

# February 2019

## Meadows CA News & Notes

9325 East Stockton Blvd.  
Elk Grove, CA 95624



### Today's Trends Low-Carb Living

Living Low-Carb is designed to help people lose weight by reducing the amount of carbohydrates they consume. The problem with carbohydrates is that we tend to consume more of them than our bodies actually need.

A low-carb diet keeps you happy, healthy and full with complex carbs that keep your blood sugar stable. The carbs that are recommended are healthy, complex carbs, which are great at keeping your energy levels stable. Typical things you'll eat include lean protein like chicken, eggs, turkey and salmon, complex carbs like quinoa, fruit and veggies, and healthy fats like avocado and olive oil. High contents of carbohydrates are generally found in pasta, bread, sweets and soda.

A low-carb diet can be healthy, balanced, and delicious when you choose lean proteins as well as some fruits and vegetables, and even some fats and whole grains to make it a diet you can sustain and even love.

### Employee of the Month::

This month, we are proud to elect **Jennifer Rose** as our Employee of the Month! You can find her at the front desk. Although Jennifer has only been here a short while - 5 months to be exact - she has proven herself to be a valuable member to our team. She is always going above and beyond her duties and does so with a smile on her face. Be sure to congratulate her when you see her! Thank you Jennifer, we truly are lucky to have you as a Meadows Team Member.



Ms. Bev visiting with Himpossible horse, Hope.

## Holistic Health Tips

- 1) Spend 15 minutes in silent meditation before bed.
- 2) Try a new vegetable.
- 3) Take up an active hobby with a friend.
- 4) Buy a water bottle and increase your water intake.
- 5) Make getting enough sleep a priority.
- 6) When you go to check the mail, keep walking for at least 15 minutes.
- 7) Take a moment every few hours to check your breathing.
- 8) Set a timer on your phone to remind yourself to stretch.
- 9) Get a massage.
- 10) Visit with nature at the local zoo or park, or in your own backyard.
- 11) Drink infused water and herbal teas. Also, eat fruit instead of drinking juice.
- 12) Read a book for pleasure.
- 13) Brush and floss regularly, just like your mom taught you.
- 14) Listen to music!

It's Time to Celebrate!!

**2/2 Helen**

**2/19 Helga**

**2/21 Fred**

**2/25 Shirley W.**

**2/25 Rosemary J.**

Happy Birthday to our wonderful residents!  
Please join us on the **First Friday** of every month as we celebrate with cake and live musical entertainment! Festivities will begin at 2:30 PM upstairs in the Bistro.

