

## SENIOR EATS



June is National Fruit and Vegetable Month, and the upcoming summer season is the perfect time to reap the benefits of fresh produce. Fresh fruits and vegetables are packed with antioxidants and other nutrients that are key to aging well.

One-and-a-half to two cups of fruit a day is the recommended serving size for seniors, according to the U.S. Department of Agriculture. To satisfy a sweet tooth, try baking an apple and sprinkling cinnamon and granola on top, or drizzle a bit of dark chocolate over a fruit kabob. Smoothies are also a great way to add fruit to your diet and can easily make up more than half your recommended daily servings.

As for vegetables, seniors should aim for two to two-and-a-half cups a day. Studies have found that vegetables that are green, deep orange and yellow in color may also help keep vision sharp. This is because of the carotenoids that are present, which could help stave off vision problems such as age-related macular degeneration and cataracts.

At Bedford Court, fresh fruits and vegetables are served daily. Please enjoy apples, oranges and bananas in the bistros and fresh vegetables during mealtimes.

For delicious recipes featuring seasonal fresh produce as well as more information on senior health and nutrition, check out Sunrise's food blog, [SeniorEats.com](http://SeniorEats.com).

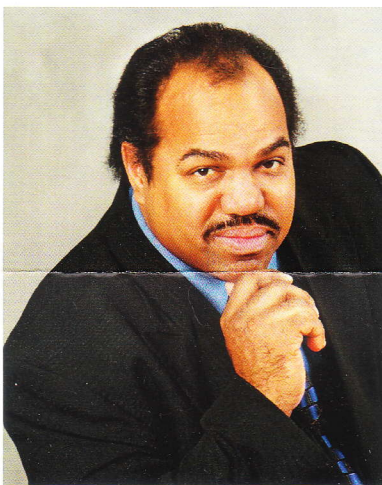
## MEET OUR ENTERTAINERS



**MEET ANDREA HANCOCK:** Andrea Hancock, aka Seniorita Sunshine, is a cabaret-style performer specializing in entertaining seniors and active adults. Seniorita Sunshine uses the power of popular music from the 1930s through the 1970s to bring back memories of the good ol' days. A Seniorita Sunshine show increases the energy level in the room with a special brand of *musical sunshine*—inspiring huge smiles, lots of singing, dancing and laughing!

Andrea has lived and performed in Hawaii and New York City, where she developed a large and loyal following. She has appeared at Carolines on Broadway, Gotham Comedy Club, Comedy Cellar, and Don't Tell Mama as well as many other venues. Andrea combines her performing talents with

her positive energy to engage, enliven and entertain seniors everywhere as Seniorita Sunshine!



**MEET DARYL DAVIS:** Originally from Chicago, now residing in Silver Spring, Daryl Davis earned his Bachelor's of Music degree from Howard University and tours the country and abroad as a professional musician.

As much as he enjoys bringing joy to audiences in concert halls, nightclubs and festivals through his performances, he especially likes to perform for the residents of senior living facilities. He believes music is the best therapy for anything that ails, because it connects

with a person's soul.

Daryl says, "When you treat the soul, it makes the body and mind feel better. Any joyous song that has the ability to bring a smile, cause a foot to tap, cause a voice to sing along, or transport one back in time to memories of dancing to that song in their heyday, is the next best thing to finding the fountain of youth. You don't stop listening to music because you get old; you get old because you stop listening to music."