

Brentwood at Fore Ranch

July 2019

4511 SW 48th Ave
Ocala, FL 34474



Today's Trend No Meat Meals

Meat is one of the most expensive sources of protein. Many people save money by focusing on other protein-rich foods, such as whole grains, beans, nuts, eggs and cheese.

Eating less meat can also increase longevity. A diet rich in vegetables, fruits and whole grains has been shown to decrease the risk of diabetes and several types of cancers and to protect against heart disease. If weight loss is a goal, keep in mind that research shows people on plant-based diets tend to have lower body weight. Experts think this is because they consume more fiber and fewer calories.

Buying less meat can also reduce your carbon footprint and save fuel and water, since raising animals for food takes large amounts of natural resources.

***Come and Join us for our July Events
July Food Drive our Community Out Reach***

***July 4th Cook out with Entertainment and lots
of Fun!! 11:30 am-3:00 pM***

July 11th Family Night 4:00 pm - 6:00

***July 12th last day for the Food drive/ Bringing
Food to BROTHER'S KEEPER'S SOUP KITCHEN***

***July 19th BEACH DAY ALL DAY /Trilogy Home
Heath Entertaining also Raffling Baskets and
Cocktails and plenty of Food and Snacks.***

COME ON IN AND JOIN THE FUN !!!



Community Out Reach / Residents went to Humane Society to deliver the Blankets that our residents made

Nutrients that can help Fight Seasonal Allergies:

Omeegas 3 fats can lower risk of developing allergies & help combat inflammation associated with seasonal allergies. *Can be found in Walnuts and Flax.*

Calcium buffers the acidic stage of allergic reaction & help reduces histamine production/ *Can be found in: Kale & Chia Seeds*

Probiotics offer inflammatory & anti-allergic effects especially when given during pregnancy. *Can be found in: Fermented Food*

Carotenoids are anti-inflammatory and proven to limit the prevalence of seasonal allergies Can be found in: Sweet Pot & Mango.

Resveratrol is a powerful antioxidant with anti-inflammatory properties that can help reduce allergy symptoms. *Can be found in: Grapes and Red Wine*

Vitamin C High levels of Vitamin C reduce histamine & help it down faster once its been released. *Can be found in: Berries & Broccoli*

Magnesium has a calming affect on bronchial tubes & acts as an antihistamine. *Can be found in: Nuts & Seeds*

Vitamin E the gamma-tocopherol form of Vit. E decreases allergy-related inflammation in very high dose. *Can be found in Almonds*

INTRODUCING MANAGEMENT TEAM

Ventura Gutierrez
Michael Vannucci
Amanda Bayles
Sharon Talley
Life & Leisure Dir.
Nick Villano
April Dilozenzo
Luis Carrasquillo

Executive Director
Assoc.Executive Dir.
Health&Wellness Dir.
Memory Support Dir/
Food Service Dir
Dir. Sales & Marketing
Maintenance Director

RESIDENTS BIRTHDAY FOR JULY

Carrie W.

07/09

