



**WALLA WALLA
SENIOR CENTER**
THE CENTER AT THE PARK
Serving the Community Since 1971

APRIL 2025

The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for
further updates at
wallawallaseniorcenter.org

.....

- **CENTER OPENING HOURS**

8am-3pm
Monday through Thursday.

- **CONGREGATE DINING**

11am - 1pm
See menu for serving days
(pg. 8).

- **MEALS ON WHEELS**

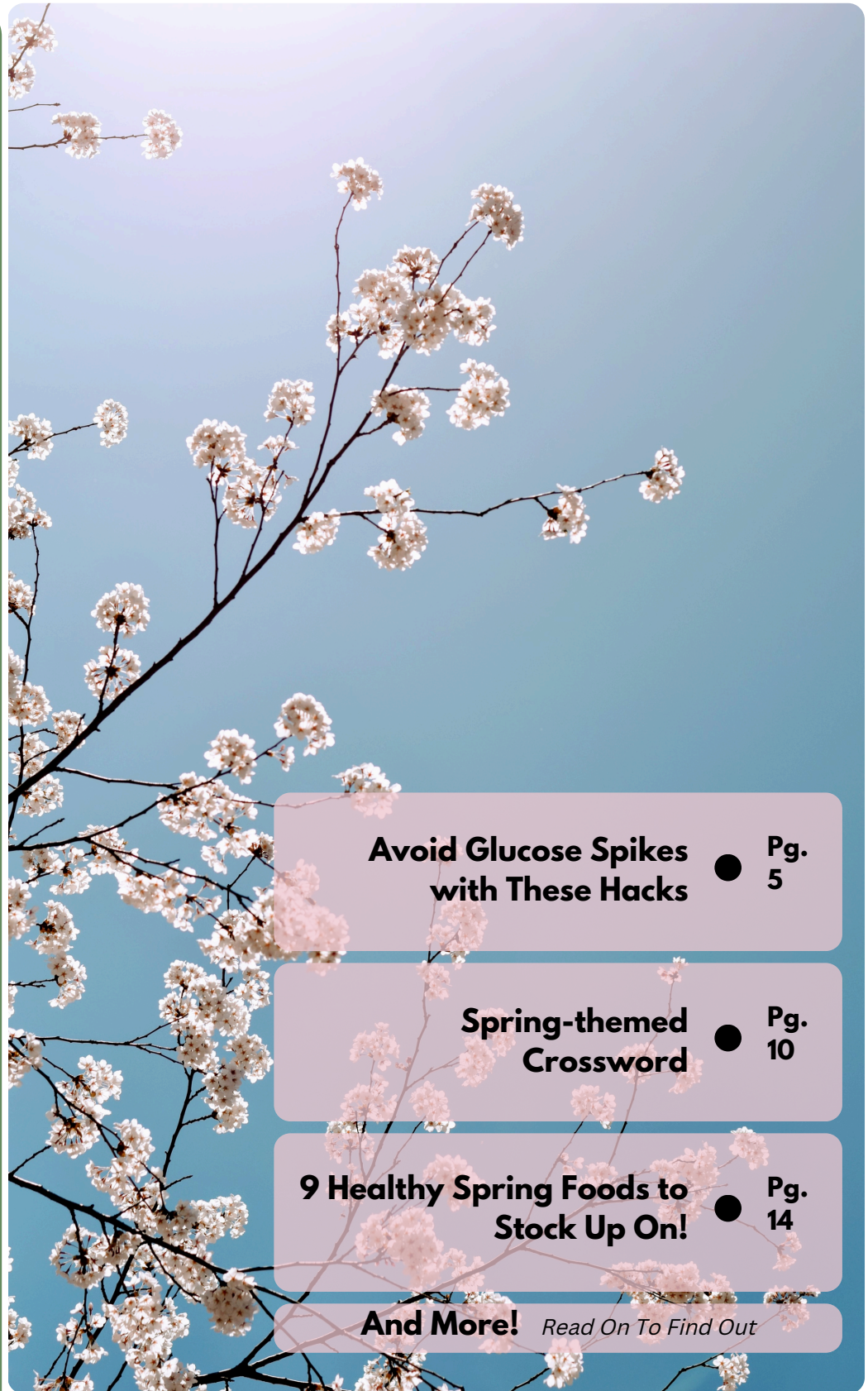
(509) 527-3775 ext 1.

- **VOICECARE EMERGENCY
RESPONSE BUTTONS**

By appt, call (509) 527-3775
ext 2. See ad on last page.

- **ADULT DAY CENTER -
RESPITE CARE**

(509) 527-3775 ext 3. See
page 11 for more info.



**Avoid Glucose Spikes
with These Hacks** ● Pg.
5

**Spring-themed
Crossword** ● Pg.
10

**9 Healthy Spring Foods to
Stock Up On!** ● Pg.
14

And More! *Read On To Find Out*

ANNOUNCEMENTS

POTTERY PAINTING STUDIO POP - UP HOURS



The Pottery Painting Studio is open to the community. No reservation required. Many items to paint available at various price points.

Or, join the Pottery Painting Studio during their regular hours:

Thursday & Friday
4:00 PM - 7:00 PM

Saturday & Sunday
11:00 AM - 3:00 PM

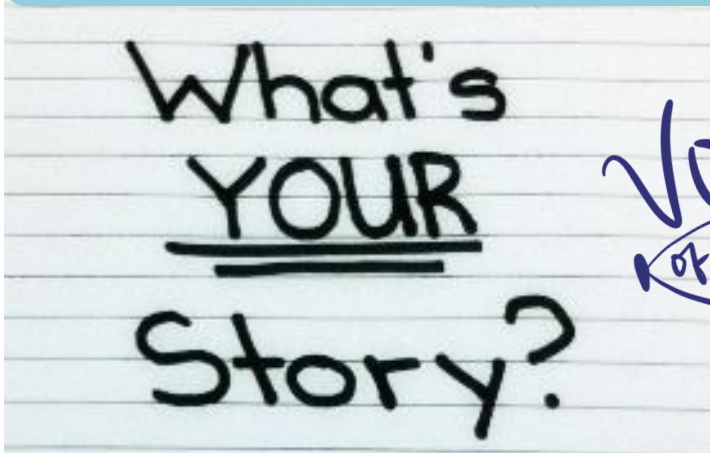
WE WANT TO HEAR FROM YOU!

