



## What are the Blue Zones?

What do super agers—those people who live the longest, healthiest lives—have in common? What do they do each day? Where do they live? How do they live? Let's explore what the Blue Zones are and a history of the research behind the project. History of the Blue Zones The idea of Blue Zones originated with an article first published in the Journal of Experimental Gerontology. Gianni Pes and Michel Poulain shared what they discovered from using demographical information to locate areas around the globe where people lived the longest. Their work started in Sardinia, a region with the highest concentration of male centenarians. Since men usually have a shorter life expectancy than women, learning more about an area where men live such long lives was especially interesting to researchers. Pes and Poulain went on to identify other areas with extreme longevity and drew blue circles around

them on a map. Researcher Dan Buettner and his colleagues picked up where Pes and Poulain left off and went on to identify other regions with marked longevity. They designated them as Blue Zones. Here's what we know thanks to Pes, Poulain, Buettner, and their teams. There are five Blue Zones around the world where people benefit from extreme longevity: Barbagia (a region of Sardinia), Ikaria, Greece, Loma Linda, California, Nicoya Peninsula, Costa Rica, Okinawa, Japan. How to Incorporate Blue Zone Lessons in to Your Home & Life Here are a few tips you can use to incorporate lessons learned from the Blue Zones in to your everyday life:

- Keep a bowl of fresh fruit on the counter where it is easily accessible
- \* Place fresh vegetables at eye level in the refrigerator
- \* Examine the habits of your "tribe" to make sure you are surrounded by positive people who have healthy habits
- \* Keep the temperature in the room you sleep in at 65 degrees
- \* Eat slowly and mindfully to avoid overeating
- \* Use smaller plates and bowls to better control portions
- \* Be present while you are eating: no television or electronic devices



# THE RESIDENCE at Chadds Ford

## A Look Back at September!

### THE RESIDENCE AT CHADD'S FORD *Associates*

**Tracey Augst**  
*Executive Director*

**Althia Wellington**  
*Resident Care Director*

**Ingrid Bell**  
*Reflections Director*

**Rob Winchester**  
*Maintenance Director*

**Bryan Chant**  
*Culinary Director*

**Andria Toland**  
*Business Office Director*

**Derrick Mankey**  
*Sales & Marketing Director*



September started out with a little Kentucky Derby Fun! Our Residents were dressed to impress as they cheered on their favorite horses! Pictured is Joan B., Joan W. and Karen M. sporting their fabulous Kentucky Derby Hats! Our Residents enjoyed a festive cake, Mint Juleps and great company!

We also celebrated several birthdays in the month of September. Pictured is Resident Walter G. looking very dapper on his 70th Birthday! Happy Birthday! Looking forward to a lot more festive fall fun in October!



Good Times. Good Friends. *Great Care!*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 10:15 Catholic Mass
  - 11:15 Morning Stretch
  - 1:00 Daily Stroll Walking Club
  - 1:30 Gardening Club
  - 2:00 FaceTime with Families
  - 2:30 Group Crossword Puzzle & Coffee
  - 3:30 Snack Cart

- 5**
- 10:00 Tai-chi & Mindfulness
  - 10:30 TedTalks-Motivational Mondays
  - 11:00 Cornhole
  - 1:00 Daily Stroll Walking Club
  - 2:00 Word in a Word & Coffee
  - 3:30 Snack Cart
  - 6:00 Romance Movie Night

- 6**
- 10:00 Morning Stretch
  - 11:00 Music Appreciation:
  - 1:00 Daily Stroll Walking Club
  - 1:30 Outdoor Mindfulness
  - 2:00 World Now Current Events
  - 3:30 Snack Cart
  - 3:30 Movie:

- 7**
- 10:00 Tai-chi & Mindfulness
  - 10:30 Virtual Lecture:
  - 11:00 Horse Shoes
  - 1:00 Daily Stroll Walking Club
  - 2:30 Socially Distant Nickel BINGO
  - 3:30 Snack Cart
  - 4:30 Weekly Relaxation

- 1**
- 10:00 Morning Stretch
  - 11:00 Page Turner's Book Club
  - 1:00 Daily Stroll Walking Club
  - 1:30 Art Project:
  - 3:30 Snack Cart
  - 3:30 BBC & Tea
  - 6:00 Movie Night: Thriller Thursdays

- 2**
- 10:00 Morning Stretch
  - 11:00 Trivia
  - 1:00 Daily Stroll Walking Club
  - 2:00 Docuseries
  - 3:30 Snack Cart
  - 6:00 Drama Movie Night

- 3**
- 10:00 Morning Stretch
  - 11:00 Techy Seniors - Support
  - 1:00 Daily Stroll Walking Club
  - 2:00 Wheel of Fortune
  - 3:00 karaoke Sing A Long
  - 3:30 Snack Cart

- 11**
- 10:15 Catholic Mass
  - 11:15 Morning Stretch
  - 1:00 Daily Stroll Walking Club
  - 1:30 Gardening Club
  - 2:30 Group Crossword Puzzle & Coffee
  - 3:30 Snack Cart

- 12**
- 10:00 Tai-chi & Mindfulness
  - 10:30 TedTalks-Motivational Mondays
  - 11:00 Cornhole
  - 1:00 Daily Stroll Walking Club
  - 2:00 Word in a Word & Coffee
  - 3:30 Snack Cart
  - 4:30 FaceTime with Families
  - 6:00 Romance Movie Night

