



A MESSAGE FROM THE MANOR VILLAGE LIFE CENTERS

Gratitude is how we feel during and after each day that we continue to mitigate COVID-19 from our Manor Villages in Alberta and Ontario.

We believe that it is possible to improve our immune system, so that even if one were to encounter Coronavirus, the infection level would be less severe due to our daily regime of mobility stretch & flex programs, called *REJUV*.

At the Manor Villages, we recommend the Mediterranean Diet starting with a breakfast of brans or hot oatmeal served with fruits and non-allergenic nuts. When Elderly, it is better to metabolize the morning meal when served with boiling water versus dairy.

A fruit cocktail precedes a fish or chicken dish, served with vegetables—fruits and a side salad of greens. Cutting back on calorie intake each day by 20%, for the rest of life, will show marked improvements for several biomarkers tied to longevity.

Mindful meditation is a marvelous program, where we instruct our residents with 35 day-classes, by practicing Breathing Techniques—Positive Thinking—Being Non-Judgmental—Enjoying Ones-Self—Giving Gratitude— Appreciating Life and Avoiding Depression.

The 4-PILLARS for Prevention assist our seniors to practice each day with entertaining and fulfilling activities with new friends; as we avoid the negativity of COVID-19.

STAYING WELL,

Dr, M. Garth Mann: President / CEO
August 6, 2020