Your story has the power to inspire others. Each month, we'll ask a question, and we'd love for you to share your thoughts. Take a moment to reflect on your own experiences and share your thoughts with us for a chance to be featured in our next newsletter. Have your voice heard—add your response today!

Please turn in a physical copy of your response to the front desk, send your response via email to development@wallawallaseniorcenter.org, or chat with a manager about getting your story written down for you if writing is a barrier. We will share a few selected answers in next month's newsletter. Stories will be shared anonymously if requested, otherwise by first names only.

April's question:

What was your favorite meal growing up and why?



WALLA WALLA SENIOR CENTER, INC.

720 Sprague St.
Walla Walla, WA 99362
(509) 527-3775
wallawallaseniorcenter.org

EXECUTIVE DIRECTOR

Brian Berry

BOARD OF TRUSTEES

PRESIDENT

Sarah Zessin

PAST PRESIDENT

Elizabeth McCaw

SECRETARY

Jan Alexander

TREASURER

Charlton Winchester (Skip)

MEMBERS

Louise Boyer

Ron Wheeler

Merrikay Locati

Maria Scafariello

Shirley Azeltine

Brad Riordan

Tina Baumann

WALLA WALLA SENIOR CENTER MISSION STATEMENT

Our mission is to empower our community members, specifically older adults, to live healthy and happy lives by fostering intergenerational connections, building community, and combating social isolation and hunger.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law.

Board Meetings are on the 4th Thursday of each month at 1pm



Music



Education



Fitness



Community



Art



EASTER CARD MAKING WITH PAULA (FREE)

APRIL 10TH, 10AM

Join us in celebrating Easter with some card making fun. This class is free and open to all.

Please sign up at the front desk or call 509-527-3775.



COFFEE SOCIAL (FREE) WITH VETERANS HOME RESIDENTS

APRIL 22ND, 9:30AM IN THE DINING ROOM

Join us for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. Open to the community! Coffee and treats will be provided.



OLD TIME MUSIC MUSICIANS (FREE)

APRIL 1ST AND 15TH, 6:30-8:30PM IN THE DINING ROOM

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love.



AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

TAX PREPARATION ASSISTANCE

If you need assistance preparing your taxes this year, sign up for AARP's Tax Aide services. Book your appointment now, by calling 509-593-8257 or by going to the following link on your smartphone or computer: <https://tinyurl.com/wwta23>



Or, scan this code with your smartphone's camera to make your appointment.



Every week

At the Walla Walla Senior Center...

BRIDGE

TUESDAYS AND THURSDAYS AT 1PM



PINOCHLE

MONDAYS AT 1PM

GAME AREA

At the East end of the dining room. Choose from games supplied by the Center, or bring your own!

- Puzzles
- Dominoes
- and more!

MONDAY-THURSDAY, 8AM-3PM



ALZHEIMER'S ASSOCIATION®

Free Education Presentations Available

Do you have a group or club you need a presenter at?

We can provide free education and awareness presentations for your next event or meeting! We have several programs to choose from. General topics and specialized topics about Alzheimer's and Dementia are available. For more information or to schedule a presentation:

Julie Hooley at (509)412-2371 or jmhooley@alz.org

Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open! At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental. The Memory Café will meet the 2nd Monday of the month 10am – 12pm



Hot Mama's Espresso
1447 W Pine St, Walla Walla, WA 99362
Facilitator Kay Lehmann (509)520 -1046
Or Julie Hooley (509)412-2371

Alzheimer's Association - 24/7 Helpline
800.272.3900

Walla Walla Senior Center - SALON

Haircut

- Women - \$30 / Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

Perm

- Starts at \$75

Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

***Prices are for ages 60 and over.**

Cash or check only.

**Schedule your appointment
by calling (509) 240-6034**



Avoid large spikes in your glucose with these hacks!

Hack 1: Eat foods in the right order

The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

Hack 2: Veggie starters

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

Hack 3: Stop counting calories

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

Hack 4: Savoury breakfast

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

THE GLUCOSE HACKS

Hack 5: Have any type of sugar, they're all the same

All sugar is made of glucose and fructose. They all have an impact on our body, so have the one you prefer.

Hack 6: Pick dessert over a sweet snack

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

Hack 7: Vinegar

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

Hack 8: After you eat, move

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

Hack 9: If you have to snack, go savoury

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

Hack 10: Put "clothes" on your carbs

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

Hack 11: Take Anti-Spike

Take 2 Anti-Spike capsules before your meal of the day highest in starches or sugars. This will reduce the spike of your meal by up to 40%.

Infographic via [GlucoseGoddess.com](https://www.GlucoseGoddess.com)

I avoided weight training for years. Here's why I learned to love it.

Article via [washingtonpost.com](https://www.washingtonpost.com)



After a string of injuries sidelined me from running one too many times, my physical therapist laid it out in no uncertain terms: I needed to strength train. Weight training would help my muscles and bones withstand the pounding my body got when I ran.

Like many runners — and others — I wanted nothing to do with the weight room. It was boring. I didn't know a deadlift from a shoulder press and, after 50-some years of avoiding it, I had no idea how to put together a program that would produce results. But I trusted my PT's advice and went about unearthing the mysteries of the weight room.

