



From
the Village Manager

Wilma Swart



Christmas has come and gone, and 2022 was very eventful and fun.

Major highlights of the year were:

- Burns Night
- Christmas in July
- Oktoberfest
- Markets
- Village Walks
- Evergreen Broadacres 10th Anniversary

In December, we enjoyed our Christmas social dinner and were entertained by Max Maximilian and his piano. The menu provided by Chef Andrew was superb.

The Christmas market was held on a Friday and was very successful, as indicated by all who attended.

Five puppies were on show at the presentation given by the Guide Dog Association. It provided good insight into the training of the puppies. At the end of the presentation, they were taken to frail care, where they delighted the patients with their soft eyes and gentleness. We thank Elske Fann and Libby Baker for their generous donation of a part of the proceeds of their white elephant stall.

We look forward to our Christmas day lunch and the New Year's Eve celebration, where we expect all to enjoy the evening as has proved to be the case in the previous years.

We wish you all the best for Christmas and a peaceful and blessed 2023.

What's happening in January



Welcome tea for new residents
17 January



Burns Night Dinner
25 January



Movie Nights
Titles to be announced
by Chris Edwards

19
& 26

In This Issue

- Rainfall Cecil Page 2
- ResCom Finance Cecil Page 3 - 4
- General Info Page 5- 7
- Nature & Bird Group Heather Mutch Page 8
- Pets Corner Page 9
- Good Read - Libby Page 11
- December Events Page 12-16
- EH Wellness Page 21-23

and much more in between

Village Rainfall

by Cecil



December's rainfall continues to be satisfactory, albeit not quite at the average of the preceding ten years.

For this report, rainfall measurements have been taken to the 20 December instead of the usual 25th to meet holiday publishing deadlines.

Dam levels across the country have improved overall since last year, at 92% vs 85%. However, the current situation varies widely, from 101% for Gauteng to 61% for the Western Cape. This data is as at 15 December 2022.

For this and much more weather-related information, visit the website: <http://www.sawx.co.za/state-of-dams>, or dws.gov.za

Rainfall by month for the past year		December Rainfall over the years		January 2023 Sunrise, Sunset & Moon Phases			
Date	mm	Year	mm	Date	Sunrise	Sunset	Moon
Jan '22	119,5	2012	116,8	1	5:18	19:03	
Feb '22	174,0	2013	182,1	2	5:19	19:03	
Mar '22	54,0	2014	154,9	3	5:19	19:04	
Apr '22	150,0	2015	66,1	4	5:20	19:04	
May '22	7,8	2016	101,1	5	5:21	19:04	
Jun '22	14,0	2017	126,0	6	5:22	19:04	
Jul '22	0,0	2018	84,3	7	5:22	19:04	Full
Aug '22	0,6	2019	230,5	8	5:23	19:04	
Sep '22	0,0	2020	107,5	9	5:24	19:05	
Oct '22	16,2	2021	154,1	10	5:25	19:05	
Nov '22	202,4	2022	112,8	11	5:25	19:05	
Dec '22	112,8	Average	130,6	12	5:26	19:05	
Total	851,3			13	5:27	19:05	
				14	5:28	19:05	
				15	5:28	19:04	Third
				16	5:29	19:04	
				17	5:30	19:04	
				18	5:31	19:04	
				19	5:32	19:04	
				20	5:32	19:04	
				21	5:33	19:04	New
				22	5:34	19:03	
				23	5:35	19:03	
				24	5:36	19:03	
				25	5:36	19:02	
				26	5:37	19:02	
				27	5:38	19:02	
				28	5:39	19:01	First
				29	5:39	19:01	
				30	5:40	19:00	
				31	5:41	19:00	





ResCom Funds

by Cecil Fann

ResCom Finance & Treasury Portfolio



Questions have been asked from time to time about the purpose, administration, and solvency of the ResCom Fund.

To this end, we have provided an abbreviated summary of the fund movements each month, which will provide clarity.

Since 2013 ResCom has administered a fund to provide for functions and activities in the village that are not funded by evergreen village management.

Funds are kept in a bank account, and a small cash flow to cover minor expenses.

The principal source of income is the 100+ Club. Of these contributions, half is paid to participating residents as prizes in a draw, and half is retained to bolster the fund.

All other appeals for contributions are ring-fenced and distributed in full to the recipients. Additionally, all other known future expenses are reserved to understand the available funds.

So that you know – the transactions in the fund will be willingly discussed if needed.

