

A Diet for Better Energy

Complex carbs are key for sustained energy throughout the day, while too many sugary snacks can lead to energy crashes. Find out which foods you need for round-the-clock energy.

Juggling the responsibilities of work, life, and family can cause too little sleep, too much stress, and too little time.

Yet even when you're at your busiest, you should never cut corners when it comes to maintaining a healthy diet. Your body needs food to function at its best and to fight the daily stress and fatigue of life.

Energy and Diet: How The Body Turns Food Into Fuel

Our energy comes from the foods we eat and the liquids we drink. The three main nutrients used for energy are carbohydrates, protein, and fats, with carbohydrates being the most important source.

Your body can also use protein and fats for energy when carbs have been depleted. When you eat, your body breaks down nutrients into smaller components and absorbs them to use as fuel. This process is known as metabolism.

Carbohydrates come in two types, simple and complex, and both are converted to sugar (glucose). "The body breaks the sugar down in the blood and the blood cells use the glucose to provide energy," says Melissa Rifkin, RD, a registered dietitian at the Montefiore Medical Center in the Bronx, N.Y.

Energy and Diet: Best Foods for Sustained Energy

Complex carbohydrates such as high-fiber cereals, whole-grain breads and pastas, dried beans, and starchy vegetables are the best type of foods for prolonged energy because they are digested at a slow, consistent rate. "Complex carbohydrates contain fiber, which takes a longer time to digest in the body as it is absorbed slowly," says Rifkin. Complex carbs also stabilize your body's sugar level, which in turn causes the pancreas to produce less insulin. This gives you a feeling of satiety and you are less hungry."

Also important in a healthy, energy-producing diet is protein (preferably

chicken, turkey, pork tenderloin, and fish), legumes (lentils and beans), and a moderate amount of healthy monounsaturated and polyunsaturated fats (avocados, seeds, nuts, and certain oils).

"Adequate fluids are also essential for sustaining energy," says Suzanne Lugerner, RN, director of clinical nutrition at the Washington Hospital Center in Washington, D.C.

"Water is necessary for digestion, absorption, and the transport of nutrients for energy. Dehydration can cause a lack of energy. The average person needs to drink six to eight 8-ounce glasses of water each day."



Energy and Diet: Foods to Avoid

Simple carbohydrates, on the other hand, should be limited. Ranging from candy and cookies to sugary beverages and juices, simple carbs are broken down and absorbed quickly by the body. They provide an initial burst of energy for 30 to 60 minutes, but are digested so quickly they can result in a slump afterward.

You should also avoid alcohol and caffeine. Alcohol is a depressant and can reduce your energy levels, while caffeine usually provides an initial two-hour energy burst, followed by a crash.

Energy and Diet: Scheduling Meals for Sustained Energy

"I always recommend three meals and three snacks a day and to never go over three to four hours without eating something," says Tara Harwood, RD, a registered dietitian at the Cleveland Clinic in Ohio. "If you become too hungry, this can cause you to overeat."

Also, try to include something from each food group at every meal, remembering that foods high in fiber, protein, and fat take a longer time to digest.

Even if life is hectic, it's important to make wise food choices that provide energy throughout the day. Your body will thank you.

For more information: www.everydayhealth.com



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Where the Living is Easy!

Call Lisa Crivellone at (253) 850-0333
for apartment availability or a personal visit and lunch.

SUMMER



Calendar of Events

Space is limited for some of these events.
Please be sure to RSVP! 253-850-0333.

For upcoming events, please view our activity calendar at www.staffordcare.com/kent

10th Annual Music and Art Showcase

June 29, 4:30-8:00pm

Featuring Rock 'N Roll Revue by Wally and the Beaves at the Kent Senior Center. Stafford Suites will be providing the desserts again this year. For more information on this great event, please contact the Kent Senior Center 253-856-5150.

Independence Day Celebration

July 3rd, 2:30pm

Right before the music show, we will enjoy time to do sparklers outside, and right after we will have a show for all of us to enjoy by Max Renshaw to celebrate July 4th, Independence Day of The United States of America!

Entertainment with Jim and Beth Wolfe

July 18, 2:00pm

Jim with his musical voice, and Beth gives her all with the piano, the two always gives a great time. Join us to celebrate summer, with lemonade and good music!

Annual Strawberry Festival

July 21, 2:00-3:00pm

Please join us for our annual strawberry festival – Josh our chef will be preparing lots of delicious strawberry desserts and refreshments for your enjoyment. Get into the spirit by wearing **RED** to this fun event. Jazz Singer Carol Hendrickson will be performing songs from the 1920's to the 1950's. No cost to attend. Please RSVP by June 14 at 253-850-0333.

Dessert Deli & Café Fund-Raiser Concert

Aug. 24, 6:15-8:00pm

Plan to attend the 3rd Annual Summer Dessert and Concert at the Kent Senior Center featuring the 50+ member Choir SilverSounds Northwest performing a Rock 'n Roll collection. For more information please call the Kent Senior Center 253-856-5150.

FD Cares Wellness Fair & Fundraiser

Sept. 21, 8:30am-Noon

The Annual Kent Fire Department Cares Wellness Fair will continue its annual tradition of offering free flu shots, free health screenings, free blood pressure monitoring, vendor booths and \$1.00 box lunches. The event will be held at the Kent Senior Center.

— Save the Date! —

We are having a
**20th Anniversary Celebration
Open House**

Sept. 20, 2017 • 4:00 - 6:00pm

*Details to follow. Please call
253-850-0333 for more information*

"Stafford Cares" Events @ the Kent Senior Center

Koffee Klatch, Mondays 11am-Noon

Please join Stafford Suites and several other co-sponsors at the Kent Senior Center for free coffee, door prizes and complimentary entertainment every Monday morning (Please note the Senior Center will be closed on July 4th and the week of August 28 – September 1, 2017 for Maintenance and also September 4, 2017 Labor Day).

Andy Burnett, July 10, August 14

Guitar and vocals

Norm Bellas, July 3

Jazz pianist

Wendy Cheung, July 31

Classical pianist

Joe Mundo, July 17, August 21

Piano classics

Beth Wulff, July 24

Piano favorites and standards

John Ansoitigue, August 7

Boogie woogie pianist



Summer Photo Gallery



Bob and Tom are enjoying a lovely Western Theme Party for Father's Day!

The group had so much fun at the Northwest Trek Wildlife Park!



Asta enjoys gardening so much. At the time she was doing touch up on the roses.



Jeanne celebrates her birthday with this fun Summer cake!



Marilynn, Marlene and Mattie pose for a picture next to the big fish, at Uncle Bucks Fish Bowl!



Herb enjoys Cinco de Mayo Party with his sombrero.



Appreciating our Volunteers by doing a Volunteer's Week Luncheon.



Nancy and her daughter have a lovely time at the Mother's Day Party.



Vivianne and her daughter pose for a picture together for Mother's Day Party.

Short Stay Program at Stafford Suites: One Daily Rate

Stafford Suites in Kent offers a temporary short stay program for your convenience. This program is great for individuals recovering from minor surgery or illness and just don't feel comfortable going home, but do not need the services of a skilled nursing facility. It's also great for seniors who live with a family member when their loved one needs to be out of town for business, pleasure or an emergency.

Of course, if you are considering a move to a retirement or assisted living community a trial stay is always a great option. Private, fully furnished apartment with 3 delicious meals a day served restaurant style in our dining room or room service available. 24 hour staff, care included, housekeeping services, fun outings and entertainment.

For more information please call Lisa at (253) 850-0333.



Stafford Suites Staff is Here to Serve You!

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