

# The nourishing life: Summit Vista's three keys to nutritious living

It's no secret good nutrition is a key ingredient to healthy living. But as we age, maintaining that healthy, nutritious diet can become significantly more challenging. Not only do older adults often experience age-related changes that may affect their appetite, metabolism, or even sense of taste, but many allow these changes to alter their eating schedules or excuse unhealthy food choices.

At Summit Vista, we understand these unique challenges and strive to make it easier for our residents to maintain proper nutrition and healthy eating habits. Among the many techniques available within our community are three core approaches offered to help everyone improve their overall nutrition, health, and well-being.

## Gourmet meals at your convenience

It might be easy to bite off on the misconception that the food served at senior living communities is bland and unappealing. However, the truth is quite the opposite. At Summit Vista, we're proud to offer a gourmet dining experience at three high-end restaurant and café venues. Each venue offers a complete menu of made-from-scratch options that incorporate fresh, flavorful ingredients—all prepared daily by our professionally trained culinary team. Additionally, residents with particular requests or special diets, restrictions, or concerns can rest assured their needs will be accommodated.



## Nutritional advice and education

Not only are our restaurants held to high standards, ensuring the food we serve is delicious and nutritious, but our community also offers consultations with professional dietitians and nutritionists. Their efforts emphasize a preventive approach in educating residents in how a change in dietary habits can reduce the risk of illness and help produce long-lasting health outcomes. Additionally, weekly classes and seminars are offered on a range of topics relating to nutritional health and personal wellness, as yet another way we encourage healthy, successful living.

## Eating together is better

Studies show that eating alone can be detrimental to health in more ways than one. Eating every meal in isolation can increase the risk of loneliness, depression, and anxiety—which can result in diminished appetite, unhealthy eating patterns, and even malnutrition. Seniors that live alone may also struggle to prepare meals on their own or lack the mobility to visit the grocery store with regularity, limiting their ability to incorporate fresh, wholesome ingredients into their diets. On the other hand, when dining with others in a social setting, seniors tend to eat better and make healthier choices.



At Summit Vista, our dining experience is more than simply eating a meal. It's a lively social experience that allows residents to gather together and enjoy great food in an inviting community atmosphere while positively contributing to each other's physical, mental, and emotional health.

If you'd like a better taste of what community life is truly like, we invite you to visit us for a personalized tour and complimentary meal. Not only will you be able to get a first-hand sampling of everything we have to offer, but you'll also have a chance to meet our staff and chat with residents about life at Summit Vista.



**Call 866-467-3609**

today and RSVP for our next community preview event.

**SUMMITVISTA**

*This is living*