SUMMARY OF RESCOM FUND TRANSACTIONS FOR NOVEMBER 2022

	INCOME	EXPENSES	BALANCE
Cash on hand at 31/10/2022			20 911,86
100+ Club Contributions	8 550,00		
100+ Club Prizes Paid		6 300,00	
2022 Staff Christmas Appeal Contributions	555,00		
Social Functions Supplies		333,09	
Library Functions & Guest Speakers		291,30	
Book Trolley for Library (Lyn Huddy Fund)		1 599,00	
Residents Donation to Library Fund	1 000,00		
Bank Charges		107,00	
Interest Received	4,23		
Cash on hand at 30/11/2022	10 109,23	8 630,39	22 390,70
Funds reserved for future use			
Lyn Huddy Memorial Fund Balance			(1 114,90)
2022 Staff Christmas Appeal (Including 2021 Carry-over)			(1 755,00)
Monthly Hospitality Functions Budget			(2 000,00)
Monthly Library Functions Budget			(500,00)
Monthly New Residents Welcome Tea Budget (Estimate)			(150,00)
Replacement of dead tree in Comon Area			(400,00)
Condolence cards (and gift?)			(200,00)
TOTAL RESERVED FUNDS			(6 119,90)
Funds available after reserves			16 270,80



by Cecil Fann
ResCom Finance & Treasury Portfolio



2022 Staff Christmas Appeal

The appeal to residents to support this ResCom initiative since 2013 has again come up trumps!

In equal measure, we are gratified and humbled by the continued generosity of our fellow residents in supporting this worthy cause.

It has become a much-appreciated highlight in the lives of all the staff who receive these gifts.

A huge **THANK YOU** to all who contributed to the appeal and raised the magnificent sum of R43 380. What a marvellous achievement!

We have planned a small function for the 20 December to distribute the gifts to all 75 recipients, a process that makes all the logistical effort pale into insignificance.

If you need more details, please don't hesitate to contact me.





Load shedding is the most significant
non-financial risk facing the
SA economy – Reserve Bank

by Neesa Moodley, Daily Maverick
29 November 2022

The *Financial Stability Review*, which covers the period from May to November this year, is intended to create public awareness and stimulate debate around issues that affect the country's financial stability.

Nicola Brink, head of the financial stability department at the SA Reserve Bank, says financial stability refers to a financial system that is resistant to shocks and capable of performing its functions without interruption despite changing economic circumstances.

The most considerable **non-financial development** affecting the South African market was load shedding. Brink highlighted this as a critical concern, putting further pressure on a system already showing low economic growth.

Economists at FNB believe that economic growth will remain below 2% through 2025 – with risks biased to the downside. Eskom shed 2,521 gigawatts of power over the last year.

A PwC report estimates that the adverse impact of load shedding in 2021 was a reduction in real GDP growth of nearly three percentage points.

“Load shedding jumped to an average of 626 GWh per month in the first nine months of 2022 – a near threefold increase from 210 GWh per month in 2021. These numbers would have been worse were it not for a diesel-powered generation being used,” the PwC report states.

Michael Jordaan, chairman of Bank Zero, concurs.

“Eskom has indicated that in this calendar year, they have already burnt R12 billion of diesel. Research consultancy Intellidex estimates that prolonged load shedding costs us (South Africa) between R150 million and R250 million daily.

“A year of load shedding can run up to a horrific R7.5-billion every month, and R91 billion a year. The unquantifiable costs such as huge job losses, loss of confidence by investors and skilled emigration are wreaking long-term havoc on the economy” he says.

For this and more information visit the site below:

<https://www.dailymaverick.co.za/article/2022-11-29-load-shedding-is-the-biggest-non-financial-risk-facing-the-sa-econo>



Banking group **FNB** warned that the latest scam doing the rounds in the country is the **remote access scam** used to gain access to online banking accounts.

"Remote access software is becoming a trendy way for fraudsters to gain access to your banking profile. These sophisticated software programs enable fraudsters to take control of your PC over the internet remotely," FNB said.

Through the scam, fraudsters call customers and offer to help them **block a fraudulent transaction by asking them to download and install protective software on their PC.**

Once this software is downloaded and installed, the fraudster asks customers to enter their details and log into their banking profile.

If the customer does this, their PC screen will go black, and they will receive OTPs to confirm transactions they did not perform. The fraudster then asks for the OTPs so they can block the transactions immediately. Unfortunately, this is instead used to defraud the customer.

