From the Editor’s Pen

Dear friends,

In a postcard from Master Sargent Brandon Means, who received one of the gift boxes for our troops, he said: “Thank you sincerely for the kind gesture. I really appreciate it. It was very much needed. Knowing that someone cares, makes our/my journey so much easier.”

My pick of the month is Heart 2 Heart! There are 2 dates in June, so please come! Please remember that cost to attend the Luncheons goes toward the cost of food, supplies and entertainment; please be aware that no-shows have a negative effect on our budget.

All my best,

Inna Strizhevsky

For Your Health & Wellbeing
National Fresh Fruit & Vegetables Month

Fruit and vegetables are particularly important for older adults, but incorporating them into your diet can be difficult. Eating plenty of fruits and vegetables is especially important as you get older, because the nutrients and fiber in these foods can help reduce high blood pressure, lower your risk of heart disease, stroke, and certain cancers, stave off eye and digestive problems — and simply satisfy your hunger.

Follow these tips for increasing the fruits and vegetables you eat each day:

1) Add fruits and vegetables to your favorite dishes. Stir fruit into your cereal or yogurt, add strawberries or blueberries to your pancakes, pack your sandwich with veggies, add vegetable toppings to your pizza, stir greens into your favorite casserole or pasta dish, or stuff your omelet with extra vegetables.

2) Display your produce. Put your fruits and vegetables out on the counter or in a prominent position in the refrigerator, so that you’ll be more likely to eat them.

3) Try new things. Next time you go to the grocery store, pick out a new fruit or vegetable to try.

4) Cook vegetarian. At least once every week, skip the meat and try a new vegetarian recipe for dinner.

5) Snack away. Try snacking on fresh or dried fruit, carrot and bell pepper strips with a low-fat dip, or baked chips with fresh salsa.

Happy Birthday

Virginia Q.  6/3
Tonya O.  6/13
Jean A.  6/18
Lark G.  6/22
Fay T.  6/28

Carole K.  6/6
Wilma J.  6/15
Jill G.  6/20
Albert M.  6/27
Paula R.  6/28

NORC Business Office Hours are 10:00 am to 3:00 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 Director Phone: (404) 355-5696 x 331
NORC LUNCHEON

KATIE-G & KIM KEYS

“THE BAND ALL THAT”

Wednesday, June 28th

12 NOON   Srochi Hall

RAFFLE PRIZES  GOOD FOOD

GREAT ENTERTAINMENT

$4 per person

Pay in advance at NORC office or at the door!

For reservations call
404-355-5696 Ext. 330

Reservation deadline 12 noon, 6/23

Kosher lunch upon request by noon on 6/23 only!

MENU

BBQ Beef Brisket
Baked Beans
Cole Slaw
Chips
Tea & Lemonade
Cobbler

Heart 2 Heart: Express Yourself with Joy!

Sharing life through your own story!
Hosted by Joy Goodman!
Monday, June 5th and June 26th, 11:00 am
Zaban Tower, 2nd floor Activity Room
Refreshments

NORC and AVIV Rehab present: Safe Driving
Test your scanning and reaction time and learn how
to stay safe when driving your car!

Refreshments
Friday, June 9th, 2:00 pm   The Zaban Tower Lobby

FOOD: FACTS & FUN

“Fantastically Fresh Summer Salad”

Have a tasty snack while you learn!

Friday, June 16th, 11 am

Zaban Tower 2nd floor Activity Room

All Residents Welcomed

Program of Meyer Balser NORC and Georgia State University

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Members earn a $2 Rewards Voucher for attending this program!