

## SENIOR EATS



### Enjoy an Avocado

Cinco de Mayo is the perfect excuse to sip on margaritas and munch on chips and guacamole. It's also a great time to acknowledge the nutritional benefits of guacamole's main star, avocados.

You probably know that a diet high in fat can lead to a plethora of health problems. While avocados are high in fat, they are high in heart-healthy monounsaturated fat, which lowers the risk of heart disease and stroke.

According to the American Heart Association (AHA), good fats, such as those found in avocados, may also help lower your cholesterol when you use them in place of saturated or trans fats.

Additionally, avocados are a tasty source of potassium and vitamin C, making them a delicious and rewarding addition to any senior's diet. Due to their high fiber content, avocados are also thought to aid in weight loss and management.

Like most foods, the AHA recommends eating avocados in moderation, sticking to one-quarter to one-half of a serving of avocado.

For delicious recipes featuring avocados and other heart-healthy foods, check out Sunrise's food blog, [SeniorEats.com](http://SeniorEats.com).

## RESIDENT CORNER



Our community is made up of many amazing residents. As we celebrate Mother's Day later this month, we'd especially like to honor all our wonderful moms.

Our newest resident here at Sunrise of La Jolla is Betty Ahnger. After she met her husband, while studying at Northwestern University, they settled in Spring Valley, Illinois, to raise their family. She enjoyed the support and safety that the small community provided. Betty always knew she wanted a big family. She is a loving mother to six children. Betty was a high school teacher who instilled the value of education in her children. She is proud to have raised successful children and enjoys their visits. We welcome Betty to our community at Sunrise of La Jolla.

Other mothers in our community include:

Alice Anderson, Evelyn Bindellino, Reba Callihan, Selma Myers, Rebekah Peery, Darlyn Knorpp, Norma Mattalia, Kathy Dill, Alice Waldvogel, Jean Houkom, Nora Doherty, Billie Boyher, Marjorie Madsen, Mary Lou Ward, AnnaMae Martine, Phyllis Balisrieri, Sue Meader, Lorna Ross, Betty Ahnger, Edith Horwitz, Gloria O'Reilly, Naomi Gadd, Evelyn Diamond, Jane Whaley, Lu Engler, Malinda Hall, Claire Peterson, Joan Patton, Vera Sorenson, Judy Hentchell, Marilyn Costello, Louise Thompson, Leno "Jo" Blaine, Miriam Reff, Irene Larson, Sarah Hill, Jeraldeen Carrington, Regina Hickey, and Valerie Dyer.

All of us here feel so fortunate to be able to serve these great mothers and their families here at Sunrise of La Jolla. Happy Mother's Day!