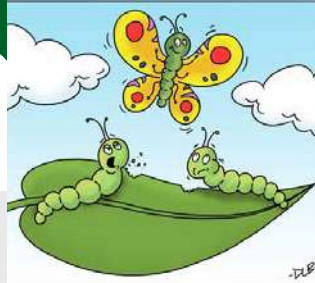
Discovery and FNB warned customers to avoid interacting with unknown links and downloading unknown software.

If customers are contacted by purported representatives of the banks asking for them to download or follow links, **it is best to end the call and contact customer services. Banks will never ask you to forward OTPs, or to download software and enter banking details.**

*"Never disclose sensitive information, such as your username, password, card and PIN details to anyone - **not even a bank official,**" FNB said.*



<https://businesstech.co.za/news/banking/646251/discovery-warns-of-these-banking-scams/>



Care for our Butterflies

If you want the privilege of these floating jewels in your garden, you'll need to make peace with a few munching caterpillars because that's how butterflies start. To encourage butterflies in your garden means you must allow for the larval stage, too – your garden should serve as a sanctuary to nurture and protect the butterfly throughout the stages of its life.

Pesticides

Go lightly on pesticides and only use them when necessary to give caterpillars a fighting chance, as they are already pitted against plenty of natural predators. Especially if you are creating a diverse ecosystem in your garden, toxic pesticides can also get into the plant nectar that adult butterflies drink.

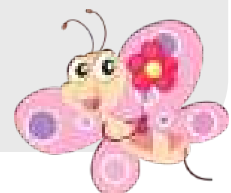
Plants that butterflies love

Our top picks to include in your garden to attract butterflies are **Cape plumbago, Cape honeysuckle, butterfly bush, lavender, daisies and impatiens.**



Some more butterfly-loving tips

- When it comes to flowers, butterflies like colours ranging from **blue to mauve, red, pink or white.**
- Some butterflies like rotting fruit, such as bananas or pineapple, so leave some fruit from your fruit trees to rot on the ground as food.
- They also like to get some minerals from pockets of mud, so a little mud puddle or two will be appreciated.



for this and more visit : www.tanyavisser.com

Nature & Birding Group

by
Heather Mutch



Some Evergreen “Birders” met at 5.50 am on 26th November to leave Evergreen for the **Random Harvest Nursery** for their Bird Walk. Arriving at Random Harvest well before our 7 am walk, we were welcomed with tea/coffee and rusks. At 7 am, we assembled for the bird walk with Andre Marx, our morning guide, and Jeffrey from the nursery and his camera. Jeffrey is very knowledgeable about birds and trees.

Before setting off, we watched the birds flying into the “Feeding Station” for their early morning “rusks”. Our guide, Andre, went through the birds that had arrived. While talking to us, he pointed out a beautiful Pin-tailed Whydah, fluttering around and showing off to the females. It wasn't easy to get a picture. Here, Andre explained the importance of learning bird calls to increase the number of birds you see.

All in all, we identified, mainly by sight and a few sounds, 52 birds, with the Pin-tailed Whydah being the top bird for the morning, closely followed by the Black-Backed Pufftail and the Paradise Flycatcher. Unfortunately, I did not have a successful photographic morning. We finished off with a delicious hot breakfast. The cost for the morning, including the breakfast, was R175, money well spent.

Andre Marx has offered to do a bird walk around Evergreen which we will organise in the New Year.

And to finish off, in our very own backyard!



Green-backed Heron



Common Moorhen parent and remaining chick



You would have noticed white butterflies flying through Evergreen. These are the Brown Veined white Butterflies on their incredible journey (December/January) from the coastal areas from Cape Town up to Namibia and the South African interior, heading northeast towards Mozambique, even Madagascar.

<https://getlocal.co.za/blog/wonder-ofmigrating-butterflies>

Practice the pause,

Pause before judging.
Pause before assuming.
Pause before accusing.
Pause whenever you're about to react harshly and you'll avoid doing and saying things you'll later regret.

- Lori Deschene

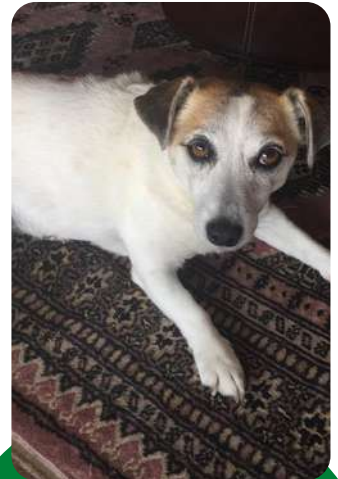


Pets Corner

Featuring Residents & their furry friends



Bonnie loves snuggling with her Mom on the couch or sleeping in bed. She loves greeting people and enjoys socialising with other dogs.

