



WELLBROOKE  
OF CARMEL

*A Trilogy Senior Living Community*

# News

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.

*...continued on back page*

# Happy Birthday!

## Residents

|       |            |
|-------|------------|
| 11/02 | Marilyn H. |
| 11/05 | Jo H.      |
| 11/05 | Tom Y.     |
| 11/19 | Marillyn G |

## Staff

|       |             |
|-------|-------------|
| 11/03 | Sheerree D. |
| 11/07 | Tonya T.    |
| 11/11 | Traveyon G. |
| 11/13 | Jason H.    |
| 11/13 | Anita E.    |
| 11/15 | Cami H.     |
| 11/16 | Chris B.    |
| 11/23 | Jessica S   |



## 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. Since 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 join us during one of the many musical activities our Life Enrichment Department has planned.

This time of the year, we hear a lot about family and loved ones. In honor of National Family Caregivers Month, we 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. We understand the struggles that family caregivers face, and seek 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 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,

*Keary Dye*  
Executive Director

## Hope for the Holidays

Our Annual Craft Bazaar will be held on Friday, November 15 and Sunday, November 17, during Sunday Brunch.

Trilogy Trifecta, Festival of Lights will take place this month as well. Be on the lookout for decorated wreaths and trees that will be up for auction. The final event will take place during Happy Hour on Friday, November 22.

All Proceeds will benefit Riley's Childrens Hospital.

## Sunday Brunch

Sunday Brunch will be held on November 17. Each Resident gets 2 free guests and each additional is \$10.00. Be sure to make your reservations with Aimee at the front desk.

## Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link: [www.wellbrookeofcarmel.com](http://www.wellbrookeofcarmel.com)

**Live a Dream** Resident, Dorothy R. is an avid sports fan. Along with LEA, Lisa H., and her niece, Laura, Dorothy had the opportunity to attend the LPGA tournament at the Indianapolis Motor Speedway.



# FAMILY NIGHT SILLY SAFARI



*Aimee S. CSS isn't too sure about the snake.*

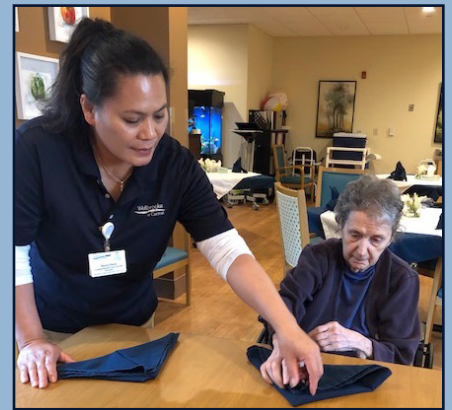


*Felicity is up to any challenge as she shows off the alligator*



*"Ryan the Lion" makes sure the owl doesn't fly away.*

## Legacy Spotlight



*CRCA, Marni O. shows Marilyn S. how to fold the napkins into pretty arrangements as they set the tables.*

## Out and About - Stucky Farm



*Ruth G. takes a minute to relax in the shade while everyone finished their shopping.*



*LEA, Kennedy A. helps Lorraine A. pick out a pumpkin.*

## A Note from Jenni



It's a busy time of year as we prepare for the upcoming holidays. I am looking forward to all the exciting events and

activities we have planned here at Wellbrooke of Carmel. From our Thankful tree and the fall colors drives to the bake sale and Festival of Trees, November is full of wonderful events. If you are interested in helping out during the holidays, decorating or attending one of the fun outings, please let a member of Life Enrichment know.

As always, I'd like to thank you for the opportunity to bring joy and enrich the lives of your loved ones here at Wellbrooke of Carmel as your Life Enrichment Director.

## ARTISAN



*Nondas B. will proudly display the pumpkin decoration she created in artisans.*



*Ann M. shows off her adorable scarecrow door decoration.*

*Jenni Carrillo*



# WELLBROOKE OF CARMEL

*A Trilogy Senior Living Community*

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wellbrookeofcarmel.com |

*Keary Dye*  
Executive Director

*Erica Dash*  
Director of Health Services

*Aimee Smith*  
Community Service Representative

*Christina Barnes*  
Business Office Manager

*Jenni Carrillo*  
Life Enrichment Director

*Jess London*  
Director of Social Services

*Jeannette Rider*  
Therapy Program Director

*John Moore*  
Senior Director of Plant Operations

*Matt Seib*  
Director of Food Services

*Karen Caldwell*  
Environmental Services Supervisor

## 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*

# '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

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| 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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AVOCADO  
BLUEBERRY  
BRAIN  
DELICIOUS

EATING  
FOOD  
FRESH  
GRAINS

HEALTHY  
MEAL  
NUTS  
SALMON

SEEDS  
THANKSGIVING  
VITAMINS  
ZESTY