**From the Editor’s Pen**

Dear friends,

1) My February pick is the Luncheon show by the “Silver Kickers”, a dancing group of women 60 and over. Come to the performance and join the fun.

2) Please let me know if you need new glasses. This month, we will be able to provide 3 or 4 pairs.

Inna Strizhevsky

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**For Your Health**

**February is American Heart Month**

**Heart Healthy Shopping Tips for Seniors**

1. **Buy colorful fruits and vegetables.** Low in calories, high in vitamins, minerals and fiber—adults should get at least five servings per day.

2. **Avoid buying high fat dairy or meat.** Buy skinless cuts of lean meat with the least amount of visible fat. Ground meats should have less than 20% fat. Yogurt, milk, cheese & other dairy products should also be low in fat. The one kind of fat you do want is fatty fish: two servings a week of salmon, trout, or other oily fish can help lower the risk of heart disease and increase the body’s level of healthy omega-3s.

3. **Buy plenty of nuts and high fiber foods.** Fiber can help lower blood cholesterol, and keep you full. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts. Almonds and walnuts also have plenty of other valuable nutrients and have been shown in recent studies to have a significant impact on heart health.

4. **Avoid butter.** A few easy tips to remember: try to eat less than 300 milligrams of cholesterol per day, avoid foods containing partially hydrogenated vegetable oils and follow the tips above for consuming lean protein and dairy. Consider replacing butter with a more healthful spread like Smart Balance or Promise. Unlike butter, they have healthy fats in them and contain plant sterols which may help lower bad cholesterol.

5. **Read nutrition labels.** Replace sugary drinks like soda or fruit juice with herbal teas is a great way to eliminate sugar from your diet, but what about sodium? It’s easy for salt to sneak in, especially with prepared foods, so be sure to read the nutrition label. Most seniors need around 500 mg of sodium per meal, or 1500 mg per day. A general rule of thumb is that if one serving of any particular item has more than 250 mg of sodium, you may want a product that has less.

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**NORC Business Office Hours are 9:00 am to 4:30 pm, Monday—Friday (most weeks)**

NORC Director is available 1:00 pm—3:00 pm or other times by appointment

Office Phone: (404) 355-5696 x 330  or  Inna Phone: (404) 355-5696 x331

**Happy Birthday**

Rudy S.  2/5  
Inna S.  2/17

Remember: Assistive Devices are provided to NORC Members!
NORC LUNCHEON
Wednesday, FEB. 22nd
12 NOON   Srochi Hall
$4 members   $5 all others
Pay in advance at NORC office or at the door!
For reservations call
404-355-5696 Ext. 330
Reservation deadline 10 am,
Fri. Feb. 17th
Kosher lunch for those who religiously observe kosher upon request at time of reservation only!

Heart 2 Heart: Express Yourself with Joy!
A heartwarming interactive program with
Joy Goodman!
Monday, Feb. 27th, 11:00 am
Zaban Tower, 2nd floor Game Room
Refreshments

NORC and AVIV Rehab present: OPEN HOUSE
Learn about therapy services in acute care (hospital), outpatient, skilled nursing and home health settings.
JUICE & COOKIES
Friday, Feb. 10th, 2:00 pm   The Zaban Tower Lobby

Music Therapy Services of Greater Atlanta
Brings a fun program to NORC on Wednesday, Feb. 8th at 11:00 am
Reduce Stress!   Boost Memory!   Increase Relaxation!
Limited to 20 people! Call NORC to sign up!
Zaban Tower 2ND Floor Activity Room

FOOD: FACTS & FUN
"Avocados are an Aphrodisiac"
Have a tasty snack while you learn!
Friday, Feb. 17th, 11 am
Zaban Tower 2nd floor Activity Room
Program of Meyer Balser NORC and Georgia State University