

hapitimes



Your Healthy Eyes What Is a Cataract?

A cataract is a clouding of the lens in the eye. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. The lens is a clear part of the eye that helps to focus an image on the retina. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the image will be blurred.

The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it. As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see.



A cataract needs to be removed only when vision loss interferes with everyday activities, such as driving, reading or watching TV. You and your doctor can make this decision together.

Source: National Eye Institute

Senior Health Taking Supplements for Joint Pain

A joint is where two or more bones are joined together. Joints can be rigid, like the joints between the bones in your skull, or movable, like knees, hips and shoulders. Many joints have cartilage where the bones come together. Healthy cartilage helps you move by allowing bones to glide over one another. Cartilage also protects bones by preventing them from rubbing against each other.

Many people take over-the-counter dietary supplements, such as glucosamine and chondroitin, for joint health. Current research shows that these supplements seem to help reduce osteoarthritis pain in some, but not all, people.

However, there is no evidence that they can prevent any form of arthritis.

Scientists are also researching the effects of other dietary supplements, such as green tea and certain vitamins, to see if they can help keep joints healthy. Check with your doctor before taking dietary supplements.

Sources: National Institute of Arthritis and Musculoskeletal and Skin Diseases; the National Institutes of Health

Inside The Landmark

Kid Art Corner

On the Field

The August exercise of the month is not actually an exercise, but a series of pre- and post-exercise practices to help kids prevent injuries. To prepare for the July obstacle course, Hapi at the Landmark's Director Michael Cook made sure the kids learned the value of proper warm-ups, with jogging and jumping jacks, and cool-downs with stretching.



In the Garden



"Water in the morning hours instead of the evening to prevent plant disease. Watering late doesn't allow plant leaves to dry and can cause fungus and disease to spread."

Above: good gardening advice from master gardener Curtis Bloodworth, who has been helping us with the community garden at the Landmark.



Hapi Meals

Better-for-You Creamsicles

INGREDIENTS

Orange juice

Coconut milk or plain yogurt

INSTRUCTIONS

In a blender, mix equal parts orange juice with coconut milk or yogurt.

Pour juice into ice pop molds and freeze.

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