

January 8, 2021

Communiqué

Visitor Dining

Please note that due to the continuing restrictions regarding visitors and the use of common areas, the Market Place, The Overlook, and all community dining venues remain closed to visitors as well. In addition, guest meals are not available at this time. Thank you for your understanding.

Sharon— Sharon Habanec, Vice President of Culinary Services

Snow Shoveling Courtesy

Winter has arrived, and along with it comes the beautiful but potentially nuisance of snow and ice. As you know, the Maintenance and Grounds Departments are responsible for clearing roadways and sidewalks when there is an accumulation of snow and/or ice.

During snowfall conditions, Residents are responsible for clearing the snow off and around their vehicles. Residents may do this themselves or utilize the Operation Snowflake program.* **If a Resident has shoveled or paid to have a space shoveled out, that space is considered theirs to use for the duration of that snow event. Residents are asked to be courteous and refrain from parking in spaces that have been shoveled out or paid to have shoveled out.** We know that this can be a stressful time. A lot of effort goes into shoveling your cars out and not all neighbors will honor the request to be courteous. However, please note that administration will not be able to manage parking space concerns.

*Operation Snowflake is a snow shoveling assistance program that allows Team Members and/or their family members to make themselves available, for a fee, to remove snow on and around Residents' cars. A list of available people is posted at the mailboxes along with the following guidelines:

- Residents will contact and pay those on the list directly for their services. Arrangements will not be made through the Concierge Desk.
- The rate for service is negotiated between the Resident and the person shoveling the snow.
- The snow shoveling includes cleaning off vehicle windows and removing snow around the back and side of the vehicle.
- Those shoveling must provide their own shovels, brooms, or other necessary equipment and must carry snow to piles. Snow should not shovel onto walkways or driveways/parking lots.
- Team Members may not perform this service during their normal work hours or if they work in a department where they are needed in their position during a snow emergency.

Thank you in advance for your understanding and cooperation this winter season.

Danielle— Danielle Geyer, Senior Director of Manor Campus

Glennnda— Glennnda Hart, Senior Director of Lakes Campus

(over please)

Nutrition and Immunity

During this time some of you may be seeking special foods or vitamin supplements that are believed to boost immunity. For example, foods high in Vitamin C like citrus fruits, chicken soup, and tea with honey are popular choices. It is important to remember that our immune system is complex and influenced by many factors, not just diet, and certainly not by any one specific food or nutrient. Eating enough nutrients as part of a varied diet is necessary for the health and function of all cells, including immune cells. Each stage of the body's immune response relies on the presence of many micronutrients. Some of the nutrients that have been identified as critical for function of immune cells include vitamin C, vitamin D, zinc, selenium, iron and protein. These are found in a variety of plant and animal foods.

Diets that are limited in variety and lower in nutrients, such as ultra-processed foods, can negatively affect a healthy immune system. It is also believed that a Western diet high in refined sugar and red meat and low in fruits and vegetables can disturb healthy intestinal microorganisms, resulting in chronic inflammation of the gut, and associated suppressed immunity.

There is a lot of research in the area of the microbiome, an internal metropolis of trillions of microorganisms or microbes that live in our bodies, mostly the intestines. Scientists are finding that the microbiome plays a key role in immune function. The gut is a major site of immune activity and the production of antimicrobial proteins. A diet that is high in plant fiber with plenty of fruits, vegetables, whole grains, and legumes appear to support the growth of beneficial microbes. A diet containing probiotic and prebiotic foods may be beneficial. Probiotic foods contain live helpful bacteria, and prebiotic foods contain fiber and nutrients that feed and maintain healthy colonies of those bacteria.

Examples of probiotic foods are: Kefir, yogurt with live active cultures, fermented vegetables, sauerkraut, tempeh, kombucha tea, kimchi, and miso.

Examples of prebiotic foods are: Garlic, onions, leeks, asparagus, dandelion greens, bananas, seaweed. A good rule of thumb is to eat a variety of fruits, vegetables, beans and whole grains for dietary prebiotics.

So, does a warm bowl of chicken soup aid in healing? There are no clinical trials that show it speeds healing, however, when breaking down its ingredients it does appear a worthwhile remedy. It provides fluids, electrolytes, and various nutrients involved in the immune system: protein, zinc, vitamin A, vitamin C, and antioxidants.

Do Vitamin Supplements Help? A deficiency of single nutrients can alter the body's immune response. Studies have found that those who are poorly nourished are at greater risk of bacterial, viral, and other infections. Eating a good quality diet, as depicted by My Plate (<https://www.choosemyplate.gov/>) can prevent deficiencies in these nutrients. In cases where it may be difficult to eat a variety of nutritious foods, a vitamin and mineral supplement may help to fill nutritional gaps. A general multivitamin/mineral supplement providing the recommended dietary allowances (RDA) may be used in these cases unless otherwise directed by one's physician. Megadose supplements (many times the RDA) do not appear justified and can sometimes be harmful. Supplements should not be considered a substitute for a good diet because no supplements contain all the benefits of healthful foods.

Therefore, to keep your immune system strong so you can stay healthy, it is important to eat a balanced diet with whole fruits, vegetables, lean proteins, whole grains, and plenty of water.

Source: Harvard T.H. Chan School of Public Health

Stephanie— Stephanie Sodak, Manager of Nutrition and Culinary Services