

# HENRY FORD VILLAGE

You've earned it.



## FLOWERS = HAPPINESS

Say hello to spring, sunshine, and the benefits of flowers. Read how flowers contribute to overall happiness and satisfaction.

## DUMP AND BAKE SPRING PASTA

Spring is here! Ring in the season with a nice light pasta that's healthy and loaded with veggies.



## EASY LIVING

Having more free time is the best part of living maintenance-free. Henry Ford Village has been designed around doing more of the things that make you happy. Whether it is personal time or making time to meet new friends, living in a community with residents that share similar interests and passions means that there is never a shortage of great times to be had.

## MINIATURE GARDENS ALL YEAR ROUND

Little garden, major happiness. Read about how miniature gardens can contribute to your overall well-being.



HENRY FORD VILLAGE

Senior Living



Managed by  
Life Care Services™





## FLOWERS = HAPPINESS

Say hello to spring, sunshine, and the benefits of flowers. Did you know that people that receive flowers experience an elevation in mood that lasts for days? It's true, in fact, the presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner far beyond what is normally believed.

According to researchers from Rutgers University and Chinese healers who have long believed in "flower power", the secret is in the flower's color. They say you can utilize flowers to summon whatever power or emotion you'd like – each color creates a different frequency of light waves which travel through the retina and down the optic nerve, setting off a chain reaction of responses in the body. Neurotransmitters are then released, inducing the production of calming hormones like melatonin, stimulating hormones like adrenaline, and mood-boosting hormones like serotonin.

### FLOWERS IMPROVE SENIORS' OUTLOOK AND MOST NOTABLY, SENIORS WITH FLOWERS IN THEIR HOMES EXPERIENCED:

- **Decrease in depression** – With flowers present, participants experienced improved mood and greater happiness than those without flowers.
- **Refreshment of recent memory** – Seniors with flowers in their homes performed better on memory tests.
- **Socialization** – Seniors with flowers in their homes were more likely to engage with friends, family, and community.
- **Increase energy with red roses.** Since red has the slowest vibratory rate and longest wavelength, it stimulates adrenal glands, boosting energy.
- **Boost confidence with irises.** The color indigo stimulates the brain's pineal gland, which is the regulator of sleep patterns. Indigo also helps to free the mind of worries, fear and inhibition.

## HERE IS HOW YOU CAN ENJOY THE PHYSICAL AND EMOTIONAL BENEFITS OF FLOWERS:

- **Enhance alertness with sunflowers.** Yellow light waves stimulate the brain, making you alert, clearheaded and decisive. And since we associate yellow with the sun's rays and daylight, it's said to help us feel more optimistic.
- **Get a good night's sleep with bluebells.** Blue triggers the production of melatonin, a brain chemical that helps us relax and sleep soundly. Blue also stimulates the thyroid gland to release thyroxin, a hormone that regulates metabolic rate.
- **Relax with green zinnias.** Green affects the nervous system, making us breathe slowly and deeply, slowing the production of stress hormones and helping the heart relax.
- **Prevent allergies with orange daisies.** Orange strengthens the immune system and the lungs, which can ward off spring allergies. Orange also has a strong beneficial effect on the digestive system and can stimulate the sexual organs.
- **Relieve stress with lilacs.** Violet cools us, alleviating "hot" conditions like heat rash and sunburn, and suppressing hunger and balancing metabolism. It also stimulates the pituitary gland, the part of the brain that releases tension-fighting beta-endorphins.

Call us today at 877-660-1807 to schedule a visit and see our 35 acres of beauty.

Sources:

[https://fountainview.org/news/happiness-bloom-benefits-flowers-seniors/;](https://fountainview.org/news/happiness-bloom-benefits-flowers-seniors/)

<https://www.enlivant.com/blog/indoor-gardening-for-seniors;>



## DUMP AND BAKE SPRING PASTA

Pasta is baked with chicken and all of spring's finest vegetables for a light and healthy one pot meal! With asparagus, artichokes, carrots, peas, and chives, this easy Dump and Bake Spring Pasta has all of the fresh flavors that you crave – with just 10 minutes of prep. You don't even have to boil the pasta!

### INGREDIENTS:

- 1 cup diced cooked chicken
- 1 14 ounce can quartered artichokes, drained
- 1 cup diced fresh asparagus (about 10 spears)
- ½ cup grated carrots or “bag of matchstick carrots” from the produce section as a shortcut
- 1½ cups uncooked penne pasta
- 1¾ cups low-sodium chicken broth or vegetable broth for a vegetarian option
- ½ cup loosely packed chopped fresh chives or green onions divided
- ¼ cup chopped fresh parsley divided
- 2 teaspoons minced garlic
- ¼ teaspoon salt
- ½ cup fresh or frozen peas
- ¼ cup grated Parmesan cheese divided
- ¼ teaspoon salt
- ½ cup fresh or frozen peas

### DIRECTIONS:

1. Preheat oven to 425 degrees F (220C). Spray an 8-inch square baking dish with cooking spray.
2. In the prepared dish (or in a separate bowl), stir together cooked chicken, artichoke hearts, asparagus, carrots, uncooked pasta, chicken broth, about half of the chives, half of the parsley, minced garlic, and salt, and 2 tablespoons of Parmesan.
3. Cover the dish tightly with foil and bake for 35 minutes.
4. Uncover; stir. At this point you should check the pasta to make sure that it is al dente (firm but just about finished cooking). If it's still too hard, cover the dish and return to the oven until pasta is al dente. Then move on to the next step.
5. Stir in the frozen peas and sprinkle remaining 2 tablespoons Parmesan over the top. Bake uncovered for 5-10 more minutes (or until pasta is tender).
6. Garnish with remaining chives and parsley just before serving.

Source:

<https://www.theseasonedmom.com/dump-bake-spring-pasta/#wprm-recipe-container-43824>

## RECIPE NOTES:

Yield: 4 servings; Prep Time: 10 minutes; Cook Time: 45 minutes; Total Time: 55 minutes

- Low in calories
- High in fiber
- High in protein
- Calories 246.6 kcal
- Cooking just for two? Cut the ingredients in half and bake the pasta in a 1-quart casserole dish. The cooking instructions remain the same.
- Use frozen and pre-prepped vegetables to cut down the prep time.
- Use a rotisserie chicken to make things easier or leftover roast chicken.
- Omit the chicken for a vegetarian option.
- Penne pasta is used in this recipe, but any short pasta shape will do.

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

Source:

<https://www.theseasonedmom.com/dump-bake-spring-pasta/#wprm-recipe-container-43824>



## MINIATURE GARDENS ALL-YEAR ROUND

### LITTLE GARDEN, MAJOR HAPPINESS.

Whether it is a green thumb you are after, or simply the job of smelling the roses, you no longer have to wait for the last spring frost in order to start thinking about gardening. With a variety of plants, containers, structures and whimsical accents to choose from, indoor miniature gardens can be a great escape for gardeners of all levels.

Garden masterpieces in miniature are not only popular, they are good for your health and happiness. Start with a planter or even a glass bowl (make sure there are drainage holes), a few small succulents or small plants, and add soil. Be creative and place a few miniatures. This can be anything from a garden gnome, to miniature buildings, pebbles or pea gravel. Then, set in a bright windowsill and enjoy until true gardening season begins.

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