You might not be a runner, but there are plenty of good reasons to begin a strength training routine. Research has shown that dedicated weightlifting can lead to improved health as you age, reduce injuries, better your odds at longevity, and even boost your mood.

According to Maryland-based physical therapist/strength and conditioning coach Cory Hough, strength training is essential for everyone, but especially as we age. "Strength training is good for your muscles and bones, mitigating your risk for injury," he says. "It can also help prevent or slow down the progression of chronic disease."

Still, if you're like me — a cardio-focused exerciser — motivating yourself to lift weights on a consistent basis can be a struggle. Here's what worked for me:

Work with a trainer to learn the weight room:

My background in weight training was sparse. I might have toured the various machines and barbells as part of a new gym membership,

maybe had some loose guidance from an old boyfriend, or made a half-hearted attempt at following a "strength training for runners" program. So, when it was time to get serious, I spent two weeks onboarding at my current gym with a qualified trainer.

This was a game changer for me, and I can't recommend it highly enough. I not only learned all the basic lifts and the vernacular that goes along with them, but also how to adjust the movements to account for my own limitations, aches and pains. My trainer noted that I have poor ankle mobility, for instance, and showed me how to place small plates under my heels when doing squats, which are key for lower body strength. This allows me to get deeper into my squat for better results.

Spending some time with a qualified trainer also helped me understand where to start, both with weights and programming. I was surprised at some of the numbers I could hit. In the past, with little guidance and know-how, I'd shy away from anything I considered heavy. This "underdosing" of weights meant I wasn't going to get much in the way of results. I learned how many sets and repetitions to do, how long to wait in between sets, and how to mix up my workouts to keep my body guessing and progressing.

Find a gym where you feel comfortable:

Finding the right gym culture is key. Do you want free weights, machines or group strength training classes? Does the place feel welcoming and not intimidating?

For me, it turns out working out in a group environment is key to staying motivated. My gym has six strength training classes a day, all

led by a qualified strength and conditioning coach (my coaches are also PTs, so I feel even more comfortable under their watchful eyes). The class sizes are fairly small — limited to 14 people — and my 6 a.m. class has become a tight-knit crew of regulars. We encourage one another to make gains and check in when someone misses a class. This accountability plays a big role in my dedication.

It may be that you prefer working out at home using an app like Peloton, or that you like one-on-one personal training in a studio or at homes (which can be pricey). Or you may surprise yourself and join a group of lifters whose goal is to move big weights around. Whatever the case, keep trying different formats and gyms until you find your match. Many gyms offer trial periods to do just that.

Find a program that helps you improve and stick to it:

Early on, one of the barriers that kept me from continual strength training was that I didn't know where to go or how to progress. I'd learn a bit about some lifts and weights, but I didn't understand how to keep myself moving forward. That was another benefit for me of the coached classes — they take the thinking away for me. But if you're not a group exercise person there are other ways to go about it.

If you choose an app for in-home strength training, make sure you pick one that features progressive overload. That means you should be aiming to perpetually and gradually increase your weights. Without that, you will hit a plateau in gains and potentially lose your motivation to stick with it. (The increases shouldn't be so fast that they cause injury.) Also make sure you have variety in your program — doing the same routine week after week isn't as effective as keeping your muscles guessing with something new.

Use the experience and expertise of coaches:

After you've gone through some basic training with a coach to learn your way around the weight room, keep in touch with him or her. They can help you move forward to keep those gains coming.

One trick I learned from my coaches is to record my weights after every workout in my gym's app. This allows me to set a benchmark for improvement. It also allows me to know how many workouts I've done over time, giving me nice round numbers for which to aim. There are many fitness apps on the market that likely allow you to do the same, or you could opt for an old-fashioned pen and journal.

Since starting a consistent weight training program seven years ago, I've seen gains in my body's durability. I may not avoid every injury, but I've significantly reduced the time I spend in my PT's office. I also feel good about the fact that I'm helping ward off bone loss, am less likely to suffer a devastating fall, and that I don't need the help of others to achieve common tasks, like placing a suitcase in the overhead bin of an airplane when I travel.

Running will always be my main squeeze when it comes to exercise, but I've now become good friends with strength training.



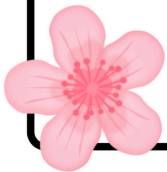



Walla Walla Senior Center

2025

APRIL

Senior Round Table Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN FRIED BEEF STEAK POTATOES BREAD, COOKIE MOW: VEGETABLE FRUIT IN HOUSE: SALAD BAR	2 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE POTATOES CAKE IN HOUSE: ICE CREAM	3 MOW: MINESTRONE VEGETABLE SALAD FRUIT, COOKIE IN HOUSE: SUPER SALAD BAR	4 CLOSED
7 PORK STIRFRY OVER UDON NOODLES STIRFRY VEGETABLES CORN FRUIT COOKIE	8 MEATLOAF & GRAVY POTATOES BREAD, COOKIE MOW: VEGETABLE FRUIT IN HOUSE: SALAD BAR	9 BEEF STEW RICE VEGETABLE FRUIT COOKIE	10 TACO SOUP FRUIT, COOKIE ROLL MOW: VEGETABLE, COLESLAW IN HOUSE: SALAD BAR	11 CLOSED
14 SALISBURY STEAK MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE	15 LASAGNA GARLIC BREAD FRUIT MOW: VEGETABLE SALAD IN HOUSE: SALAD BAR	16 CHICKEN FETTUCCINE ALFREDO VEGETABLE COLESLAW FRUIT COOKIE	17 CABBAGE ROLL SOUP VEGETABLE, FRUIT COOKIE IN HOUSE: SUPER SALAD BAR	18 CLOSED
21 ROAST BEEF POTATOES VEGETABLE ROLL FRUIT COOKIE	22 SWEDISH MEATBALLS OVER NOODLES FRUIT, COOKIE MOW: VEGETABLE PEA SALAD IN HOUSE: SALAD BAR	23 TURKEY & GRAVY STUFFING POTATOES GREEN BEANS ROLL PUMPKIN BAR	24 CHICKEN & DUMPLINGS FRUIT COOKIE MOW: VEGETABLE SALAD IN HOUSE: SALAD BAR	25 CLOSED
28 PINEAPPLE HAM SCALLOPED POTATOES VEGETABLE BREAD COOKIES	29 TATER TOT CASSEROLE BROWNIE MOW: VEGETABLE CORN SALAD, BREAD IN HOUSE: SALAD BAR	30 MOW: BAKED FISH VEGETABLE CORN BREAD SALAD IN HOUSE: TACO BAR FRUIT, COOKIE		MOW = MEALS ON WHEELS IN HOUSE = CONGREGATE DINING ROOM