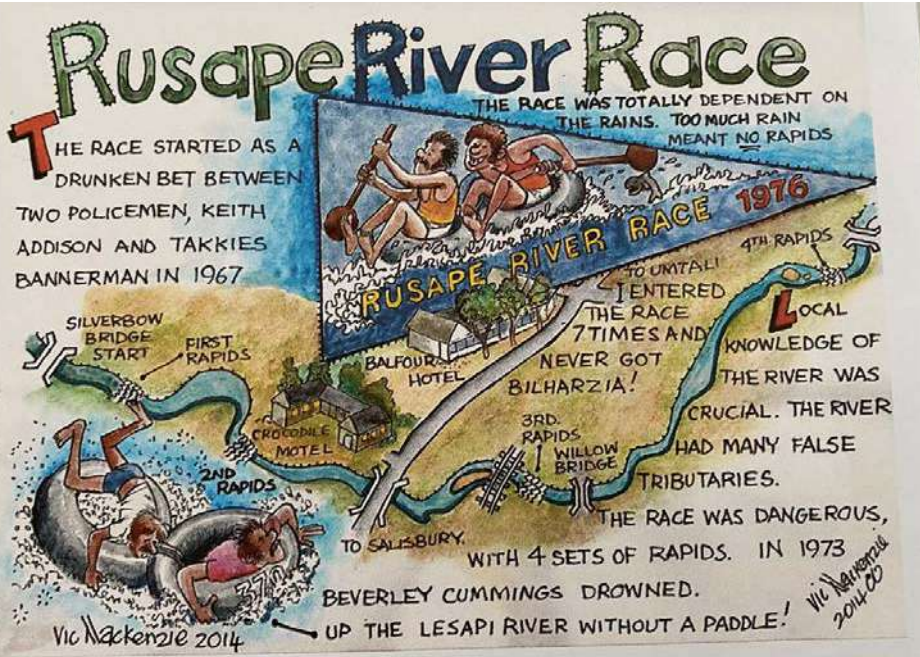


Bonnie is a stubborn but sweet-natured thoroughbred Jack Russell and belongs to Chris & Linda Brennan



"I KNOW I'M JUST A DOG BUT...
If you feel sad, I'll be your smile.
If you cry, I'll be your comfort
And if someone breaks your heart,
we can use mine to live
I'LL ALWAYS BE BY YOUR SIDE"

- YOUR JACK RUSSEL



Another one for our WhenWe s



New Residents to our Village



- William & Kathryn Park House 91
- Philippe & Joan D'Abbadie Bushwillow B103



Future welcome teas will be the 3rd Tuesday of the month starting on Tuesday, 17 January 2023

from David Presbury

Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	Ext 1222

Remember always to wear your Buddy Band and carry your emergency button

“A house is made with walls and beams; a home is built with love and dreams.”
Ralph Waldo Emerson



Submitted to the newsletter by Rosalin Messerschmidt

On this day, 6 December 1963 Graeme Pollock made his debut in test cricket

THIS DAY, DECEMBER 6

The Star Newspaper

Scotia, killing 1900 people and causing a tidal wave that destroys much of the city of Halifax.
1956 A violent water polo match between Hungary and the USSR takes place at the Summer Olympics in Melbourne. Dubbed 'blood in the water', the game is called off with Hungary leading 4-0 and a near riot halted by police; Hungary go on to win the gold medal.
1963 Gifted batsman Graeme Pollock – regarded as South Africa's greatest cricketer

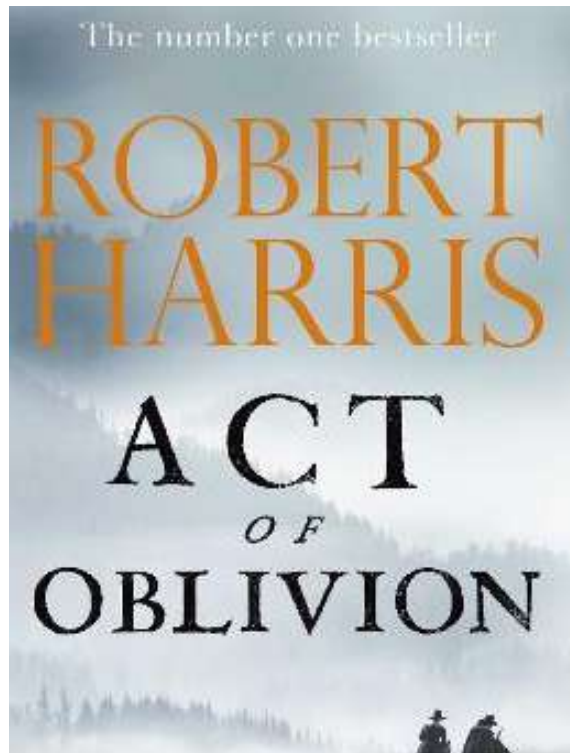
and one of the finest batsmen to have played Test cricket – makes his Test debut.

