

September
2019

Brentwood at Fore Ranch

4511 SW 48th Ave
Ocala, FL 34474



Today's Trend Mediterranean Diet

Mediterranean diet is named for the way of cooking and eating in countries along the Mediterranean Sea, such as Greece and Italy. People in this region report low rates of cardiovascular diseases, and research has shown that the Mediterranean diet may contribute to a lower risk of diabetes, certain cancers, osteoporosis, Parkinson's and Alzheimer's diseases, and depression.

The diet emphasizes plant-based foods, specifically fruits and vegetables, legumes, nuts and whole grains. Olive oil is the most prominent fat used, but other healthy fat sources include avocados and nuts. Followers of the Mediterranean diet eat fish or poultry at least twice a week but consume red meat just a few times a month. Instead of using excess salt, herbs and spices are used

9/4 Lunch outing for residents (Chili's)

9/9 Bingo at VFW

9/11 Ceremony Conducted By VFW for our Residents on behalf of 9/11

9/19 Family Night

9/25 Community Out reach (Toy Donation for the children in the Hospitals

9/26 Taste & Tell



Ready to go Shopping (OUT TRIP)

DO YOU SPEAK DEMENTIA?

Talking Tips:

Focus your attention on your loved one when having a conversation. He or she will feel reassured by your undivided attention, and you're less likely to misunderstand or miss something if your loved one struggles with speaking clearly.

Use simple language, such as concrete words and short sentences. If your loved one suffers from dementia or other language difficulties, keeping language simple can help him or her follow the conversation better.

Be patient. Not being able to communicate as easily as before can be very frustrating, and that frustration can make finding the right words even harder.

Be persistent and creative. Your loved one may not understand you the first time. Be prepared to try again with a different way to express your meaning.

Minimize background noise. Background noise can muddle the sound of your voice, especially if your loved one suffers from hearing loss.

Face your loved one and enunciate clearly. Someone who is hard of hearing may be better able to follow the conversation by watching your facial expressions and mouth movements.

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