



## *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!

## Health Center

11/14	James K.
11/15	Betty P.
11/16	Virginia M.
11/21	Anita E.
11/21	Rex H.

## Assisted Living

11/03	Gerald W.
11/05	Donald M.
11/07	Joyce K.
11/10	Phillip S.
11/16	Katie U.
11/17	Robert R.
11/19	John H.
11/22	Noah F.
11/24	Ruby H.

## Welcome New Residents!

### Health Center

Phyllis W.	John Y.
Joan C.	Anita E.
Margaret T.	Brenda G.

### Assisted Living

Paul and Betty S.	Esther B.
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## 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,

*Chad Knisley*

Executive Director

## Smile of the Month



*Fernando and Sergio at the Splash pad in St. Joseph, Michigan*



## LIVE A DREAM: JOAN ICE SKATES AGAIN!

Joan has always loved ice skating. She has fond memories of her grandmother taking her to Rockefeller Plaza in NYC to ice skate as a child. We wanted to help Joan re-live her

childhood! With the help of our Executive Director Chad Knisley, Joan was able to ice skate again. Joan's daughter Leslie flew in from Colorado to skate alongside of her mom, which made this day even more special!





# OUT AND ABOUT: KERCHER'S APPLE ORCHARD

Kercher's is a local favorite to many of us! We decided to take a field trip where we enjoyed the sites of apple trees, mums, and pumpkins, and were able to taste their delicious apple cider and cookies! The bees were buzzing and so was word on our campus about this delightful fall trip.



## Family Night

Waterford Crossing recently hosted a fabulous night of food, fun, and entertainment. Michael Smith and the Whaterverly Brothers entertained and our dining services team provided a delicious hot dog buffet for all. Thank you to all of those who attended. We look forward to our next family night!



*Doris S. and Family*



*Una and Felton*

## Pie Contest

Dining Services and the Life Enrichment team recently hosted a pie contest! Anita from Food Services was the grand prize winner and pie was enjoyed by all! This was such a success that we will be having another contest very soon.



*Bob C. and Alta H. pose with dining services.*



*Dick and Ruby with the dining services team.*

## Livin' It Up at the Lake!

This year, our annual retreat was in St. Joseph, Michigan! We enjoyed an overnight trip to Silver Beach where we soaked up the sun! We also enjoyed a beautiful dinner and had a blast at the Karaoke contest. The last day of our retreat, we enjoyed a hot air balloon ride and visiting Nye's Apple Farm on the way home.





# WATERFORD CROSSING

*A Trilogy Senior Living Community*

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waterfordcrossingsl.com |

*Chad Knisley*  
Executive Director

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Assistant Director of Health Services

*Megan Pletcher*  
Community Service Representative (AL)  
*Lisa Zollinger*  
Community Service Representative

*Kay Hersbberger*  
Business Office Manager

*Kristin Kestermeier*  
Assistant Business Office Manager

*Jenna Barghahn*  
Life Enrichment Director

*Jennifer Bradley*  
Life Enrichment Director  
Legacy Lane Coordinator (AL)

*Chef Michael Schreck*  
Director of Food Services

*Stephanie Maupin*  
Director of Social Services

*Connie Melton*  
Director of Environmental Services

*Mark Makowski*  
Director of Plant Operations

*Berto Nunez*  
Administrator (AL)

*Susie Miller*  
Director of Assisted Living

## 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)*

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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
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
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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