Free for persons 60+ years. Donations appreciated. Under 60 years \$8 charge. **Hours: Mon-Thur 11:00-1:00.** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. *Be advised that our food may have come into contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



NUTRITION PROGRAM MEALS-ON-WHEELS MEALS IN CONGREGATE SETTINGS

Serving Home Delivered, Meals-on-Wheels and meals in Congregate settings to Seniors in Walla Walla, Columbia, Garfield, and Asotin Counties of SE Washington State for 50+ years.



Jane Kaminsky
Nutrition Director

720 Sprague St
Walla Walla, WA 99362
(509) 527-3775 ext. 1
(509) 527-3776 Fax
srt@wallawallaseniorcenter.org



INGREDIENTS

- 3 cloves garlic
- ½ white or yellow onion, roughly chopped
- 1 jalapeno, seeded (or leave seeds in if you like it a little spicy like I do!)
- 1 bunch fresh cilantro (reserve a few for topping the rice)
- 1 small lime, juiced
- 2 cups low-sodium chicken broth (or water also works!)
- ½ teaspoon ground cumin
- ½ teaspoon salt
- Freshly ground black pepper
- 1 cup white basmati or jasmine rice



Green Rice

Recipe via ambitiouskitchen.com

INSTRUCTIONS

1. Green sauce: In a large high powered blender or food processor, add in garlic, onion, jalapeno, cilantro, fresh lime juice, chicken broth, cumin, salt and freshly ground black pepper. Blend or process until smooth.
2. Place a medium pot over medium high heat. Slowly pour in the green sauce and fold in the rice, making sure it is evenly distributed in the pan. Once the sauce is simmering, reduce heat to low, cover the skillet immediately and cook for 20 mins.
3. Remove the pan from heat (keep the lid on -- do not open), and allow rice to steam for another 10mins, then fluff rice with a fork. Garnish with extra cilantro and/or jalapeno slices for a kick of heat.

We are honored to have been selected to receive \$10,100 from the 100 Women Who Care group. We had a great time sharing more about the Walla Walla Senior Center's story!

Thank you to everyone who attended and supported us! These funds will provide 1,479 meals to older adults in our community.

