



# Age Old Wisdom

## A HEALTHY OUTLOOK

These days, gerontologists think that there is more to life than simply living longer and avoiding illness. While there used to be considerable focus on preventing major diseases such as cancer and heart disease, emphasis is now being placed on thinking more broadly about physical, mental, and cognitive health as well as diseases. With this in mind, the goal is to reach the age of 70 without experiencing a major chronic disease, cognitive impairment, major disability, or psychological disorder. In order to best meet these criteria, experts say that seniors should consume a high-quality diet, exercise regularly, maintain a healthy body weight, and limit their alcohol consumption. These four lifestyle factors pay big dividends when it comes to aging successfully.

Our caring and knowledgeable staff at Deutsches Altenheim understands the importance of good nutrition when it comes to our residents. We offer a variety of nutritious and delicious meals and snacks to help provide the important vitamins and minerals that support our residents' health. Learn more by contacting us today. You are invited to tour our unique community, conveniently located at 2222 Centre Street, West Roxbury. *We look forward to meeting you!*

P.S. According to the Nurses' Health Study, limiting alcohol consumption to one to two drinks per day, three to four days a week boosted the odds of attaining long-term health by 20% to 30%.