1971 The Democratic Republic of Bangladesh, (East Pakistan) is recognised by India. Pakistan breaks off diplomatic relations with India.
1991 Headman Tshabalala, founder member of Ladysmith Black Mambazo, is shot dead during a roadside argument near Durban.
1992 Hindus destroy a mosque in Ayodhya, India, leading to riots that kill 1 500 people.



From the Library

A Good Read - by Libby



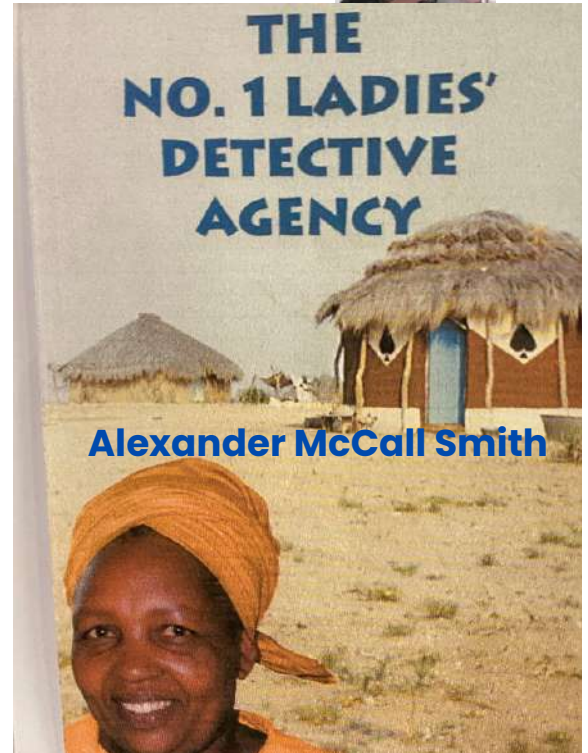
Oliver Cromwell died, and his puritanical regime was with him. Charles II is on the throne, and now the hunt is on for those who signed the execution warrant of his father, Charles I.

A master storyteller tells this story, and although a novel, it is valid in all respects. The characters are people who lived, and the facts are authentic.

The tale concentrates on the search for two of the regicides who fled to America.

It's 'an epic journey across continents and a chase like no other.'

Highly recommended



Quirky, gentle humour and great characters make these books a must-read. This is the first in a series about an unlikely heroine.

Set in Botswana, Precious Ramotswa establishes her unique detective agency and solves cases with insight, wisdom and empathy rather than guns and violence.

Delightful, easy reading.

D E C E M B E R

It's that time of the year again
& therefore appropriate to remember a
few traditions and why we keep them

Deck the halls with boughs of holly,

Fa la la la la, la la la la.

