

seniors

Try to incorporate a few of these healthy habits, recommended by *Parent Giving*, to feel better and live longer.

STAY ACTIVE

You should do something that boosts your strength, flexibility and balance. Participate in activities that help you stay at a healthy weight to prevent heart issues, sleep better and reduce stress.

EAT WELL

The right diet will make it easier to remain active. Schedule an appointment with a nutritionist to find the eating plan that will benefit you the most. Dietary changes and exercise can prevent or control illnesses such as heart disease, obesity, high blood pressure and diabetes.

MAINTAIN A HEALTHY WEIGHT

Carrying around excessive weight is dangerous for your heart and promotes diseases such as diabetes. Find out what your ideal weight is for your body type and work to achieve it. You can maintain it by staying active and eating right.

PREVENT FALLS

Analyze your home for fall risks and eliminate them. Things such as loose carpets or rugs, cluttered walkways and unlit hallways should all be addressed. According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for older Americans. In most cases, they can be easily avoided.

IMMUNIZATIONS AND SCREENINGS

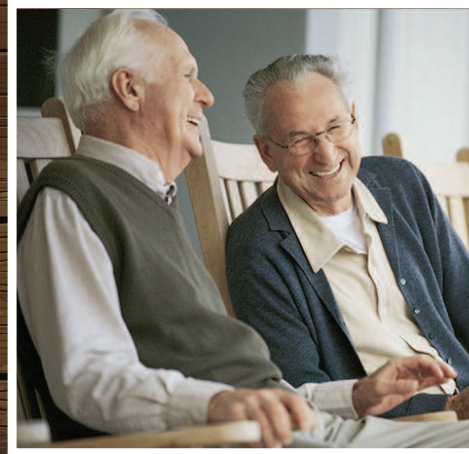
Staying on top of your health is crucial, especially as you age. Follow your doctor's orders and receive the immunizations and life-saving screening schedule they provide to watch for serious health problems.

MANAGE STRESS

Try to limit the amount of stress you put yourself through. Exercising and meditation have shown to relieve pent-up frustration. You also should make time to socialize with friends and peers, as positive thinking has beneficial effects on our health.

SUN RIDGE

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Our caregivers make sure all of your needs are met on time, which includes 3 fresh and hot meals.

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Sun Ridge Retirement Community
3234 SW Nye Ave, Pendleton, OR 97801

A vibrant summer-themed graphic. At the top, a large yellow sun with rays is partially obscured by the word 'HELLO' in white, bold, sans-serif font. Below the sun, the word 'SUMMER' is written in a large, white, stylized font with a blue outline. The background features a blue sky with white clouds and a blue and white striped beach umbrella. In the foreground, two beach chairs with red and white stripes and blue and white stripes are set on a sandy beach. At the bottom, the text 'Subscribe to Hermiston Herald' is displayed in a mix of blue and black fonts, with the phone number '(541) 567-6457' in black below it.

HELLO
SUMMER

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