What is the secret to living a long life of 100 years? The residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—that's people living to 100 years of age—in the world. No doubt, the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed lifestyle. Researchers credit the diet of fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become one of these "superagers," with less Alzheimer’s, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble.

But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

Horoscopes and Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Lily Tomlin – September 1, 1939
Bob Newhart – September 5, 1929
Buddy Holly – September 7, 1936
Sid Caesar – September 8, 1922
Arnold Palmer – September 10, 1929
Jesse Owens – September 12, 1913
Walter Reed – September 13, 1851
B.B. King – September 16, 1924
Greta Garbo – September 18, 1905
Stephen King – September 21, 1947
Phil Rizzuto – September 25, 1917
Enrico Fermi – September 29, 1901
Johnny Mathis – September 30, 1935

September Birthdays

Ginny N..............1st
Susan S.............2nd
Don F..................2nd
Dwight S............3rd
Phillip M.............12th
Mac M..............14th

Notable Quotable

“Life doesn’t imitate art, it imitates bad television.”
~ Woody Allen, director

The Susan J Rheem Adult Day Center

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Prescott Valley, AZ 86314
Phone (928) 775-5563/Fax (928)775-3591
www.adultcareservices.org
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<td><strong>SEPTMBER 2017</strong></td>
<td><strong>LABOR DAY BBQ!!!!!!</strong></td>
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<td><strong>CARIBBEAN CRUISE 2017!!!!!!</strong></td>
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<td><strong>Closed in Obsevation of Labor Day</strong></td>
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<td><strong>All Aboard as we embark to the Caribbean Seas! Enjoy fine dining and mocktails created by our Chef Jim in the ships Galley. Pamper yourself in our Day Spa after Yoga with Perry. Engage in games and activities on deck and in the Casino. Live entertainment with the one and only Chuck Brown in the Blue Lagoon Lounge! Enter our Raffle to win prizes</strong></td>
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