

WELLNESS CORNER

TIPS FOR GETTING MORE VITAMIN D



Vitamin D, the vitamin we produce in response to sunlight, is especially important for seniors. Unfortunately, a vitamin D deficiency is common in older adults due to less exposure to sunlight, decreased dietary intake and impaired intestinal absorption. The benefits of vitamin D in seniors include decreased risk for cardiovascular problems and diabetes, a lower chance of early nursing home admission, decreased risk for osteoporosis and prevention of falls and fractures. It can also help you fight off depression, influenza, autoimmune diseases and cancer.

Exposure to sunlight is the most effective way to reach your daily intake of vitamin D. Dr. Michael Holick says that “sensible sun exposure” is safe and should not result in a burn. Sensible sun exposure means protecting the most exposed parts of your body, like your face and ears, and never spending more than 15 minutes in the sun without sunscreen. Sunlight is not the only way to boost your level of vitamin D, though. According to *Reader's Digest*, vitamin D can be consumed through a variety of foods, including:

- **Cheese:** Cheddar, parmesan and Swiss are the best vitamin D-filled options.
- **Eggs:** A large egg, yolk included, contains about 4 percent of your daily value.
- **Fortified products:** Some foods have vitamin D added to them, such as fortified milk, cereal, orange juice, tofu and yogurt.
- **Mushrooms:** There are growers that produce special portobello mushrooms that have been exposed to a flash of UV light, resulting in higher levels of vitamin D.
- **Seafood:** Salmon, halibut, cod and tuna are full of naturally-occurring vitamin D.

Vitamin D supplements are also an option, but be sure to speak with your doctor first to ensure you get the right amount of vitamin D and check that it will not negatively interact with any prescription medications.

Jennifer Wegerer. “5 Reasons Vitamin D Is A Must-Have For Seniors.” APlaceForMom.com, May 2015.

Kimberley Fowler. “Ways to Get More Vitamin D to Boost Your Health.” APlaceForMom.com, Sept. 2018.

COMMUNITY UPDATES

Please make note of Concierge Services Holiday Hours for November.

Thursday, November 22
10:00 a.m. to 2:00 p.m.

Friday, November 23
10:00 a.m. to 2:00 p.m.

Thanksgiving Lunch Buffet

11:30 a.m. to 1:30 p.m. in Wisteria Room

If you are bringing guests, reservations are required with Concierge Services by Wednesday, November 14 with number of attendees and time of arrival. Guest fee for the buffet will be \$20.00 per guest.



Happy Birthday!

Peggy G.	November 5
Tommy H.	November 9
Tommye S.	November 10
Elaine B.	November 12
Beth M.	November 13
Judy B.	November 16
Brenda N.	November 17

Happy Birthday to you!

THE VILLAGE OF BEDFORD WALK

JES **II** PRIME SENIOR LIVING



Southport Marketplace Gifts

Now in Sundry Shop!

Have you recently checked out the community Sundry Shop on the Lower Level? The Village of Bedford Walk has partnered with Southport Marketplace, filling the shop with all sorts of goodies for your home and the upcoming holiday season!

See something you like? Concierge Services can help you purchase the item, plus have it gift wrapped and delivered to you! Many items can be personalized at no additional charge.

Keep checking back, as items will be changed out monthly.



EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!

** See Brittany Lambiris to learn more*

COMMUNITY EVENTS

Shop and Hop. Hop on the Shuttle to enjoy shopping at four locally-owned stores filled with holiday items and gifts. Start the day by visiting Plume and Southport Marketplace. Take a break with lunch at Sophia's before heading over to McAdams'. Finally, finish off the day at the amazing new Hockman's Interiors. Fee will include transportation and lunch service.

Friday Night Lights Friends and Family Social Hour. Bring your friends and family to social hour to cheer on Mizzou. RSVP is required for you and your guests by Monday, November 5.


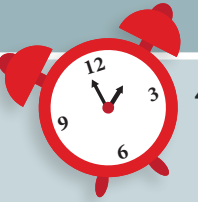

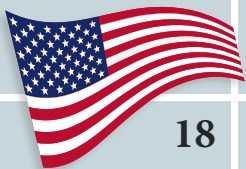


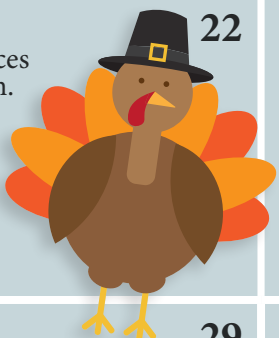
MU Women's Basketball Game. Cheer on Mizzou on November 16 at 6:00 p.m. Enjoy light food and beverages provided by our friends at Providence Bank. Shuttle leaves at 5:30 p.m. M-I-Z! Z-O-U!



Boarder War Lunch and Party. Cheer on Mizzou as they take on Arkansas and enjoy a festive lunch service. Then, watch the Tigers win on the Lower Level!

Holiday Decorating with Karen. Assist Karen with the amazing holiday decorations throughout the community. No sign up required! Feel free to join at your convenience. Check with Concierge Services to see where Karen is decorating at your desired time.