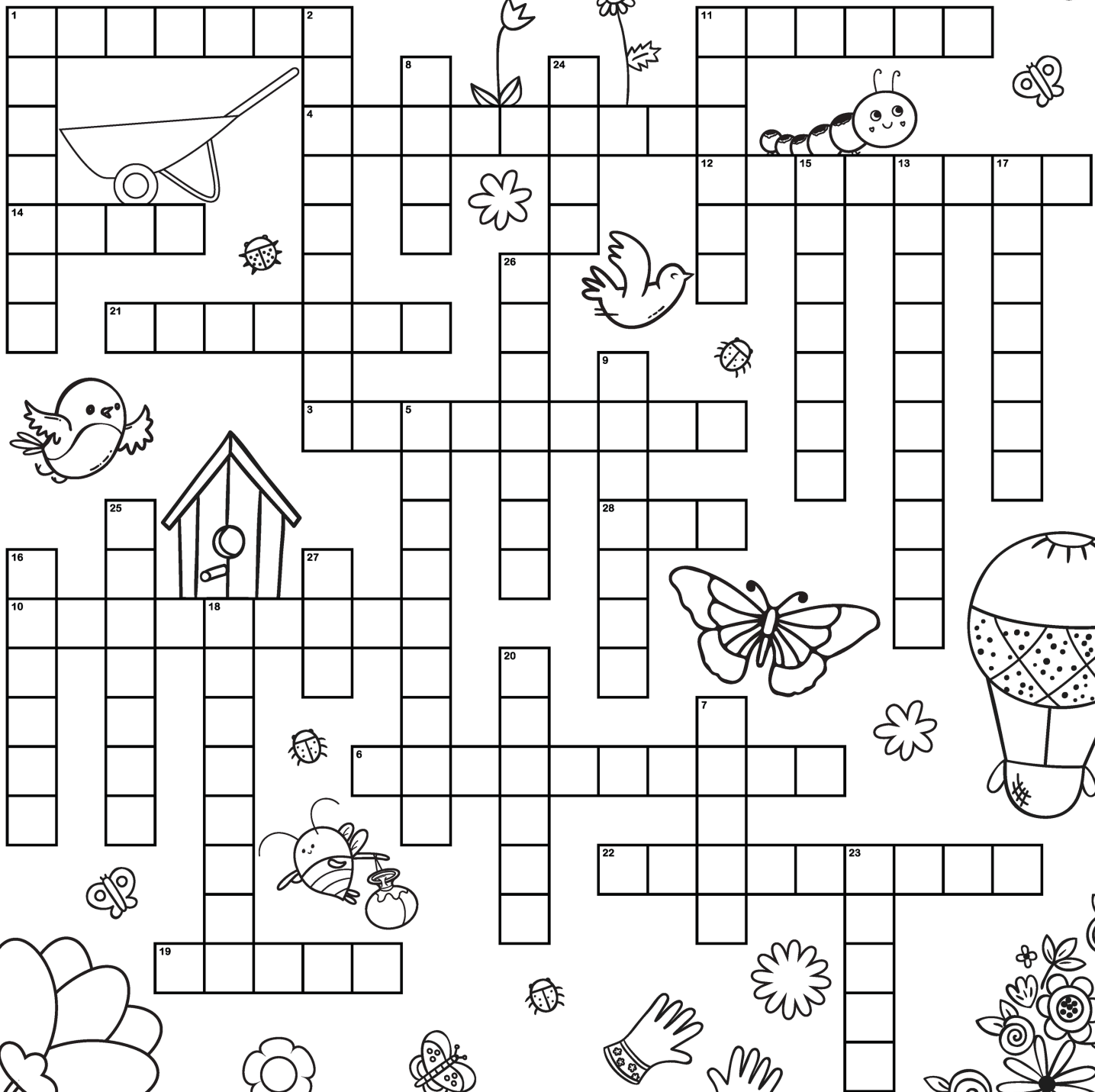


Thank You to 100 Women Who Care!



SPRING CROSSWORD

See answers on page 13!

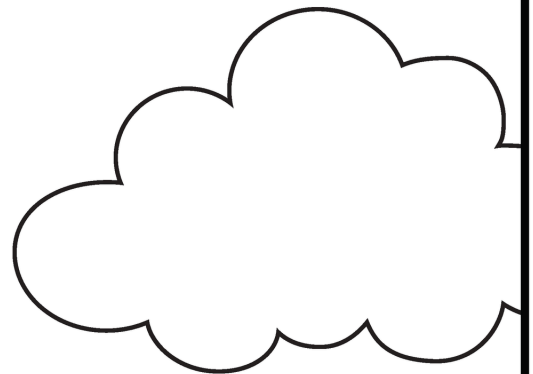
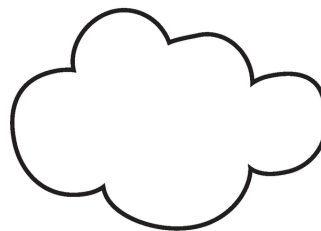
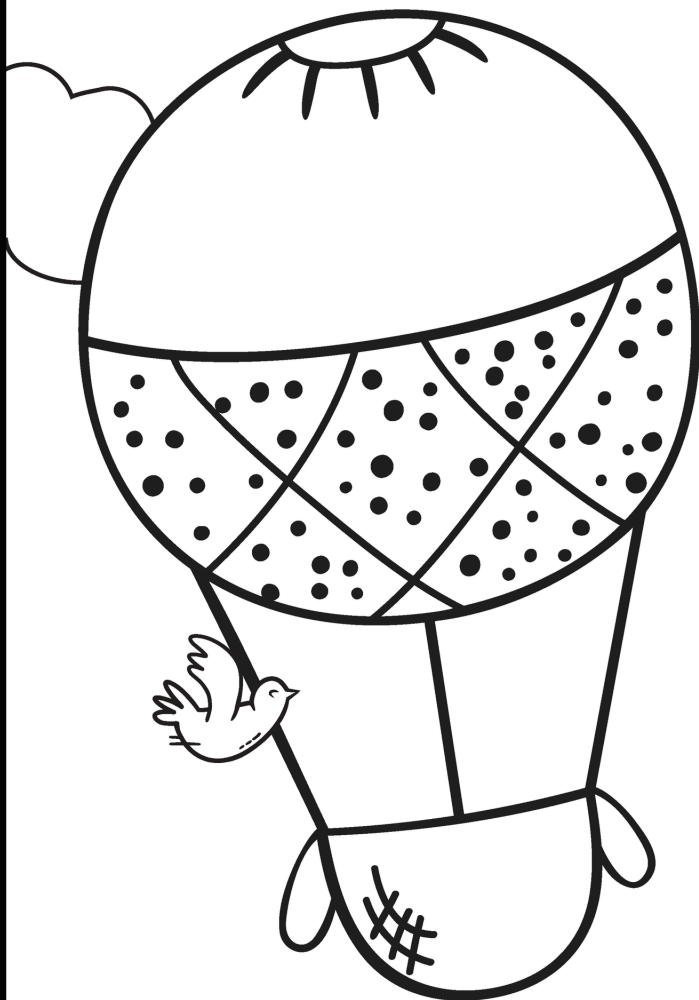


ACROSS

1. Ice and snow turning into water as temperatures rise.
3. When a seed begins to grow and develop.
4. Water collected from rainfall, often used for plants.
6. A structure with glass walls used for growing plants.
10. Small droplets of water falling from the sky.
11. A brief, light rain that refreshes the air.
12. The sky covered with gray clouds.
14. Slightly wet, often from light rain or mist.
19. Cool and fresh, like a spring morning
21. Showing signs of new growth, like a small flower bud.
22. Cascading water flowing from a height.
28. The month known for blooming flowers and rainy days.

DOWN

1. A loud sound in the sky before a storm.
2. The practice of growing and caring for plants.
5. A powerful burst of rain and wind.
7. A strong wind that moves through the trees.
8. A fine mist of water that makes mornings feel cool.
9. A colorful arc that appears after rain
11. A young plant beginning to grow from a seed.
13. A sudden, intense downpour of rain.
15. The moment when day and night are of equal length.
16. A gentle wind that cools a warm day
17. The process of planting new seeds for growth.
18. Heavy rainfall that lasts for a short time.
20. A soft wind that moves leaves and flowers.
23. Weather condition when the air is thick with moisture.
24. A soft haze in the air, often in the early morning.
25. Light rain that falls softly and steadily
26. Bouncy, energetic, and full of life.
27. Thick, low-hanging mist that limits visibility.





