



## The Power of Protein for Older Adults

As we get older, our bodies need more care, especially when it comes to muscle and strength. Protein is one of the most important nutrients for older adults. It helps keep muscles strong, supports healing, and keeps the immune system working well. Without enough protein, it is easier to lose muscle, feel weak, and have trouble with balance. This can increase the risk of falls and injury. Eating enough protein each day can help you stay active, independent, and feeling your best.



**Amber Jaeger,  
MS, RD, LD**

Getting enough protein can be hard for many older adults. You may not feel as hungry as you used to, or chewing certain foods like meat might be difficult. Some people also live alone and don't feel like cooking full meals. Even with these challenges, protein is still very important. Good protein choices include eggs, Greek yogurt, milk, chicken, fish, beans, peanut butter, and soft cheeses. Easy snack ideas include a cup of Greek yogurt with fruit, a peanut butter sandwich, a boiled egg, or a small handful of nuts. Drinking a smoothie with milk or protein powder can also be a simple way to get more protein.

While protein is important, there are a few things to keep in mind. Some older adults have kidney problems, and too much protein may not be safe for them, so it's important to talk with a healthcare provider if you are unsure. Also, not getting enough protein is a bigger risk for most seniors, leading to muscle loss and weakness. The goal is to spread protein throughout the day, not just eat it all at one meal. With the right choices and small, simple meals and snacks, you can make protein a regular part of your routine and support your strength and health as you age.

Here are some important things older adults should keep in mind when increasing protein intake:

- **Spread protein throughout the day** Try to eat protein at every meal and snack instead of all at once. This helps your body use it better for muscle strength.
  - **Choose easy-to-chew options** If chewing is hard, pick softer foods like Greek yogurt, eggs, cottage cheese, beans, ground meats, or smoothies.
  - **Stay hydrated** Drinking enough water is important when eating more protein. It helps your body process it properly.
  - **Balance with other nutrients** Don't focus only on protein. Make sure you also eat fruits, vegetables, whole grains, and healthy fats for overall health.
  - **Watch kidney health** If you have kidney disease or concerns, talk to your doctor before increasing protein, since too much may not be safe.
  - **Include high-quality protein sources** Choose foods that give you more nutrition, like eggs, fish, dairy, lean meats, and plant proteins like beans and lentils.
- Pay attention to appetite changes** If you don't feel hungry, try smaller, more frequent meals or protein-rich snacks to meet your needs.

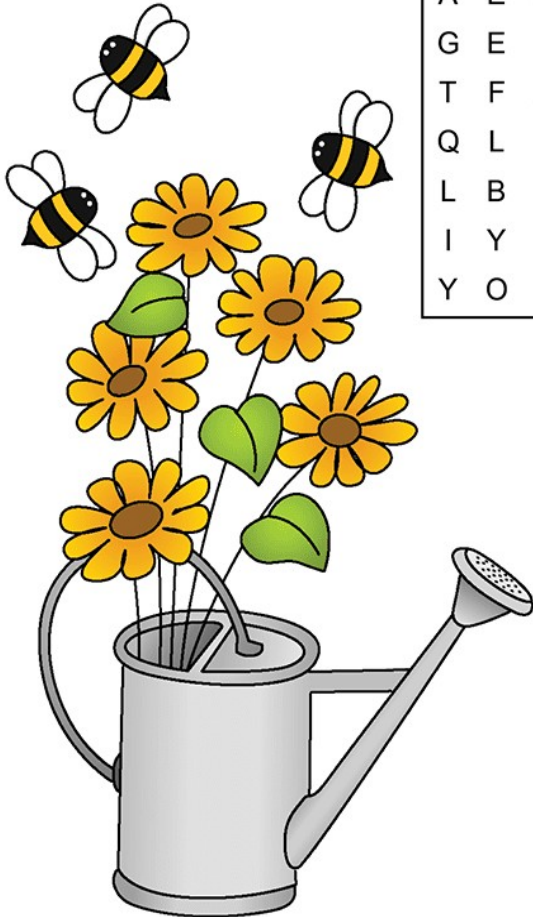
These small steps can help make sure you're getting the benefits of protein in a safe and healthy way.



# MERRY MONTH OF MAY

## Word Search

BASEBALL  
 BLOSSOM  
 BUMBLEBEE  
 BUTTERFLY  
 CINCO DE MAYO  
 FLOWERS



GARDEN	MOTHER'S DAY
GEMINI	PIÑATA
GREEN	PLANT
LADYBUG	SEEDS
LAWNMOWER	SPRING
MAYPOLE	SUNSHINE
MEMORIAL DAY	TAURUS
MOM	TEACHER

## STAFF

Taylor German 5/2  
Marquita Sampson 5/2  
McKenna Wilgenbusch 5/2  
Joyce Johnson 5/5  
Addison Vorwald 5/6  
Mariah Ellison 5/7  
Jenna Gerst 5/7  
Jennifer Neiers 5/9  
Kristin Voss 5/10  
Cade Gonzalez-Orr 5/13  
Robin Franks 5/15  
Elisia Swenka 5/16  
Alisia Brown 5/18  
Morgan Hosch 5/19  
Alexis Braden 5/20  
Terri Cooksley 5/20  
Ashley Gonzalez 5/20  
Heidi Topping 5/21  
Jessica Geuther 5/23  
Spencer Murray 5/23  
Michelle Funke 5/24  
Taylor Ray 5/24  
Wyatt Thibadeau 5/24  
Hannah Pederson 5/26



## RESIDENTS

Father John Kremer 5/1  
Richard Heffernen 5/11  
Sandra Duffy 5/11  
Connie Pratt 5/23  
Russell Loesche 5/29

## MILESTONES

Annette Kirby - 15 Years

Thank you for your dedication to  
serve "Compassionate Christian  
Care!"