'Tis the season to be jolly,

Fa la la la la, la la la la

- **Mistletoe** - Norse mythology creeps into Christmas traditions once again to explain why we kiss under the mistletoe. According to legend, the gods used mistletoe to resurrect Odin's son Baldur from the dead. So Baldur's mother, Frigg, the goddess of love, made the plant a symbol of love and vowed to kiss anyone who passed under it. The plant also ties into the holiday season because it can blossom even when cold outside. During Christmas celebrations in 18th-century England, men were allowed to kiss any woman standing under the mistletoe, and if the ladies refused, that meant bad luck. Safe to say that's a Christmas tradition that should be extinct.
- **Christmas Carol Singing** - When Christians began replacing pagan winter festivals with Christmas, European bishops requested certain hymns to be sung at Christmas services. Many composers wanted to write their own Christmas carols, but since they were always in Latin, they weren't popular. Then in 1233, St. Francis of Assisi started putting on nativity plays, which included hymns that told the story of Christ's birth. These were usually all in a language audience could understand, so they sang along. Since then, Christmas carols have always put listeners into the festive holiday spirit, and the same goes for the most popular Christmas songs.
- **Red, Gold & Green** - Christmas traditions don't get more traditional than this colour scheme. But why do we err towards **red, gold and green** if we want to create a 'traditional' feel? Unsurprisingly, this Christmas ritual has its roots in religion: **red suggests the blood of Christ, gold is one of the gifts from the Three Kings, while green is a symbol of everlasting life**
- **Elf on the Shelf** - A modern Christmas symbol and the holiday scourge of parents everywhere, this is a brand-new tradition and a study in marketing success. Christmas elves, of course, are not new: Mischievous elves crop up in Scandinavian, Celtic, and German folklore, and they became linked with the Santa Claus tale in the 19th century. Fast forward to 2005, when twin sisters and their mother self-published ***The Elf of the Shelf***, about a family tradition they had growing up. Their toy elf only moved at night, travelling back and forth to the North Pole to report the kids' naughty-or-nice behaviour to Santa and returning to a new location around the house. Today, the ubiquitous elf—a festive Christmas cartoon to watch this holiday season—is a must-have for kids.



DECEMBER


Christmas Market
2 December 2022



...and Friday fish & chips
with a twist



DECEMBER

Book Morning 6 December 2022 SA Guide Dogs by Libby



It was a day to remember the day the dogs came to Evergreen.

They were beautiful and well-behaved, with soft eyes and big hearts. Pieter, who is blind, gave us an excellent talk about the **'Four Legs'** that the Guide Dogs offer:

- Guide dogs for the visually impaired,
- Service dogs for those in wheelchairs,
- Autistic support dogs for children,
- Orientation and mobility service.



His talk included videos highlighting aspects of the organisation and the training of the dogs. It is always thought-provoking and somewhat humbling to hear of organisations such as this that give compassion and hope to so many.

A highlight for me was the joy that lit up the faces of the frail-care patients when the dogs walked in - and the nurses, too, were also entranced

People were generous in their donations, and Elske donated her share of the funds generated from the White Elephant sales.

Previously, Libby had donated her share to the Woodrock Rescue Centre.



DECEMBER

Christmas Social Dinner

7 December 2022



Xmas carol singing
courtesy of Max
1 Man, 1 Voice and 1 Piano



DECEMBER

Christmas Social Dinner

7 December 2022

Beautiful décor by Wilma and her team, and delicious dinner served by Chef Andrew and his crew. A start to the Christmas season and enjoyed by all - Thank you!



JANUARY



Christian Fellowship Group
Wednesday, 11 January
@ 2:30pm
Unit 69
Heather Morgan

Friday, 20 January @ 2:30pm

PLEASE NOTE:

from January 2023 the cost per session will increase
to R50 - All proceeds go back as prizes

Heather Morgan



We all agree that **Dr Tony Dalby's** talk on atrial fibrillation in October was a great success.

He agreed to give us another talk as he also enjoyed the visit.

We are planning a suitable date and practical subject in March. Something to look forward to!

David Presbury



Birthdays January 2023

Birthdays

Dawn Hyams	2nd
Chris Salt	4th
Gerd Pontow	7th
Graham Langmead	9th
Sue Coombe	9th
Jenny Hammond	9th
Lilian Hartsliet	12th
Pauline Mackie	13th
Beryl Vercellotti	13th
Alain Croisier	13th
Grace Schuurman	14th
Wally Stewart	14th
Patrick Broad	14th
Rosemary Baird	15th

Birthdays

Ian Gladstone	16th
James Allan	16th
Peggy Oosthuizen	18th
Anne Haselum	19th
Klause Kreft	19th
Chappy Hartley	22nd
Libby Baker	23rd
Margo Goodwin	25th
Charles Carroll	28th
Kirsten Chalker	29th
Gunter Veiz	30th
Elsbeth Burkhalter	30th



Anniversaries January 2023

Anniversaries

Jac & Rosalin Messerschmidt	3rd
Neville & Dorothy Savage	5th
David & Marion Presbury	6th
Dave & Judy Powell	8th
Cyril & Penny Rabinowitz	18th
Wally & Robin Davey	18th
Cliff & Atholie Preacher	19th
Gunter & Lesley Veiz	21st
Charles & Margo Clarkson	22nd