Adult Day Center & Family Support

(509) 527-3775 ext 3
adc@wallawallaseniorcenter.org
www.adc.org

Alex Sanchez,
Program Manager



Calling all past and present avid gardeners! Spring is here which means our garden will be coming back up!

Once again we are asking for participation from all of you. You don't have to be part of our ADS program to join us with our gardening venture. Our goal is to get as many senior center folks involved making our garden a senior center community activity.

Along with involvement we are also looking for plant/starter or seed donations to make our garden even better than last year. Last year most if not all our plants were donated by the good folks at "Family Resource Home Care". We had everything from cucumbers, squash, tomatoes, eggplant, lettuce, cilantro, parsley, green onion, dill, green peppers, and spicy peppers. Spices like parsley and dill were used in the kitchen to feed the masses of our congregate lunch and meals on wheels programs.

ADS participants will be out there pulling weeds and prepping for planting, if you see us outside or making our way out to the garden, come join us! The more the merrier and our plants love the company. Huge thank you to Desales highschool students for clearing and turning the soil in our garden beds.

May will be the month plants go into our garden beds!

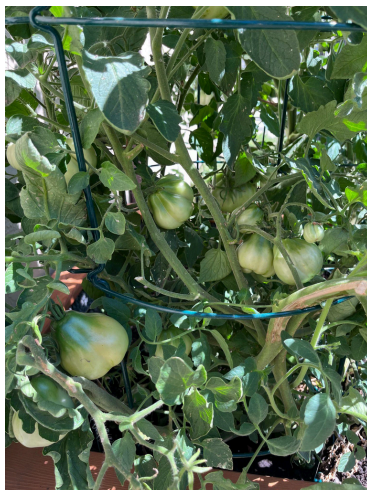
ADS gardening hours are as follows:

10:00 am - Morning walkthrough

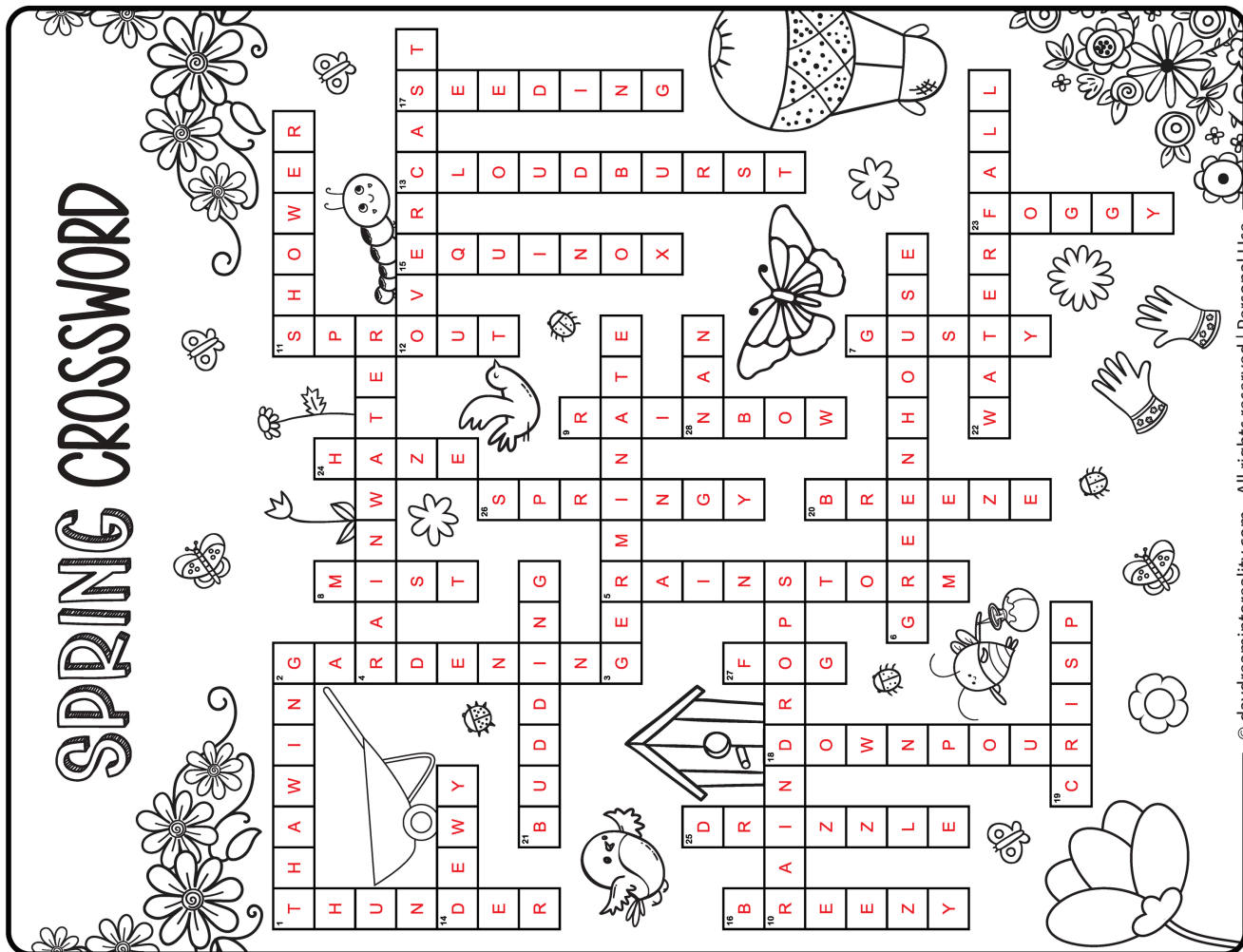
12:15 pm - Check up and tending

2:00 pm - Afternoon walkthrough and clean up.

