

# HENRY FORD VILLAGE

You've earned it.



## YOUNG AT HEART

Stay healthy and fit – for yourself and your loved ones! Follow these healthy eating and physical activities for life.

## AVOCADO AND SHRIMP CHOPPED SALAD

Brighten up winter with this colorful chopped salad.



## WATER AEROBICS

Even in winter, the HFV indoor swimming pool is a great place to maintain a healthy fitness routine. Water Aerobics is perfect for all levels of fitness and makes it simple to improve cardiovascular health, strength training, balance and mobility, as well as a great way to socialize with residents who love the water.

## OVERALL WELL-BEING

Henry Ford Village has been designed around the overall well-being of your mind, body and spirit.



HENRY FORD VILLAGE

Senior Living



Managed by  
Life Care Services®





Norman, resident since 2010; Sylvia, resident since 2010; Vivian, resident since 2010; and Steve, resident since 2013

## YOUNG AT HEART

Stay healthy and fit – for yourself and your loved ones! As you grow older you go through many changes. It's important to learn what you can do to stay healthy and prevent health problems, such as diabetes, heart disease, and cancers. Here are some tips to stay healthy and motivated at any age.

### HEALTH TIPS:

- Select high-fiber foods like whole-grain breads and cereals, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.
- Avoid fried foods. Choose broiled, grilled, or boiled options instead.
- Drink vitamin D-fortified, low-fat or fat-free milk; milk products; or nondairy soy, almond, rice milks or other drinks with added vitamin D and calcium to help keep your bones strong as you age.
- Drink fluids throughout the day. You may feel less thirsty as you get older, but your body needs fluids to stay healthy
- Ask your health care professional about how you can safely become active and increase your physical activity.
- Pick physical activities that you enjoy and can do on your own or with a friend or group.
- Stay connected with family, friends, and your community.

### PHYSICAL ACTIVITIES:

- Choose an activity you enjoy and start with small goals, such as "I will take three 10-minute walks this week."
- "Start low and go slow." Slowly increase the total amount of time you are active, the number of days you are active, and the intensity of each activity.
- If you live in an assisted-living or retirement facility, ask if the fitness center offers a free health checkup and fitness program.
- Start a walking or other activity group with friends or family members where you live, work, or worship.

## **REMEMBER TO FOLLOW THESE SAFETY TIPS.**

- Ask your health care professional about how you can safely increase your physical activity.
- Remember to start slowly and build up to more intense activity over time.
- Wear a sturdy pair of shoes.
- Stop exercising if you have pain, become dizzy, or feel short of breath.
- Drink fluids.
- Do outdoor exercise during daylight hours with a buddy. Be alert when crossing the street.

Call us today at 877-660-1807 to learn more about events at Henry Ford Village.

Source:

<https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-older-adults?dkrd=hispt0911+/health-information/weight-management/health-tips-older-adults>



## AVOCADO AND SHRIMP CHOPPED SALAD

### INGREDIENTS:

- 2 teaspoons extra-virgin olive oil
- 2 teaspoons finely grated lime zest
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper, plus more to taste
- 1 lb. raw shrimp (21-25 per lb.), peeled and deveined
- 2 ears corn, husked
- 4 cups chopped romaine lettuce
- ¾ cup finely chopped red cabbage
- ¾ cup diced red bell pepper
- ½ cup diced red onion
- ½ cup assorted cherry tomatoes, chopped
- ½ fennel bulb, halved again, thinly sliced
- 1 avocado, diced
- 2 slices crispy cooked bacon, diced

### DRESSING:

- 5 tablespoons reduced-fat sour cream
- 3 tablespoons grapeseed oil or extra virgin olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh dill
- 1 tablespoon minced shallot
- 2 cloves garlic, minced
- ¾ teaspoon dry mustard
- ¼ teaspoon kosher salt

### DIRECTIONS:

1. To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth.
2. To prepare shrimp & salad: Preheat grill to medium or heat a grill pan over medium heat.
3. Toss shrimp with 2 teaspoons oil, lime zest, salt and ¼ teaspoon pepper.
4. Grill corn, turning occasionally, until slightly charred, 6 to 10 minutes.
5. Grill the shrimp, turning once, until cooked through, 3 to 5 minutes total.
6. Transfer corn and shrimp to a cutting board. Cut the kernels off the cob. Chop the shrimp into bite-size pieces.
7. Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl. Add the shrimp, corn and dressing; toss to coat. Season with pepper.

## RECIPE NOTES:

Yield: 4 servings; Prep Time: 35 minutes; Cook Time: 15 minutes; Total Time: 50 minutes

### Nutrition Facts:

Serving Size: About 2 1/2 Cups

Per Serving: 398 calories;

25 g total fat; 4.5 g saturated fat;

171 mg cholesterol; 374 mg sodium.

1058 mg potassium; 21.5 g carbohydrates;

7 g fiber; 6 g sugar; 25.8 g protein;

6012 IU vitamin a ; 61 mg vitamin c;

149 mcg folate; 143 mg calcium;

2 mg iron; 86 mg magnesium;

### Exchanges:

1/2 Starch, 2 Vegetable,

3 Lean Meat, 4 1/2 Fat

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

Source:

<http://www.eatingwell.com/recipe/252997/avocado-shrimp-chopped-salad/>



## OVERALL WELL-BEING

Spiritual wellness is an important part of overall well-being and research says that involvement in spiritual or religious pursuits is associated with fewer strokes, lower rates of hypertension, and less reported pain from illness.

### HERE ARE JUST A FEW WAYS SPIRITUALITY IS CONNECTED TO YOUR OVERALL WELL-BEING:

- Spiritual people are more likely to participate in regular community service, which can protect against stress.
- Spiritual people report being happier and being more satisfied with family life.
- They also tend to be more resilient and have a lower risk of depression and suicide.
- Spirituality often brings a built-in community, which impacts health, happiness and longevity.
- Religion and spirituality for the elderly with dementia appear to slow cognitive decline, help them use better coping strategies, and have a better quality of life.
- Spirituality also helps people find purpose and reduce anxiety and depressive symptoms.

Henry Ford Village has been designed around the overall well-being of your mind, body and spirit. Along with our many group activities and wellness department, Henry Ford Village provides residents a uniquely beautiful place of worship. The Chapel is located in the St. Clair Clubhouse and seats 200+ people.

Call us today at 877-660-1807 to schedule a personalized visit at Henry Ford Village.