# The Magic Touch

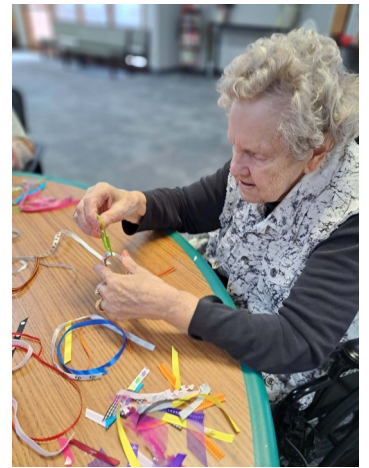
Good Neighbor Home | April Highlights



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A  
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R



# Marietta's Place



## Enjoying the NEW Patio!



# The Magic Touch

## New Neighbors

Phyllis Schlueter  
Scott Laird

Carol Justice  
Bonnie Steege

Tom Cummings

Bruce Ratzlaff

Marvin Friesen

## Wishing You The Best

Wayne Sawyer

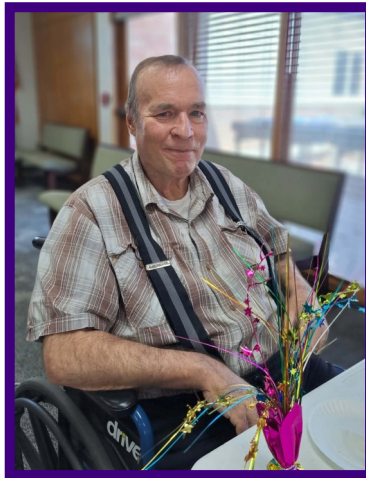
Tom Cummings

Ruth Gentz

## Always In Our Hearts

William Williams

# April Birthdays!!



# Recurring Events

## Exercise Class

Twice a week our team, with the help of our Restorative nurse here at GNH, offers a head to toe exercise experience, including active games. All residents are encouraged to participate! Moving your body as much as you are able will help you stay in motion as long as possible. We always keep this group fun, fresh, and adaptive to all ability levels. We also play fun word games regularly to keep your minds thinking in creative ways!

## Wine Tasting/Happy Hour/Gazebo Get-Together

These social events are monthly gatherings. Nice music, good food and fun fellowship are our goals for this recreational activity. These are resident favorites and beverages are served (with or without alcohol). We try to move these outside when weather permits.

## Pamper and Polish

Join us every other Friday to enjoy a relaxing spa experience. We use various relaxing techniques, which include: aroma therapy, hand massages and music. Quick paint touch ups are offered and light filing. Only nurses and bath aids are certified to cut nails. If you need your nails cut, please let your nurse know before Pamper and Polish. Pamper and Polish is a great opportunity to make new friends. Come hang out, even if you don't want your nails done. We would love to have you!

## Religious Services

- Every Sunday afternoon, our Non Denominational Church service, is lead by Pastor Aaron Bolyard.
- Once a month, Pastor Phil leads Methodist Communion.
- Every Thursday, Father Louis & Father Kremer lead Catholic Mass

Group activities are subject to change.

Please reference your Community Calendar and LifeShare screens for the most up to date activity schedule.

**Auxiliary Fund  
Balance  
\$50.00**

## Town Talk

Every month, residents get together with the Recreation Director to talk about any comments, suggestions and concerns they may have. We also talk about upcoming events, updates, and ask for your suggestions for the next months community calendar. The purpose of this meeting is to record any concerns/suggestions and get them to the right place, so we can work on a solution, but also to keep you updated on what is going on here at Good Neighbor Home.

## Beauty Shop

If you would like your hair done, **let your recreation team know**, and they will get you on the beauty shop list. Amy Stone is here Tuesdays and Thursdays and is always wonderful about working people in!

### *Beauty Shop Pricing*

Haircut - Male	\$11.00
Haircut Female	\$15.00
Shampoo/Set/Style	\$17.00
Shampoo/Cut/ Set/Style	\$24.00
Color & Style	\$37.00
Color/Cut/Style	\$47.00
Perm/Cut/Style	\$55.00



“A mother is your  
first friend, your  
best friend, your  
forever friend.”

— Unknown

Good Neighbor Home  
& Neighborhood Villas  
563-927-3907

Marietta's Place  
563-927-1490

The Meadows  
563-927-6467

### Board Members

Terry Rauch, President  
Charlie Button, Vice President  
Linda Bessey, Secretary  
Diane Hammell, Treasurer  
Randy Mahoney  
Teresa Greve  
Milt Kramer  
Marvin Waterhouse  
Rachel York



[www.goodneighborsociety.org](http://www.goodneighborsociety.org)

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