

February 2016

UPCOMING
HOLIDAY
CLOSINGS

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

- Good Friday,
Friday, 3/25/2016
- Memorial Day,
Monday, 5/30/2016
- Independence Day,
Monday, 7/4/2016



Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.

Older Adults: Double Your Protein
Intake for Better Health

Give muscles what they crave to counteract the inevitable muscle loss that comes with age.

Whether you're running an Ironman or walking laps at the mall, current guidelines on protein intake just aren't enough to keep you healthy – especially if you're over 50.

Don't think you're 'Old'? You Still Need More Protein.

OK, so 50 is far from old. But when researchers throw around the term “older adults,” they generally mean 50-plus. And while sarcopenia really doesn't hit full force until 65, gradual loss of muscle mass and function can start even before your 50th birthday, according to Kim. What's more, research is increasingly showing that pumping up your protein intake – no matter your age – can boost your health. The majority of older adults need to consume about 1.8 grams of protein per kilogram of body mass per day. Doctors recommend getting the bulk of your protein from animal sources such as beef, fish, milk and cheese. According to researchers, however, most adults tend to get less of their protein from animal sources as they age. And since plants rarely contain all the essential amino acids that may also contribute to older adults' reduced muscle mass.

Quinoa, chia and soy, for instance, are all “complete” proteins, meaning they contain all nine essential amino acids. Whatever protein you choose, get ready to enjoy an immediate health boost. After all, in the study, participants started building more muscle within just four days. Also, by adding strength training exercises into your healthy living routine (shoot for at least three times a week), you'll not only build muscle, but you'll wind up eating more protein without even thinking about it. Since, in response to exercise, your body will work to convert your foods' amino acids into muscle, it will automatically crave more protein.

Source: www.health.usnews.com

CLIENT CARE STAFF CONTACTS :

Crystal Collins, Programs Manager: 281-633-7063
Ana Madrigal, Volunteer Coordinator: 281-633-7053
Ranett Montemayor, Meals on Wheels Coordinator: 281-633-7051
Vernice Zomalt, Waller Case Manager: 281-633-7054
FBS Main Office: 281-633-7049

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Will you be my Valentine?

Fort Bend Seniors' senior centers are home to many happy couples, some of which met at the center! Here are some adorable couples who are helping FBS celebrate love this Valentine's Day.



Left: Ganesh and Bharati Joshi celebrate 47 years of marriage. (Tri-City)



Above: Gilberto and Pauline Alvarado have been happily married for 39 years. (Fulshear)

Right: Leo Giametta and Lois Fort met at the Brookshire center and have been dating for 3 years. (Brookshire)



Right: Milton and Jean Shultis have been married 66 years! (Rosenberg)



Left: Amirali and Gulshan Bhamani celebrate 49 years of marriage. (Hometowne)