Hours stated above are when our ADS participants will be involved in the garden, during program hours. For those not available during these hours but would still like to help out or be part of the garden project, we ask to check in with Brian, Jane, or Alex. Let's make our garden beds flourish!



The Adult Day Center is located at the Walla Walla Senior Center. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call or email us!



FROM OUR SENIOR CENTER COOKBOOK...
(P. 76)

Ingredients:

- 2 eggs, well beaten
- 3 T. flour
- 1 tsp. baking powder
- pinch of salt
- 1 c. sugar
- 1 tsp. vanilla
- 1 c. dates, cut up
- 1 c. walnuts, chopped

1. Mix well together and bake in a 9x9in pan at 300-325 degrees F for 40 minutes. Serve with whip cream.



Purchase your copy (\$10/each) at the Center or give us a call at (509) 527-3775



9 Mediterranean Foods to Stock Up on This Spring

One of the best ways to get started with exploring the delicious and healthy Mediterranean diet is by centering your plate around seasonal produce. And springtime—when all kinds of tasty fruits and veggies come into season—is a fantastic time to begin. Of course, there are loads of options out there. To help you narrow things down, we asked dietitians their favorite Mediterranean diet foods to shop for this spring. Here are their go-tos.



1. ARTICHOKE

Artichokes were dietitians' most popular recommendation for this article! What makes them so great? "Artichokes are a quintessential addition to a spring-inspired Mediterranean diet," says South Carolina-based registered dietitian Lauren Manaker. "Rich in antioxidants, fiber and key vitamins such as vitamin C and folate, they make a versatile ingredient in many dishes."

Plus, there are so many delicious ways to prepare them. "Whether grilled, roasted or added to salads, stews and grain bowls, they bring both flavor and nutrition to the table," says Karolin Saweres, a registered dietitian and owner of My Nutrition & Me. Pro tip: Artichokes' peak season is from March to May, so you can stock up all spring long.

2. ARUGULA

Green leafy veggies are one of the staples of the Mediterranean diet. This spring, we suggest stocking up on arugula to get your green leafy veggie fix. "This spicy green is a great source of glucosinolates, a group of compounds that act as precursors to antioxidants in the body, and can support the liver's natural detoxification pathway," explains McKenzie Caldwell, a registered dietitian specializing in reproductive and prenatal nutrition. Dark leafy greens like arugula also provide folate and vitamins A, C, E and K, which support bone and immune health and help prevent cancer.

Add this peppery green to wraps, sandwiches and salads. Or, for a simple dinner that only takes about half an hour to prepare, try a [Chicken](#)

[Milanese with Arugula-Cherry Tomato Salad](#).

3. ASPARAGUS

"Asparagus contains plant compounds, [called] saponins, that may help to reduce inflammation, risk of cancer and microbial activity," says Sheri Gaw, owner of Sheri The Plant Strong Dietitian. It's also full of iron, folate and vitamins A and K.

Asparagus' peak season is from March to May, so be sure to load up on it this spring. It pairs beautifully with many Mediterranean-inspired dishes. Gaw suggests enjoying asparagus roasted, grilled, stir-fried or raw in a salad.

4. FATTY FISH

As central as fruits and vegetables are to the Mediterranean diet, this eating pattern also leans on fish for protein and heart-healthy omega-3 fats. "Fatty fish such as salmon is one of the best sources of omega-3 fatty acids, particularly DHA and EPA, which support brain and heart health," says Ali Ellis, a registered dietitian and founder of The Toddler Kitchen. While salmon is a great start, anchovies, sardines, mackerel and herring are also rich in these hard-to-get healthy fats.

So, why not add some fatty fish to your meals this spring? After all, most Americans fall short of the American Heart Association's recommendation of two servings of fish per week.

While salmon is a great start, whip up our [Greek Salad with Sardines](#) or a hearty bowl of [Garlic-Anchovy Pasta with Broccolini](#) for even more omega-3 love.

5. FAVA BEANS

Looking for another way to add protein to your Mediterranean diet? Think fava beans. “A classic spring legume in Mediterranean cuisine, fava beans are high in protein and fiber and can be added to salads, soups or purees like hummus,” says Chicago-based registered dietitian Sarah Nash. In addition to providing 13 grams of heart-healthy plant protein and 9 grams of satiating fiber per cooked cup, favas also contain a cocktail of plant compounds that can help lower cholesterol, inflammation and blood pressure.

“Incorporating fava beans into your meals can support heart health and provide sustained energy,” says Bess Berger, a registered dietitian and founder of Nutrition by Bess. Never cooked with them before? They’re delicious in this Sudanese stew called Ful Medames or as the foundation for crunchy fava bean fritters known as Taameya.

6. GREEN PEAS

“Fresh green peas are an antioxidant-, protein- and fiber-rich legume that will make an excellent addition to your Mediterranean diet-inspired spring meals!” says Gaw. Just 1 cup of fresh, raw peas delivers 8 grams each of protein and fiber for satiety, steady blood sugar and heart and digestive health.

As delicious as fresh peas are, don’t forget about frozen peas if you can’t find fresh ones. You can’t beat them for convenience and affordability. Because they’re frozen at the peak of freshness, they’re just as nutritious as fresh! Either way, they’re delicious fresh or frozen in our Skillet Salmon with Orzo & Green Pea Pesto, which also contains a healthy dose of arugula!

7. HERBS

Herbs like rosemary, basil, dill, mint and thyme are central to the Mediterranean diet. “Spring is the perfect time to add fresh herbs, which enhance flavor without excess salt and provide additional antioxidants,” says Nash. Research has found that replacing sodium with herbs and spices can make it easier to stick with a lower-sodium diet. That’s a win for heart health, as most Americans eat more sodium than the Dietary Guidelines recommend, which can lead to high blood pressure.

