

Autumn 2020

We bless you, God of Seed and Harvest, and we bless each other that the beauty of this world and the love that created it might be expressed through our lives and be a blessing to others now and always. Amen!

Enjoy cranberries and persimmons, too...

Everyone knows fall is a great time to enjoy fruits like apples and pears. Be sure to also add tangy and healthy cranberries and sweet persimmons to your fall choices, says Jenna Bell, a registered dietitian based in St. Petersburg, Florida.

Persimmons will contribute fiber and vitamin C to your diet, while cranberries provide other health benefits. Cranberries are packed with unique polyphenols called proanthocyanidins—or PACs. PACs help protect your urinary tract; research suggests that cranberry juice, for example, helps prevent recurring urinary tract infections. Cranberries are also good for your heart and a solid source of antioxidants, which play a role in preventing chronic diseases by protecting healthy cells from damage caused by free radicals, which are associated with diseases like cancer.

Jenna Bell is the co-author of the book “Energy To Burn: The Ultimate Food and Nutrition Guide to Fuel Your Active Lifestyle.”



Graying of the World

America is aging—a statistical fact that most of us are aware of thanks to the media and other institutions. But America is just one of the many countries whose populations are growing older. We, the people of the world, are in the midst of a phenomenon: global aging.

In many countries, those age 75 and older are the fastest growing portion of the population, but more than a quarter of all people 75 and older live in just two countries, India and China. It is said that less-developed countries are also aging at a much faster rate than industrialized countries.

A child born in the United States today may well live into the 22nd century. Imagine the impact that kind of longevity will have on our country. Then imagine the impact these trends will have on the rest of the world. The challenge presented to us is to work toward building a society of all ages.

We must change the image of aging and the assumption about an aging society which is based on myths and stereotypes. Today we see an aging population that wants to continue to contribute to society—and does. It would, indeed, be a tragedy if stereotypical assumptions about age caused us to cut off access and never tap into creative resources. There is tremendous opportunity for new markets, products, services and renewed creativity and innovation.

Quotable: “I am not afraid of tomorrow, for I have seen yesterday and I love today.” W. A. White

Consider New Information

You may ask the question Is there anything left to eat? Consider new information an update rather than the final word. Of course, every week one hears conflicting reports on nutrition. Just when you think you're eating OK, the rules change. Have you ever felt this way? You are not alone. Nutrition news does create headlines. Relying on headline-making information restricts us to the food-care-of-the month approach to good nutrition.

Keep in mind that as with any science, there are new research findings in nutrition every day. That doesn't mean we should discard our old habits and adopt new ones. We need to look at the big picture. Experts recommend careful interpretation. Consider new information an update rather than the final word. Take the information, digest it, and fit it into your life-style without making drastic changes.

Be suspicious if a report contains any of the following:

- * Recommendations that promise a quick fix.
- * Warnings of danger from one product or regimen.
- * Claims that sound too good to be true.
- * Simplistic conclusions drawn from a complex study.
- * Recommendations based on a single study.
- * Dramatic statements that are refuted by reputable scientific organizations.
- * Lists of good or bad foods.
- * Recommendations made to help sell a product.
- * Recommendations based on studies published in journals not reviewed by other experts or scientists.
- * Recommendations that ignore differences among individuals or groups.

Think about food and nutrition in the same way you think about other things in your life. If something sounds too good to be true, then it probably is. There are no quick fixes.

Guidelines

- * Eat a variety of foods.
- * Choose a diet low in fat, saturated fat and cholesterol.
- * Choose a diet with plenty of grains, vegetables and fruits.

By keeping these basic nutrition principles in mind, you can consistently choose food that is good for you and avoid being confused in the process.

Old Friends

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now, don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

* Youth is a gift of nature.
Aging is a work of art.

Source Unknown

* What you choose to think and believe today will create your tomorrows. You can change your belief system.

* Those who love deeply never grow old; they may die of old age, but they die young.

Have a Blessed Autumn Season!

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