- 13**
- 10:00 Morning Stretch
  - 11:00 Music Appreciation:
  - 1:00 Daily Stroll Walking Club
  - 1:30 Outdoor Mindfulness
  - 2:00 World Now Current Events
  - 3:30 Snack Cart
  - 3:30 Movie:

- 14**
- 10:00 Tai-chi & Mindfulness
  - 10:30 Virtual Lecture:
  - 11:00 Horse Shoes
  - 1:00 Daily Stroll Walking Club
  - 2:30 Socially Distant Nickel BINGO
  - 3:30 Snack Cart
  - 4:30 Weekly Relaxation

- 15**
- 10:00 Morning Stretch
  - 11:00 Page Turner's Book Club
  - 1:00 Daily Stroll Walking Club
  - 1:30 Art Project:
  - 3:30 Snack Cart
  - 3:30 BBC & Tea
  - 6:00 Movie Night: Thriller Thursdays

- 16**
- 10:00 Morning Stretch
  - 11:00 Trivia
  - 1:00 Daily Stroll Walking Club
  - 2:00 Docuseries
  - 3:30 Snack Cart
  - 6:00 Drama Movie Night

- 17**
- 10:00 Morning Stretch
  - 11:00 Techy Seniors - Support
  - 1:00 Daily Stroll Walking Club
  - 2:00 Jeopardy
  - 3:00 karaoke Sing A Long
  - 3:30 Snack Cart

- 18**
- 10:15 Catholic Mass
  - 11:15 Morning Stretch
  - 1:00 Daily Stroll Walking Club
  - 1:30 Gardening Club
  - 2:00 FaceTime with Families
  - 2:30 Group Crossword Puzzle & Coffee
  - 3:30 Snack Cart

- 19**
- 10:00 Tai-chi & Mindfulness
  - 10:30 TedTalks-Motivational Mondays
  - 11:00 Cornhole
  - 1:00 Daily Stroll Walking Club
  - 2:00 Word in a Word & Coffee
  - 3:30 Snack Cart
  - 4:30 FaceTime with Families
  - 6:00 Romance Movie Night

- 20**
- 10:00 Morning Stretch
  - 11:00 Music Appreciation:
  - 1:00 Daily Stroll Walking Club
  - 1:30 Outdoor Mindfulness
  - 2:00 World Now Current Events
  - 3:30 Snack Cart
  - 3:30 Movie:

- 21**
- 10:00 Tai-chi & Mindfulness
  - 10:30 Virtual Lecture:
  - 11:00 Horse Shoes
  - 1:00 Daily Stroll Walking Club
  - 2:30 Socially Distant Nickel BINGO
  - 3:30 Snack Cart
  - 4:30 Weekly Relaxation

- 22**
- 10:00 Morning Stretch
  - 10:30 News Cafe
  - 11:00 Page Turner's Book Club
  - 1:00 Daily Stroll Walking Club
  - 1:30 Art Project:
  - 3:30 Snack Cart
  - 3:30 BBC & Tea
  - 6:00 Movie Night: Thriller Thursdays

- 23**
- 10:00 Morning Stretch
  - 11:00 Virtual Lecture:
  - 1:00 Daily Stroll Walking Club
  - 2:00 Docuseries
  - 3:30 Snack Cart
  - 6:00 Drama Movie Night

- 24**
- 10:00 Morning Stretch
  - 11:00 Techy Seniors - Support
  - 1:00 Daily Stroll Walking Club
  - 2:00 Word Connect
  - 3:00 karaoke Sing A Long
  - 3:30 Snack Cart

- 25**
- 10:15 Catholic Mass
  - 11:15 Morning Stretch
  - 1:00 Daily Stroll Walking Club
  - 1:30 Gardening Club
  - 2:30 Group Crossword Puzzle & Coffee
  - 3:30 Snack Cart

- 26**
- 10:00 Tai-chi & Mindfulness
  - 10:30 TedTalks-Motivational Mondays
  - 11:00 Cornhole
  - 1:00 Daily Stroll Walking Club
  - 2:00 Word in a Word & Coffee
  - 3:30 Snack Cart
  - 4:30 FaceTime with Families
  - 6:00 Romance Movie Night

- 27**
- 10:00 Morning Stretch
  - 11:00 Music Appreciation:
  - 1:00 Daily Stroll Walking Club
  - 1:30 Outdoor Mindfulness
  - 2:00 World Now Current Events
  - 3:30 Snack Cart
  - 3:30 Movie:

- 28**
- 10:00 Tai-chi & Mindfulness
  - 10:30 Virtual Lecture:
  - 11:00 Horse Shoes
  - 1:00 Daily Stroll Walking Club
  - 2:30 Socially Distant Nickel BINGO
  - 3:30 Snack Cart
  - 4:30 Weekly Relaxation

- 29**
- 10:00 Morning Stretch
  - 11:00 Page Turner's Book Club
  - 1:00 Daily Stroll Walking Club
  - 1:30 Art Project:
  - 3:30 Snack Cart
  - 3:30 BBC & Tea
  - 6:00 Movie Night: Thriller Thursdays

- 30**
- 10:00 Morning Stretch
  - 11:00 Trivia
  - 1:00 Daily Stroll Walking Club
  - 2:00 Docuseries
  - 3:30 Snack Cart
  - 6:00 Drama Movie Night

- 31**
- 10:00 Morning Stretch
  - 11:00 Techy Seniors - Support
  - 1:00 Daily Stroll Walking Club
  - 2:00 Wheel of Fortune
  - 3:00 karaoke Sing A Long
  - 3:30 Snack Cart

Thanks!

Thank you for continuing to practice social distancing and wearing your mask!

Staying Safe Together!

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.