“Try sprinkling fresh herbs over a salad or tossing them with roasted vegetables for extra flavor,” recommends Ellis. This Guide to Cooking with Fresh Herbs will show you everything you need to know.

8. MUSHROOMS

“Mushrooms, another seasonal favorite, are prized for their umami flavor and nutrient profile,” says Manaker. “Their ability to absorb the flavors of herbs and spices enhances their appeal in spring cooking.”

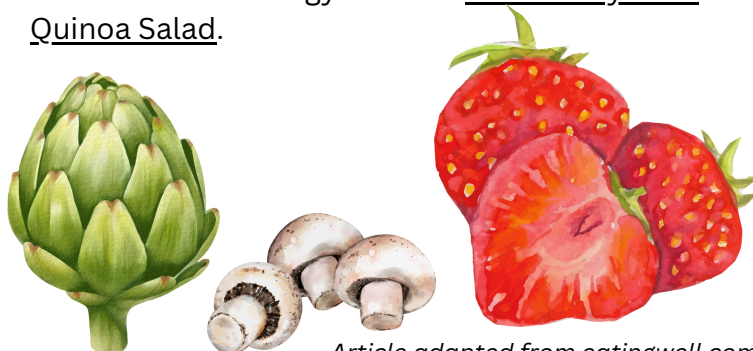
However, mushrooms’ appeal is not just about their flavor. Many mushroom varieties are also a source of beta-glucans. “These naturally occurring polysaccharides are known for their immune-supporting properties, helping to enhance the body’s ability to fight infections and reduce inflammation,” says Manaker. Some varieties also provide hard-to-get vitamin D.

To get your mushroom fix and more, try these Portobello Mushroom Pizzas with Arugula Salad. This recipe incorporates several foods on our list!

9. STRAWBERRIES

When it comes to springtime fruits, you can’t beat strawberries. These juicy berries are the first berries of the year to ripen, with their peak season in late spring. Nutrition-wise, they’re full of fiber and vitamin C. Plus, they’re rich in antioxidants that can help reduce inflammation and keep your arteries healthy, making them an excellent choice for heart health.

“These sweet, antioxidant-rich berries add a fresh flavor to Mediterranean meals and are great in yogurt, salads or on their own as a snack,” says Nash. For a high-fiber breakfast, we love them in this Strawberry Chia Pudding. Or, pair them with fresh herbs and tangy feta in a Strawberry Basil Quinoa Salad.



Article adapted from eatingwell.com

WALLA WALLA SENIOR CENTER

720 Sprague St
Walla Walla, WA 99362
(509) 527-3775
FAX (509) 527-3776
wallawallaseniorcenter.org

YOU ARE LOVED

FIND US ON SOCIAL MEDIA!



facebook.com/wallawallaseniorcenter.org



[@wwseniorcenter](https://www.instagram.com/wwseniorcenter)

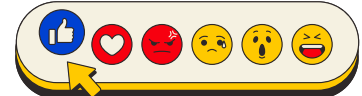
MONTHLY BRAIN TEASER

A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a greenhouse made from?

*See the bottom of this page for the answer.
Riddles via parade.com*

READ THE NEWSLETTER DIGITALLY!

(Unless you already are!)



Better colors, better photos,
easier to read, saves paper!
Switch on our website
or send us an email at
admin@wallawallaseniorcenter.org

♥ Donate ♥

Online ● At our center ● Via mail ● Over the phone

*We are able to do what we do thanks to donors like you.
Support your local older adult programs. Thank you!*

wallawallaseniorcenter.org/donate



WALLA WALLA
SENIOR CENTER
THE CENTER AT THE PARK
Serving Seniors since 1971

VoiceCare

Emergency Response System

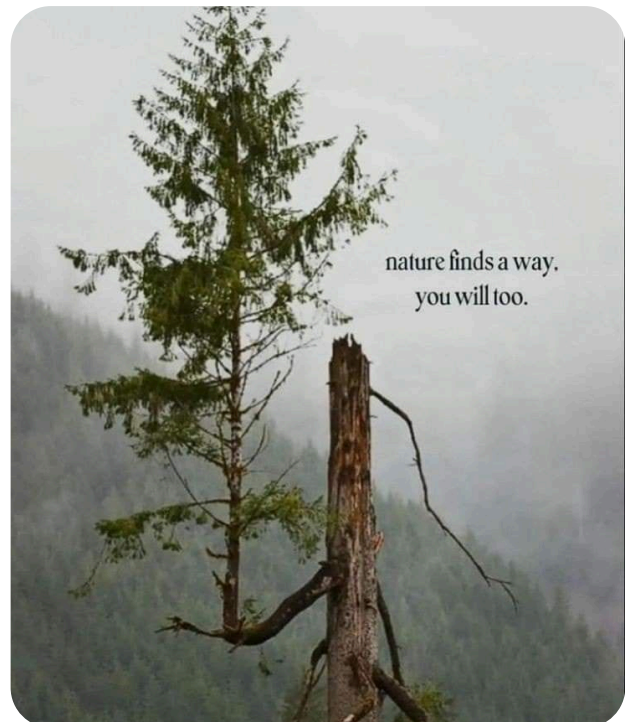
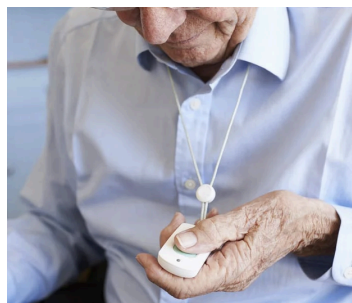
Live Independently at Home

In partnership with:



To Learn More:

Richard Clark
Voice Care Coordinator
509-527-3775 ext. 2



Brain teaser answer: Glass