

## FIT BITS!

### Diet Shmiet !

How the heck do you know what to do with all the info in magazines and newspapers, or on the Internet ?

There are so many articles out there on how to lose weight, get fit, protect yourself from disease. They tell you to eat this and avoid that. Then the next month it all changes !

So how do you know what to do ???

Try following these simple tips:

Any diet that is based on removing a food group (like the Atkins) should be carefully considered between you and your doctor.

Try to avoid any diet that tells you to only eat certain foods.

If you feel faint and dizzy while trying to lose weight, consult your doctor.

Any diet that promises fast results may not be the best choice. Slow, gradual results are ideal.

Consult with your doctor before starting any new diet or exercise regimen.

If you are losing 1-2 pounds a week you are doing it right.

Drink plenty of water to suppress your appetite and hydrate you.

Often, when you think you're hungry, you are actually thirsty.

## Sollar Wellness Center Celebrates One Year Milestone!

### A Retrospective View

It's hard to believe it has been a year since we received our occupancy permit, moved in and began programming at the Sollar Wellness Center. At times it feels like we have been here forever; other times it seems like it were just yesterday we were unpacking the boxes, purchasing the kitchen supplies and dodging the scaffolding and workers who were putting the final touches in place.

Yes, in looking back we've accomplished a lot in this year. Not only have we worked together to create a safe, warm and welcoming building, but more importantly we've developed a range of exciting, engaging and enriching wellness opportunities. Together this structure and the events that occur here on a daily basis have led the way to a years worth of smiles, achievements and success stories.

Building the Sollar Wellness Center was not done by the work of one, or by the small group of staff who now call the first building on the left their home base. This center was built collectively by YOU – the day participants who enter the front door full of enthusiasm and vigor Monday through Friday, the residents of the Village who check out the calendar to find something of interest and make the trek over to attend, the direct care staff who encourage, support and assist the men and women they are working, and finally the administrative and management staff at the Sheingold Building and at NEV Hanson who each do their part to support our overall mission.

Please join me in celebrating this milestone during our anniversary week July 31<sup>st</sup> – August 5<sup>th</sup> as we offer a variety of special events created to say THANK YOU to everyone in the Village community for your support in helping us to accomplish our goals.

Sincerely,  
Lisa Drennan and the staff of the  
Sollar Wellness Center



**RECIPE CORNER** : This is a quick & easy treat to try out!

## Chili Parmesan Chicken

Try this healthy, quick and super easy chicken recipe compliments of Ethel West and the ladies of LaChance.

### Ingredients:

- 2 Tbsp. Kraft 100% Grated Parmesan Cheese
- 2 tsp. chili powder
- 4 small boneless skinless chicken breasts halves (1 lb.)

### Method:

Mix cheese and chili powder in pie plate. Add chicken and turn to evenly coat all sides. Place the chicken on an ungreased baking sheet and bake at 350 degrees for 30 minutes or until chicken is cooked through. Serve with a healthy salad to complete this delicious meal.



## SEASONAL NOTES

### JULY

#### UV Safety Month

Be sure to protect yourself from the damaging effects of the sun's rays by wearing sunscreen on your face and body anytime you are out in the sun.

### AUGUST

#### Cataract Awareness Month

Cataracts are a clouding of the lens inside your eyes making it difficult to see. To keep your eyes healthy, eat carrots or pumpkin. Both are loaded with Vitamin A which is shown to improve eye health.

August 3rd – Watermelon Day

August 7<sup>th</sup> – Friendship Day

### What's in Season??

We are halfway through the summer, so take advantage of seasonal produce because it's at its peak ripeness, tastes delicious, is good for your body and saves you money at the grocery store. How can you beat that?

#### JULY - Peak Season

Corn, Red Onions, Summer Squash, Blueberries, Nectarines, Peaches

July is a great month for summer produce. Try grilling corn & summer squash for a change and chop up some nectarines, blueberries and peaches to make a fruit salad.

#### JULY - New in Season

Basil, Cucumber, Okra, Peppers, Tomatoes, Oranges and Plums

July is the perfect time to make a delicious tomato, basil and mozzarella salad. Just slice tomatoes in large rounds, top with chopped fresh basil, slivers of mozzarella and drizzle with olive oil and balsamic vinegar. Yum!!

#### AUGUST - Peak Season

Green Beans, Cucumbers, Corn, Garlic, Raspberries, Figs, Grapes

#### AUGUST -

#### New in Season

Apples, Shelling Beans, Asian Pears

## Chats with Chip

by Chip Fitts -- Roving Reporter



With the SWC celebrating its one year anniversary, roving reporter Chip Fitts wants to know...

### “What is your favorite activity at the SWC?”

“I like working out on the cross trainer machine and I also like the walking track. I like it because it's convenient, I don't have to pay a gym membership and the building is beautiful”. –Rhonda Vickery (NEV Day Services Case Mgr.)

“I like Fun Facts with Amy because I learn about different parts of the world. I like the Enrichment Program”. –Jennifer Steinberg (House 2 Resident)

“I like swimming because it's my favorite”. –Jennifer Mallozzi (NEV Day Services Participant)

“My favorite activity at the Sollar Wellness Center is kickboxing class. It's a good workout and a lot of fun”. –Heather Ham (Pathways Program Case Mgr.)

“We go there to exercise and have fun. My favorite part is using the yoga balls”. –Lisa Perkins (NEV Day Services Participant)

“I like the “Vibrations” Class because I like to build instruments. I also like singing in music class”. –Heidi Ward (LaChance Resident)

“I like doing Fitness with Kim because she's a good teacher. I like Art with Melanie because she has good ideas. I like Dance Fitness with Susannah on Thursday nights. I get good exercise in the pool swimming and I like singing with Sean Carr”. –Allan Feldman (Red Cape Resident)

“I like teaching kickboxing and taking pilates classes. It's a great way to stay in shape and bring staff together”. –Katy Joly (NEV Day Services Admin. Asst)

“I love gym class because I need my exercise”. –Joe Hegner (NEV Day Services Participant)

“I like fitness with Kim. I go to the pool on Wednesday nights and play volleyball. We have fun, we laugh and have a good time”. –Glenn Carey (Red Cape Resident)

“Art class with Melanie is fun because we get to express ourselves”. –Lisa Scales (NEV Day Services Participant)

“I like Sean and I like music because I can sing and play the drums”. –Erik LeVangie (NEV Day Services Participant)



“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”



“Welcome to the Weight Loss Forum. To lose one pound, double-click your mouse six million times.”

If you have any suggestions or feedback for this newsletter, contact Susannah Locketti at the Sollar Wellness Center x202.