January 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 New Year's Day 
2 10am Knit & Natter 5pm Snooker / Pool & Waterhole	3 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole 	4 10am Art Class 5.30pm Social Dinner 	5 9am-10am Yoga contact Kiloran 3pm Petanque 	6 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30am Bible Study 12.30pm Fish & Chips lunch 5pm Waterhole	7	8
9 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	10 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole 	11 10am Art Class 2.30pm Christian Fellowship 6pm Social Dinner	12 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 	13 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30am Bible Study 12.30pm Fish & Chips lunch 5pm Waterhole 	14	15
16 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	17 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	18 10am Art Class 6pm Social Dinner 	19 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night 	20 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30am Bible Study 12.30pm Fish & Chips lunch 2.30 pm Bingo 5pm Waterhole	21	22
23 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	24 9am Therapeutic Exercise Classes 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole	25 10am Art Class 6pm Social Dinner- Burns Night 	26 9am-10am Yoga contact Kiloran 2pm Bridge 3pm Petanque 6pm Movie Night	27 9am Beginners Line Dancing 9.30am Line Dancing – Main Class 10.30am Bible Study 12.30pm Fish & Chips lunch	28	29 Sunday Lunch 
30 9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm-7pm Pool & Waterhole	31 9am Therapeutic Exercise Classes 9am Sashni Audiologist 2pm Rummikub 2.30pm Scrabble 5-7pm Ladies Pool & Waterhole					



Remaining healthy during festive season

The holidays can be a difficult time for elderly individuals to maintain proper diet and exercise. Find out how senior adults can improve their nutrition and fitness!

The holiday season is an exciting time of the year where families and friends get together to spend time with one another. Unfortunately, celebrating the holidays is often accompanied by binge eating, reduced exercise, and unwanted weight gain.

With limited mobility and a slower metabolism, senior loved ones are more susceptible to developing diet-related illnesses from poor holiday eating habits and inadequate exercise. With this in mind, it's essential to stay healthy by tracking calories and incorporating activities that encourage movement.

In this guide, we discuss how ageing individuals can enjoy the holiday.



How Diet and Exercise Affect Health

While diet and exercise are important regardless of age, it's especially essential for the health of elderly individuals. Ageing goes hand in hand with a weaker immune system, which makes seniors more vulnerable to health issues – particularly for patients with existing medical conditions.

Through a balanced diet and regular exercise, elderly folks can reduce their risk of developing diseases like coronary heart disease, diabetes, stroke, and hypertension. Aside from improving their physical health, seniors who stay active also reap the psychological benefits of a greater perceived quality of life and well-being.

The Importance of Staying Healthy in the Holiday Season.

Traditionally, the holidays are associated with large, festive feasts. A study found that people tend to gain about 0.5 kilograms from mid-November to mid-January and retain the excess pounds. Additionally, study participants who were already overweight or obese showed a higher increase in weight.

Elderly individuals should be mindful of maintaining a healthy weight since their bodies are more vulnerable to diet-related medical conditions. Practicing clean eating with proper nutrition helps ageing loved ones keep their immune systems strong and promotes balanced energy levels.





Good Nutrition

Families should opt for healthier variations of holiday dishes to maximise enjoyment while minimising health problems down the line. As with all things, practising moderation is key and consuming a wide range of healthy foods will go a long way to ensuring one’s health.

Tracking Calories for Weight Maintenance

Monitoring daily calories is a simple way to maintain weight. Tracking the calories in each meal helps individuals understand how much more or less they should be eating.

Consider using an app calorie tracker that can estimate how much fat, sodium, and sugar the user has consumed in a day. This helps ensure that elderly loved ones don’t eat an excess of these nutrients.

Low-Calorie Foods vs High-Calorie Foods

For elderly loved ones with strong appetites, low-calorie and protein-rich foods are generally recommended. Consuming low-calorie-dense foods allows them to eat more without the risk of weight gain. On the other hand, protein-rich foods will keep them feeling satiated for longer periods.

Ageing loved ones with weaker appetites can opt for high-calorie-dense foods to reach their daily maintenance calories easily. Senior adults may have reduced taste bud sensitivity and/or difficulty chewing, which can result in them eating less. To help them get more calories in, consider serving easy-to-eat calorie-packed food like fruit smoothies, potato soup, or pesto pasta. Here’s the list of top 8 foods that increase appetite and promote good nutrition in elderly adults.

