

disease. The association has a Training and Education Center, as well as a Virtual Library.

Support groups often provide a safe place for caregivers and those living with Alzheimer's disease and help members feel better prepared to cope with their unique situation. There are currently eight in-person locations across the state and others that meet virtually. By funding innovative research projects, the Association also supports the development of new treatments and interventions that can improve the quality of life for those with Alzheimer's. The organization took part in the New IDEAS study – a nationwide study of people from diverse backgrounds who were experiencing memory loss - in the hope of finding new ways to diagnose and care for people with those issues.

Funding for the Alzheimer's Association comes from grants, donations, and the annual Walks to End Alzheimer's. There are four walks in Vermont. The

first, which takes place in Rutland, is on September 21, followed by September 22 in the Northeast Kingdom, September 29 in the Champlain Valley, and October 5 in the Upper Valley. During the event, walkers carry flowers of various colors, with each color representing their personal connection to the disease. Funds raised during the Walks are used to provide critical care and support resources to more than 13,000 Vermonters living with Alzheimer's and other dementia and the 20,000 family members and friends serving as their caregivers.

"We are committed to raising awareness, advancing research, and advocating for the rights and needs of Vermonters impacted by this disease," said Howard Goodrow, Executive Director of the Vermont chapter of the Alzheimer's Association. "The funds we raise at our four Walks to End Alzheimer's help ensure we can continue offering these critical services at no cost to families." *VM*

The Delight of Eating Healthy: A Peruvian Gourmet Journey

In today's fast-paced world, it's easy to overlook the importance of maintaining a healthy diet. However, eating healthy is more than a trend; it's a vital component of a balanced lifestyle that feeds our bodies, sharpens our minds, and promotes overall well-being. At Amaru Gourmet, we embrace fresh ingredients and minimizing processed foods—a scratch-to-table concept. It's about choosing meals rich in nutrients—loaded with vitamins, minerals, fiber, and healthy fats—that nourish you from the inside out.

Healthy Eating Across the Ages
Healthy eating is crucial at every stage of life but becomes especially significant as we age. During childhood and adolescence, balanced nutrition supports growth and development. Incorporating a variety of fruits, vegetables, whole grains, and proteins builds a strong foundation for lifelong health.

Embracing Health: Sustaining Wellness Through the Golden Years with Peruvian Delights at Amaru Gourmet
We embody a philosophy of sustaining health through the golden years by offering a menu rich in fresh ingredients and essential vitamins and minerals. Our culinary creations are particularly high in Vitamin C, sourced from lime, bell peppers, and broccoli, which

supporting both bone health and cognitive development. Our dishes are brimming with vitamins and minerals, created to please even the most discerning young palates while providing the nutritional building blocks they need as they transition into adulthood.

A Culinary Experience of Joy and Health
Eating healthy doesn't mean sacrificing flavor; it's about embracing natural ingredients. At Amaru Gourmet, healthy isn't just what you eat—it's also how it's prepared and how it makes you feel. By emphasizing fresh ingredients, thoughtful culinary preparation, and our secret ingredient, "A Pinch of Love," you can truly experience the joy of healthy eating.

Whether you're a health enthusiast or a food lover seeking new adventures, Amaru Gourmet invites you to explore a world where health and flavor beautifully coexist.

A Taste of Health: Sustaining Wellness Through the Golden Years with Peruvian Delights at Amaru Gourmet
We embody a philosophy of sustaining health through the golden years by offering a menu rich in fresh ingredients and essential vitamins and minerals. Our culinary creations are particularly high in Vitamin C, sourced from lime, bell peppers, and broccoli, which

support the immune system and promote healthy skin. We also emphasize Vitamin D from fish, milk, and mushrooms—crucial for calcium absorption and maintaining strong bones. Furthermore, our dishes are rich in vitamins and minerals, which are essential for nerve function and the formation of red blood cells.

To support heart health, we incorporate ingredients like avocado, olive oil, and beans and legumes, celebrated for their healthy fats, antioxidants, and fiber content. Additionally, we focus on protein-rich foods such as quinoa, lentils, nuts, and Greek yogurt, which provide the necessary building blocks for muscle repair and growth, making them excellent choices for those looking to enhance their muscle health and overall strength.

Imagine beginning your meal with a delicate ceviche, where the freshness of fish mingles beautifully with a citrus marinade. Or perhaps a Peruvian prawn ceviche, bursting with vibrant Vitamin C. Or our B12-rich chili con carne, a layered potato salad rich in Vitamin C, and a splash of olive oil, providing heart support along with Vitamins B12 and C. Finally, enjoy Lomo Saltado, featuring tender strips of beef rich in iron and Vitamins B and B12, combined with sautéed vegetables for a powerful boost of antioxidants.

To view these recipes, visit: www.amarugourmet.com/recipes

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