



## Smart Eating: Your Guide to Brain Food this Thanksgiving

The brain is the most significant organ in our body. Without it, we wouldn't have any of the unique thoughts and memories that make us who we are. As we continue to age, it is important to exercise the brain as if it were a muscle. In fact, studies have shown individuals who keep their brains healthy are less prone to certain forms of dementia, like Alzheimer's disease. Their brains form what is called a "cognitive reserve" to help protect from this disease. Simply put, an active mind is a healthy mind!

There are many things you can do in order to help keep your brain

healthy. Make sure to get plenty of sleep and physical activity, continue to learn and explore new things, keep an active social life, and include brain food in your diet. This Thanksgiving, consider incorporating some of these brain foods into your meal. Some of these might seem untraditional for a Thanksgiving dinner, but they'll help you build up your cognitive reserve!

- **Blueberries** - These sweet, juicy berries have been shown to protect the brain from oxidative stress. Oxidative stress happens when there is an imbalance between the production of oxygen and the body's ability to purify that oxygen. Studies

have also shown that blueberries increased the motor ability and learning ability of aging rats, making them equal to young rats. It is recommended that you eat at least one cup of blueberries daily.

- **Wild Salmon** - Many kinds of fish, including salmon, have Omega-3 fatty acids which are crucial to brain function. Omega-3s also contain anti-inflammatory substances. It is recommended that you eat four ounces of fish containing Omega-3's at least three or four times a week.

*...continued on back page*

# Happy Birthday!

## Residents

Curtis S.	November 05
Tom F.	November 06
Chuck B.	November 17
Joan K.	November 29

## Staff

Mike L.	November 02
Lindsay C.	November 03
Barb C.	November 05
Taylor B.	November 14
Courtney J.	November 18
Tamiah S.	November 19
Candy S.	November 20
Porshia H.	November 29



## Executive Director Corner

Happy November! I hope that October was

good to you, and I hope you're ready for all that November has in store. Now that I'm already hearing the occasional Christmas Carol on the way in to work, I'm finding it hard not to get excited about the weeks ahead. If you're also noticing yourself getting lost in the tune of a favorite song, I highly encourage you to check out our Music to My Ears program, where you can participate in musical activities up to three times a week.

Around this time of the year, we hear a lot about family. In honor of National Family Caregivers Month, we especially like to remember our loved ones who never question helping us when we need it, and who continue to keep us warm with their love

and support. This year's theme for the month is "Caregiving Around the Clock," which acknowledges the struggles that family caregivers face, and seeks to provide them with the tools necessary to deliver the best care possible. Talk to any member of our team about the multitude of resources we provide for family caregivers, as well as our Long-Term and Short-Term care options that can lift some of the weight off of their shoulders.

Thank you to everyone who works so compassionately to make our community a home for all that we serve. I hope that you have a great November, and I look forward to spending the holiday season with you!

Yours in Service,

*Michael Lacey*

Executive Director

## Welcome Home!

Wooded Glen would like to welcome all of our new residents! We are honored you chose us to serve you!

## Save the Date

November 07:  
Health Care Thanksgiving Celebration Meal  
Location: Health Care Dining Room 5-7pm RSVP Required

November 10:  
Sunday Brunch (Health Campus)  
Location: Wooded Glen Dining Room from 11-1pm

November 10:  
Assisted Living Thanksgiving Celebration Meal  
Location: Assisted Living Dining Room 12-2pm RSVP Required

November 14:  
Senior Executive Club  
Location: Wooded Glen Dining Room @ 1:30pm

November 14:  
Wooded Glen Holiday Bazaar  
Location: Wooded Glen 2-5pm

*Please RSVP if you or family/friend plan to attend any of these events.*

## FAMILY NIGHT WAS A GREAT EVENING!



Earl and Chuck gave Family Night a 10!



Joan and Gloria always love when Spittin Image puts on a concert for us!



# THE SUN WAS SHINING BRIGHT AT THE SUNFLOWER FIELD!



*Betty in the sunflower patch!*



*Joan loved our trip to the Sunflower field!*



*Marilyn couldn't believe how beautiful sunflowers can be!*

## We Love to go Out & About!



*Richard, Betty and Vera loved having an afternoon out with our Life Enrichment team to see an inspirational movie at The Gloria Theater!*



*The Trilogy Travel Club goes to The Shoe!*



*Barda and Nancy enjoyed their hibachi cooked lunch!*

## Volunteer News

At Wooded Glen, we are working hard to recruit and develop the best Volunteer Program in Clark County!

Some of our existing opportunities include painting nails, leading Bingo, cooking demos, music performances (individually or with a group), lifelong learning programs, etc.

If you are interested in sharing your hobbies and passions with our residents, please contact our Life Enrichment Director, Beth Stumpf.

## Did You Know...?

Wooded Glen is now offering Massage Therapy to our residents every Tuesday morning! Please see Life Enrichment Director, Beth Stumpf to schedule.

