WESTLAKE HEALTH CAMPUS
A Trilogy Senior Living Community

Whisperings

November 2019

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.

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Happy Birthday!

Residents

Nov. 3	Mary M.
Nov. 3	Marvin V.
Nov. 10	Stella C.
Nov. 16	Flora Y.
Nov. 20	Mary Lou G.

Live a Dream

Riding in a Corvette one more time, going down a water slide, going on an Honor Flight, or returning to the pilot's seat to fly an airplane are just a sampling of the dreams granted to our residents through this inspiring program. Do you have a dream that you want to live out? Let our Life Enrichment Team know your dream so that we can make it come true!

LifeShare

LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Each room has this service available. Let us know if you are interested; Life Enrichment staff would love to help you learn about this wonderful service.

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,

Brent Hayes

Executive Director

Resident Bonfire

Residents welcomed fall this year with a nice bonfire! Our Legacy and Health Campus residents came together to listen to music, laugh out loud, and eat yummy s'mores! Check out our photos and see the wonderful time we had.

Legacy Corner

Legacy residents enjoying their outing at Olive Garden!

Legacy residents enjoying some music therapy!

Family Night

Join us on November 21st, 2019 at 5pm for a fall themed family night featuring games and refreshments! Please come and spend time with your loved one and expereince a night filled with fun and loud laughter. We hope to see you there!

Sunday Brunch

This month's brunch will take place on Sunday, November 17th from 11:00-1:00. Each resident will receive two meal vouchers free of cost, and each additional guest will need to purchase a meal ticket for $7.00 each. We look forward to you joining us!

Out and About

We take the residents on outings each week. Assisted Living and Health Campus typically goes out on Tuesdays and Thursdays. Legacy goes out on Friday's. It would be helpful if you could leave money for your loved on in an account at the business office to use for outings. Many of them are free, but sometimes we go shopping or to the museum. We are also always looking for volunteers to help us on these outings. If you are avaialble to attend with your loved one please let Life Enrichment know! See the calendar or Life Enrichment for more information on where we are going each week!

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Regina Hughes
Legacy Neighborhood Director

Rick Gasperowich
Director of Plant Operations

Jon Lopez
Director of Dining Services

Kim Penn
Director of Environmental Services

Marissa Jao
MDS Coordinator

Casey Bernaiche
Therapy Director

Erica Koelzer
Director of Social Services

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

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'Smart Eating'

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• ***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
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D	B	Q	N	U	X	D	S	H	O	M	I	E	K	Y	O	K	G	Q

AVOCADO	EATING	HEALTHY	SEEDS
BLUEBERRY	FOOD	MEAL	THANKSGIVING
BRAIN	FRESH	NUTS	VITAMINS
DELICIOUS	GRAINS	SALMON	ZESTY