

# COMMUNIQUÉ

Aging is an extraordinary process whereby you become the person that you always should have been.

- David Bowie

**October glows on every cheek,  
October shines in every eye.**

**While up the hill and  
down the dale**

**Her crimson banners fly.**

**- Elaine Goodale Eastman  
(1863-1953)**

October is

[National Oral Hygiene Month.](#)

[Secrets](#) to a longer life.

How to [improve your balance.](#)

Health [benefits of stretching.](#)

Exercise is king,  
Nutrition is queen.

Put them together and you  
have a kingdom.

- Author unknown.

[Pool schedule](#) at the Bay Club.

Note: Lap swim requires sign up.

Sign up at the front desk or call  
360-437-2208

[This week](#) at the Bay Club.

The Health and Fitness  
Committee meets on the first  
Thursdays at 9:30 a.m.

Health and Fitness  
enthusiasts are welcome.

## The Power of Protein

To ensure a superior quality of life as one ages, maintaining optimal health becomes important. A critical aspect of health and fitness as we age is proper nutrition and particularly the intake of protein. Protein plays a significant role in metabolic function, muscle maintenance and overall physical well-being.

Sarcopenia is age-related loss of muscle mass and strength which leads to a higher risk of falling and decline in overall functional ability to execute the activities of daily living. Protein intake is a crucial factor in mitigating the effects of sarcopenia.

According to the National Academy of Medicine (NAM), almost half of older adults get less protein than recommended.



NAM recommends .36 gram per pound of body weight daily, or fifty-four grams for a 150-pound person. 50 grams is about equal to 5.5 ounces of Greek yogurt, 3 ounces of chicken breast, and a half-cup of white beans.

Proteins that come from animal sources, such as meat, eggs, and milk, as well as soy and quinoa, are called complete proteins. This means they contain all the essential amino acids the body needs and are the highest-quality protein sources.

Sources: Jennifer Campbell writing in the August 2023 *The American Legion Magazine*  
*Harvard Health Publishing*  
*Consumer Reports.*