is fairly low impact, walking is still a whole body workout, offering benefits to your muscles, bones, and joints, all at once. Walking is a way to lubricate your joints, which need regular activity to stay functional. At the same time, the motions of walking help strengthen your supportive muscles and bones. Indeed, studies have shown that regular walking can help reduce the loss of bone mass during osteoporosis; reduce the risk of suffering hip fractures; and significantly reduce (or even prevent) arthritis pain.

- **PROMOTES HEALTHY WEIGHT**

A Harvard research study of more than 12,000 individuals found that those who walked briskly for about an hour a day were significantly less likely to experience the effects of 32 common obesity-promoting genes. Similarly, recent research has suggested that regular walking can help curb your sweet tooth, leading to reduced cravings and intake of unhealthy, sugary sweets.

- **IMPROVE SLEEP HABITS**

It may be easier to catch a few “z’s” at night if you take a walk in the early morning. At least, that’s what the Fred Hutchinson Cancer Research Center in Seattle found in a study. Looking at women between the ages of 50 and 75, researchers discovered that those who walked each morning were a lot less likely to experience insomnia than those who didn’t go for walks.

- **SLOW COGNITIVE DECLINE AND DEMENTIA**

Walking may be a way for seniors to remain mentally sharp with age. When looking at women 65 or older, University of California San Francisco researchers found that women who walked more experienced less age-related mental decline overall. The more test subjects walked, the lower their incidence of mental decline became. Similarly, a University of Virginia study focusing on men aged 71 to 93 found that those who walked a quarter of a mile or more per day experienced half the incidence of Alzheimer’s or dementia, compared to those who didn’t walk.

- **HELP YOU LIVE LONGER**

Could walking be a key to a longer life? Research from the University of Michigan Medical School found that those who regularly exercised during their 50s and 60s, including walking, were 35 percent less likely to die over an eight year span. Another test out of London found that walking just 25 minutes a day may add up to seven years to a person’s lifespan.

- **GIVE YOUR MOOD A BOOST**

Going for a walk could be a powerful way to improve your mental health and well-being. One study from California State University Long Beach found that there was a direct connection between mood and walking. In short, the more steps a person took per day, the more positive their attitude and outlook. One major reason behind the connection could be that walking helps naturally release endorphins and promote circular breathing, leading to positive emotional benefits.

- **FOSTER SOCIAL CONNECTIONS**

When you go out and walk around, you’re much more likely to connect with others, whether that means joining a local walking club, or simply chatting with neighbors as you go down the block. In any case, research has repeatedly demonstrated the enormous benefits of staying social for seniors’ mental and physical well-being.

GETTING STARTED WITH WALKING

Want to help add walking to your senior loved one's daily routine? Here are a few important things to keep in mind as you help them get going:

• START WITH SMALL STEPS

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• DON'T PUSH TOO HARD

Just as you don't want to overestimate how far your loved one can walk, don't feel like you need to push them to go extremely fast. Healthline recommends using the "talk test." As they put it, you know you're walking at a good pace if it feels like you're exercising, but you're not so out of breath that you can't carry on a conversation with someone.

• WATCH FOR THE WEATHER

As we get older, we may be more affected by particularly warm or cold days. For seniors, it may be important to find alternative options to get a walk in, even on days with bad weather. A few options may be looking for an indoor mall, going to a local pool for a water walk, or investing in a treadmill.

• LOOK FOR CREATIVE WAYS TO GET MOTIVATED

Research has found that moderate exercise, such as brisk walking, is easier to stick with over time than more high intensity activities. However, if your senior loved one needs a push to get started, try to find creative ways to get them motivated. You could walk to a nearby park, go on an "art walk" in your community, bring around pets or grandkids, or find other ways to inspire your senior family to get up and moving.

• TAKE SAFETY PRECAUTION

Walking can provide enormous benefits to older adults, but you can't forget to help watch out for their health and safety – and your own peace of mind. Comfortable, safe walking shoes can help reduce the risk of suffering an injury or falling. Similarly, always make sure your senior dresses appropriately for the weather, wears sun protection, and always stays hydrated.

**To Learn more about how Henry Ford Village encourages wellness of the mind,
body and spirit and all of its forms give us a call.**

<https://companionsforseniors.com/2019/04/health-benefits-walking-seniors/>