



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.

Good Neighbor Society

Compassionate Christian Care

The Meadows Assisted Living

The Meadows May Birthdays

- 01 Lawrence Werner
- 05 Bob Francois
- 07 Jean Maurer
- 22 Peg Koenocke



To Our Valued Nurses Happy Nurses Week May 6th - May 12th



Lindsey Ante, BS, RN | Joan Kerns, BS, RN

You're Invited!

Meadows Mother's/Father's Day Brunch

SUNDAY, JUNE 14TH Buffet Serving:

- Egg Breakfast Casserole | Waffles | Sausage Links | Bacon Roast Beef | Ham | Hashbrown Casserole | Green Beans | Cinnamon Roll | Fruit Salad | Danish | Cookies

RSVP by June 11th

10:30 AM - 12:00 PM \$12 | \$6 Under 6

Meadows Employment Anniversaries

Glenda Gomez | 10 Years | 5/04

Kinley Welcher | 2 Years | 5/31

DEDICATION

FRIENDLY REMINDER:

In order to keep unwanted pests away from our home, we kindly request that all birdseed is stored in The Meadows garage.

If you currently have birdseed in your apartment, please inform a staff member; we will ensure it's properly labeled and placed in the garage.

Reccomended Birdseed to reduce thistles!



Armed Forces Day | May 16th

REMEMBER & HONOR!

Thank you to our Meadows Veterans

SERGEANT BOB FRANCOIS, U.S. MARINE CORPS

PRIVATE FIRST CLASS LORAS HEIMS, U.S. ARMY

SPECIALIST E-4 ELMER FELDMANN, U.S. ARMY

RESERVES/NATIONAL GUARD

We honor all the sacrifices made by our heroes!!

Happy Mother's Day

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue." PROVERBS 31:25-26

May God grant your heart's desire and fulfill all your plans.

May we shout for joy when we hear of your victory, flying banners to honor God.

May the Lord answer all of your prayers.

Psalm 20:4-5

MEMORIAL DAY

Remember and Honor

The Magic Touch

The Meadows March Highlights

Below: Meadows tenants enjoyed a unique and exciting opportunity to learn about the latest drone technology in modern agriculture. Addison Popham, Lead Drone Sales Representative, delivered an engaging presentation.

👤 🌱 Our former farmers were seriously impressed by the drone capabilities of covering 65+ acres per hour and spraying y at 10.5 gal/min. 🌱 🧑🏫 Seeing how the industry has evolved sparked wonderful memories and great conversation! 🍌



Thank you to Gaul Ag Service and Addison for bringing this experience to our community! 🙏

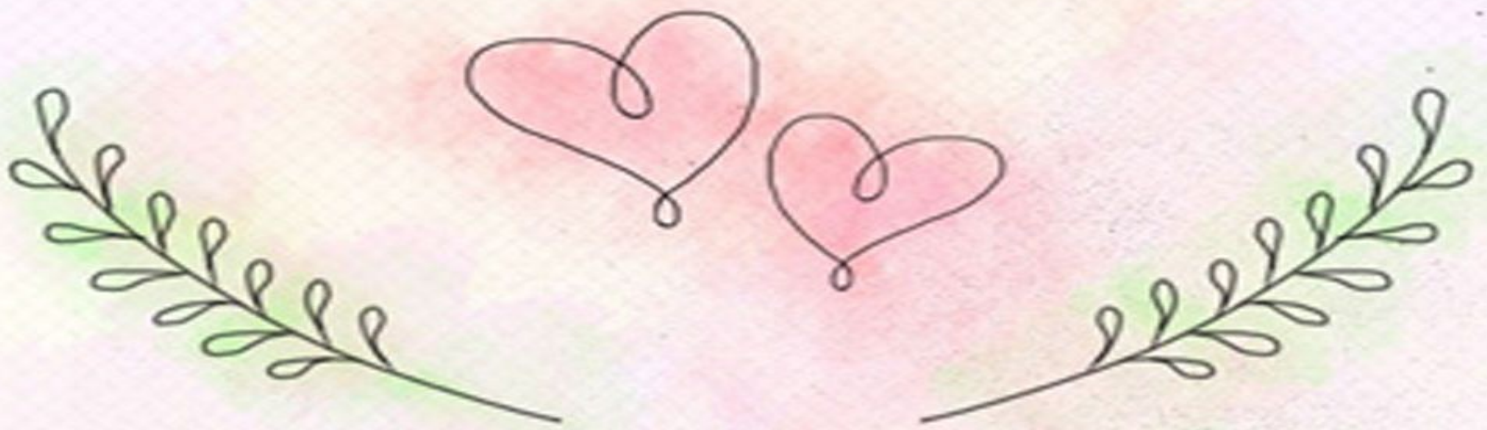


Below: The Meadows hosted a piano recital for students from Music with Micah Studio. They did so great! 🎵 🎹



Left: What a wonderful morning it was, with the West Delaware HS Band Concert and Luncheon! 🎷 🍽️





“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
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Diane Hammell, Treasurer
Randy Mahoney
Teresa Greve
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Marvin Waterhouse
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*Providing compassionate Christian
care to those we serve since 1963.*



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