



Southern Maine  
**AGENCY**  
On **AGING**  
EMPOWERING OLDER ADULTS  
AND THEIR CAREGIVERS



# Stay heart-healthy this winter!

## Incorporate nutrient-dense foods

Around the holidays, it can be difficult to balance nutrition, but by focusing on foods that you can add to your diet rather than foods to avoid, you can enjoy the tastes of the season while ensuring your body gets the fuel it needs to thrive!

Try eating some nutrient-dense foods each day. They contain more vitamins and minerals and less of the sodium, sugar, and fats that increase the risk of heart disease.

Next time you're at the store, compare a loaf of whole grain bread to a loaf of white bread. The whole grain loaf most likely has more protein, fiber, magnesium, and/or potassium. It is more nutrient-dense. Nutrient-dense foods are great heart-healthy foods!

Find more healthy eating tips at [smaa.org/nutrition](http://smaa.org/nutrition).



Did you know? Heart disease is the leading cause of death in the United States. **By consuming heart-healthy foods, you can lower blood sugar, cholesterol, and blood pressure, ultimately reducing the risk for heart disease and heart attack.**

## Make your own heart-healthy trail mix!

Trail mix is a great snack to eat at home or on the go, can be adjusted to suit your taste, and is full of heart healthy goodness!

- Include walnuts and pecans. They are nutrient-dense and promote heart and brain health!
- Add dry roasted or lightly salted almonds or cashews.
- Toss in unsweetened dried fruit - raisins are always a good choice.
- Dark chocolate has been shown to have characteristics that lower the risk of heart disease.
- Other add-ins can include seeds rich in iron and protein, dry unsweetened cereals, or unsalted pretzels. Use your imagination!



Beyond nutrition: SMAA's Agewell classes support stress management, gentle physical activity, and social engagement. Classes are available online and in locations across southern Maine. Learn more at [smaa.org/agewell](http://smaa.org/agewell)

[smaa.org](http://smaa.org)

[info@smaa.org](mailto:info@smaa.org)

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## New location and services in Springvale

Southern Maine Agency on Aging programs are open at our new Springvale site! We're located at the Anderson Learning Center at 21 Bradeen Street (go to front of building off Bodwell Court for parking and main entrance).

Programming includes:

- **Adult Day Program** for individuals with Alzheimer's and other dementias
- **Nutrition Services** including Meals on Wheels and Community Cafés
- **Falls Prevention** exercise and discussion classes, including A Matter of Balance and tai chi
- **Medicare counseling** and seminars
- **Resource Specialists** available by appointment to help older adults and caregivers navigate issues with housing, healthcare, benefits, and other components of the complex network of services available in southern Maine



Every member at our Adult Day Programs is a unique individual. Person-centered activities are designed to honor and engage each member in ways that are physically and cognitively stimulating and fun. Meanwhile, our dedicated staff and volunteers foster close personal relationships with and between members which stimulates the brain, effectively slowing down the memory loss process while combating depression and isolation.

Interested in learning more about Adult Day or getting a tour? Please contact Nicole Garrity at 207.396.6508 or [ngarrity@smaaa.org](mailto:ngarrity@smaaa.org).

## Join us for a special meal at our Springvale location!

**Monday, December 9, Arrival: 11am / Lunch: 12pm**  
**21 Bradeen Street, Springvale (use front parking lot and entrance)**



Enjoy a presentation about SMAA services followed by a nourishing and tasty lunch with your fellow community members!

**Reservations are required.**  
**Please RSVP to 207.396.6507 or**  
**[nutritionadmin@smaaa.org](mailto:nutritionadmin@smaaa.org) by December 2.**

The suggested donation for individuals 60+ is \$8 per meal. Donations of all sizes are accepted, and we do not turn away any eligible attendees if unable to donate. For non-Maine residents and folks under 60, the full price of \$10 is charged.