November 2018 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Activity sign up for November will be on Tuesday, October 30 at 9:00 a.m. with Concierge Services. Spots will be filled on a first come, first serve basis.</p> 						
<p> 4</p> <p>3:30 p.m. Afternoon Movie in Theater</p> <p>Daylight Savings Time</p>	<p>5</p> <p>10:30 a.m. Yoga in Fitness Room***</p> <p>1:30 p.m. Spirited Singers in Lower Level</p> <p>3:00 p.m. Fitness with Kelly in Fitness Room***</p>	<p>6</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. and 1:00 p.m. Shuttle Service to Voting Poll**</p> <p>4:30 p.m. Dinner Club at CJ's Wings**</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>7</p> <p>10:30 a.m. FitCo**</p> <p>2:00 p.m. Shuttle Service to Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p> <p>*November Birthday Celebration*</p>	<p>8</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>5:30 p.m. Movie in Theater Room</p> 	<p>9</p> <p>9:00 a.m. Coffee Catch-up in Bistro</p> <p>9:30 a.m. Meditation and Relaxation in Fitness Room***</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p> <p>4:30 p.m. Friday Night Lights Friends and Family Social Hour in Piano Lounge***</p>	<p>10</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:15 a.m. Shop and Hop**\$</p>
<p>11</p> <p>12:30 p.m. MU Volleyball**</p> <p>3:30 p.m. Afternoon Movie in Theater</p> <p>Veteran's Day</p> 	<p>12</p> <p>10:30 a.m. Yoga in Fitness Room***</p> <p>12:30 p.m. Bedford Babes: Boys and Girls Ornament Kit Making</p> <p>2:00 p.m. Fitness with Kelly in Fitness Room***</p> <p>6:30 p.m. Barber Shop Quartet in Piano Lounge</p>	<p>13</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>2:00 p.m. Book Club in Magnolia Room: Path Between the Sea</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>14</p> <p>10:30 a.m. FitCo**</p> <p>2:00 p.m. Shuttle Service to Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p> <p>6:30 p.m. MU Volleyball**</p> 	<p>15</p> <p>8:00 a.m. Men's Breakfast in Wisteria Room***</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>5:15 p.m. Peggy Jean's Pie Making Class**\$</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>16</p> <p>9:00 a.m. Coffee Catch-up in Bistro</p> <p>9:30 a.m. Meditation and Relaxation in Fitness Room***</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p> <p>5:30 p.m. MU Women's Basketball Game**</p>	<p>17</p> <p>9:00 a.m. Breakfast Club at Bob Evan's**</p>
<p>18</p> <p>2:30 p.m. MU Volleyball**</p> <p>3:30 p.m. Afternoon Movie in Theater</p>	<p>19</p> <p>10:30 a.m. Yoga in Fitness Room***</p> <p>2:00 p.m. Fitness with Kelly in Fitness Room***</p> <p>Forum 8 Movie: Time and Movie TBA in Thursday Mailer on the 15th</p>	<p>20</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>2:00 p.m. Floral Arrangements with Steve in Wisteria Room***\$</p> <p>4:30 p.m. Movie in Theater Room</p> 	<p>21</p> <p>10:30 a.m. FitCo**</p> <p>2:00 p.m. Shuttle Service to Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>22</p> <p>Concierge Services Hours: 10:00 a.m. to 2:00 p.m.</p> <p>Thanksgiving</p> 	<p>23</p> <p>Concierge Services Hours: 10:00 a.m. to 2:00 p.m.</p> <p>MU vs. Arkansas Boarder War Lunch and Watch Party</p> <p>Game begins at 1:30 p.m.</p>	<p>24</p> <p>10:00 a.m. Water Aerobics in Pool***</p>
<p>25</p> <p>3:30 p.m. Afternoon Movie in Theater</p>	<p>26</p> <p>10:30 a.m. Yoga in Fitness Room***</p> <p>2:00 p.m. Fitness with Kelly in Fitness Room***</p>	<p>27</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. December Sign-up at Concierge Service</p> <p>9:00 a.m. to 11:30 a.m. Holiday Decorating with Karen</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>1:00 p.m. to 3:30 p.m. Holiday Decorating with Karen</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>28</p> <p>10:30 a.m. FitCo**</p> <p>12:30 p.m. to 3:30 p.m. Holiday Decorating with Karen</p> <p>2:00 p.m. Shuttle Service to Walmart**</p> <p>3:30 p.m. MU Health Seminar***</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>29</p> <p>8:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. Water Aerobics in Pool***</p> <p>10:00 a.m. Water Aerobics in Pool***</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>30</p> <p>9:00 a.m. Coffee Catch-up in Bistro</p> <p>9:30 a.m. Meditation and Relaxation in Fitness Room***</p> <p>2:30 p.m. Tai Chi in Fitness Room***</p>	

THE VILLAGE OF BEDFORD WALK

Shop Hop
Start holiday shopping early by jumping on the bus to visit several local shops in Columbia. \$10.00 fee will include transportation and lunch at Sophia's at 12:30 p.m. See Community Events for more details.

Peggy Jean Pie Making
Learn how to make a famous Peggy Jean Pie and bring a "baby" pie home! Light refreshments included. Limited availability due to size of location. \$10.00 fee applies at sign up and includes transportation, ingredients and refreshments.

MU Women's Basketball Game
Shuttle will leave at 5:30 p.m. for a 6:00 p.m. game. Limited availability due to space in Providence Bank suite.

Floral Arrangement with Steve
Join Steve in creating an amazing centerpiece for your home! Steve came to Bedford from St. Louis and is responsible for the amazing landscaping and florals throughout our community. \$15.00 fee applies at sign up and includes all materials.

**** Shuttle Service**
Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.

***** Limited Availability**
Sign up at the Concierge Desk prior to the event if you plan to attend.

Please note that only transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.