That you can read the monthly newsletter and calendar on-line. Please follow the campus link, to see at a glance, what is happening at our campus. [www.woodedglensl.com](http://www.woodedglensl.com)

The Parlors, Lounges, & Activity Rooms can be reserved for special events such as, birthday parties, anniversary celebrations, family meals, or other special occasions, that you would like to share with your loved one. Please RSVP in advance to secure your room preference and availability.

Happy Hour is held every Friday 4:00pm. We welcome you to join us for some great appetizers, beverages, fun and fellowship!

The Trilogy Foundation grants "Live a Dream" experiences, to residents wishing to participate in something they have always wanted to try, or to simply relive an activity that they enjoyed in the past. See a member of our Life Enrichment team for more information.



# WOODED GLEN

A Trilogy Senior Living Community

2900 N Bechtle Ave  
Springfield, OH 45504  
937-342-1460  
woodedglensl.com |

Mike Lacey  
Executive Director

Kathy Nicewaner  
Director of Health Services

Lindsay Clark  
Customer Service Representative

Tana Conley  
Business Office Manager

Beth Stumpf, CTRS  
Life Enrichment Director

Nate Mason  
Director of Food Services

Megan Dungan  
Director of Resident Services

Shane Spriggs  
Director of Plant Operations

Paula Cain  
Environmental Services Director

Amanda Evans, RN  
MDS Coordinator

## Stay in the Loop

Keep up with latest campus news and happenings by following us on your favorite social networks!

We strive to provide the best customer service and quality care for our residents.

Our Department Leaders are here to solve any concerns you may have.

In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

# 'Smart Eating'

...continued from cover

• **Nuts and Seeds** - Nuts and seeds are a great source of Vitamin-E, and the more Vitamin-E you have, the greater your chances of avoiding cognitive challenges in later years. Try to eat an ounce a day of your nuts or seeds of choice. There are plenty of different flavors and options for both of these brain healthy foods!

• **Avocados** - Are you a guacamole fan? Then you have avocado to thank! However, they aren't just good for a zesty green dip; they also have lots of mono-saturated fat, which helps increase blood flow. Increased blood flow helps keep a healthy brain. They also lower blood pressure, which helps prevent hypertension-a risk factor in the decline of cognitive abilities. You should eat 1/4 or 1/2 of

an avocado as a side dish with one of your main courses.

• **Whole Grains** - Whole grains can reduce the risk of heart disease because they increase blood flow, which in turn helps the brain. Try eating a 1/2 cup of whole grain cereal, or a slice of whole grain bread daily.

Hopefully, this list gives you plenty of options for healthy eating. If not, there are many other tasty foods to assist you in keeping your mind sharp. Also, if you have a loved one who calls our campus home, you can rest assured that they too will receive all of the delicious brain nutrients that they need. Our chefs are well trained, our ingredients always fresh, and the health of our residents is always our top priority.

## Word Search

P	U	N	F	W	B	V	M	D	M	D	Q	L	J	J	W	F	R	J
Q	I	K	X	S	T	W	U	S	A	Y	L	A	L	J	J	R	B	X
B	E	N	Y	Q	U	S	N	U	T	S	T	Q	G	J	R	E	H	F
Q	Y	Y	C	O	Y	A	U	S	H	V	W	S	G	R	A	S	Y	I
J	E	A	T	I	N	G	E	G	A	S	G	X	H	K	A	H	C	F
H	J	K	V	E	R	Z	D	X	N	M	L	O	X	T	N	I	H	Q
V	K	C	T	O	J	Y	M	I	K	Z	J	K	W	A	U	J	N	O
C	O	P	E	M	C	H	M	P	S	Q	I	Q	Y	Y	D	Y	N	S
K	T	W	A	F	Q	A	M	T	G	G	J	N	Z	F	R	C	O	H
B	E	B	Z	M	T	F	D	Q	I	O	S	J	S	R	O	R	H	V
Z	X	N	Q	I	E	H	D	O	V	T	M	D	E	T	S	O	U	F
T	I	I	V	H	V	A	E	Q	I	R	L	B	E	Q	I	K	D	U
E	O	S	N	V	V	M	L	G	N	O	E	R	D	H	G	D	Z	Y
F	P	A	J	K	D	B	I	Q	G	U	W	S	S	E	N	Z	U	B
Q	J	L	B	G	D	G	C	Q	L	Q	X	P	N	A	N	L	Z	M
P	W	M	R	W	B	Z	I	B	G	B	Q	W	P	L	D	X	F	N
W	R	O	A	F	S	O	O	I	K	K	M	N	S	T	H	P	T	X
M	T	N	I	O	S	G	U	K	R	X	L	N	J	H	E	S	G	P
D	B	Q	N	U	X	D	S	H	O	M	I	E	K	Y	O	K	G	Q

AVOCADO  
BLUEBERRY  
BRAIN  
DELICIOUS

EATING  
FOOD  
FRESH  
GRAINS

HEALTHY  
MEAL  
NUTS  
SALMON

SEEDS  
THANKSGIVING  
VITAMINS  
ZESTY