



Residents from skilled nursing and personal care had a good time on 6/10/2015 listening to Ashley Hassett give a talk on calcium and vitamin D with relation to Healthy Bones. There were more than 20 residents who came for the health/nutrition talk. Similar talk was given to residents in independent living on 6/3/2015.

Thanks to the recreation and life enhancement staff for their support and for bringing the residents to the activity.



Picture on the left: Ashley Hassett, a volunteer student from the dietetics & nutrition program at Penn State showing some of the foods that are good sources of calcium and vitamin D.



Picture on the right: Ashley showing yogurt parfait that can be provided to residents as a good source of calcium and vitamin D



Picture on the top: showing our Executive Chef James Austin demonstrating how to cook 'Pork Marsala with Portabella Mushroom' (picture below). Three ounces of portabella mushrooms provides about 400 IU of vitamin D

***** If you want a recipe for the pork/portabella mushroom marsala contact James @ext. 5213*****

Have nutrition related questions? You can call me (Annie Mtika, PhD, RD, CSG, LDN-dietitian @ ext. 5419)