Cheat Meals: How to Indulge in a Healthy Way

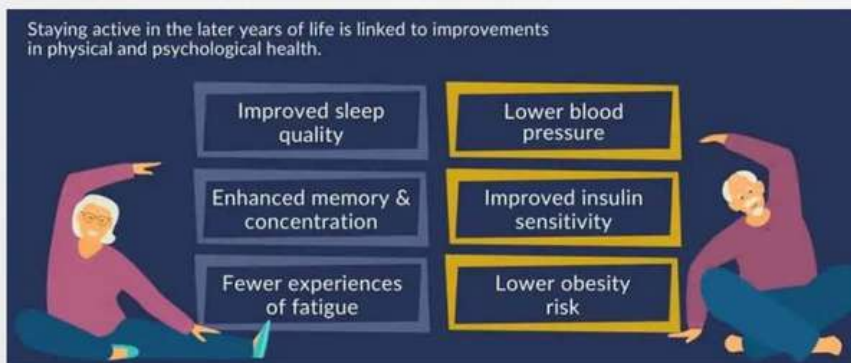
Eating healthy doesn’t mean that elderly individuals can’t enjoy their favourite meals anymore. With supervision from their nutritionist, ageing loved ones can modify their favourite dishes to make them healthier. They may also enjoy limited quantities of sweets on special occasions like the holidays if they don’t have prescribed dietary restrictions.

As long as seniors are eating healthy food most of the time, a cheat meal or two over the holidays won’t do much harm. It helps to frame an indulgent meal or snack as a positive reward for consistently sticking to their diet. To offset any excess calories, elderly individuals can add an extra 10-20 minutes of exercise in the same week.

Active Lifestyle

Senior adults tend to have sedentary lifestyles due to limited mobility and decreased muscle strength. However, studies have found that staying active in the later years of life is linked to improvements in physical and psychological health. Some of these benefits include:

- Improved sleep quality
- Lower blood pressure
- Enhanced memory and concentration
- Lower obesity risk
- Improved insulin sensitivity
- Fewer experiences of fatigue



Simple Exercises for Ageing Individuals

Generally, ageing adults are recommended to complete 2.5 hours of aerobic exercise every week if possible. They're also advised to incorporate muscle-strengthening activities and stretching exercises at least two days a week.

Depending on their health conditions, elderly individuals can perform any of the following exercises to help them stay active in the holidays:

- Chair exercises – This type of exercise is great for seniors with very limited mobility. The seated position is less strenuous on the joints but still allows individuals to condition their muscles.
- Yoga – This exercise can improve flexibility and balance. It also helps alleviate the soreness or stiffness that ageing individuals commonly experience.
- Walking – Going for a 30-minute morning walk is an easy way to get low-intensity cardiovascular exercise. Relatives may even accompany their elderly loved ones on their walk to help associate fitness with something positive like social bonding.
- Weight training – Using water bottles or light weights, elderly folks can perform strength training exercises. This helps their bodies retain good motor function and reduce the loss of muscle mass. The gym has a set of dumbbells that could assist with this.
- Zumba – Elderly folks who love to dance may consider Zumba as a regular cardio exercise. Like walking, Zumba can be done with the company of their relatives as a family activity.
- Line dancing – This is a great way to get the body moving and making new friends.
- increase appetite and promote good nutrition in elderly adults.

The infographic is divided into five sections, each with an icon and a list of benefits:

- CHAIR EXERCISES** (Icon: person in chair):
 - Less strenuous on the joints
 - Great for seniors with limited mobility
- YOGA** (Icon: person in yoga pose):
 - Improves flexibility & balance
 - Helps alleviate the soreness or stiffness
- WALKING** (Icon: person walking):
 - Inexpensive, easily adjustable exercise with many benefits to the body & brain
- WEIGHT TRAINING** (Icon: dumbbells):
 - Preserves muscle & bone strength
 - Can use weights or water bottles
- ZUMBA** (Icon: person dancing):
 - Improves fitness & coordination
 - Allows you to socialise

How Evergreen Health Supports Nutrition and Fitness in Elderly Clients

Evergreen Health's goal is to promote meaningful living among ageing residents through primary care.

Although it can be challenging, maintaining proper nutrition and adequate exercise throughout the holidays can prevent further health complications. To reduce diet-related health risks, our village registered nurse could assist with health advice.

Stay Healthy During the Holidays with Evergreen Health

While it may be challenging to prioritise nutrition and fitness during the holidays, it's worth the long-term benefits. Scheduling an appointment with the Evergreen Health village nurse can help ageing clients follow their doctor's prescribed diets and routine exercises – leading to a healthier and longer life.

This wellness journal does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Never ignore professional medical advice in seeking treatment because of something you have read in the Evergreen health wellness journals.