



VALLEY VIEW

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Venue

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

Robert G.	11/9
Mary B.	11/10
Olivia B.	11/12
Gene S.	11/21
Mardelle S.	11/21
Marian O.	11/24

## Staff

Kay S.	11/3
Karen B.	11/4
Lisa R.	11/7
Margaret E.	11/11
Charity P.	11/11
Jane F.	11/12
Sabrina S.	11/13
Linda R.	11/14
Pam W.	11/15
Bobbi E.	11/15
Catherine O.	11/16
Mary R.	11/25
Kaylee D.	11/28
Hannah P.	11/30



## 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,

*Jody Patynko*, LHNA  
Executive Director

## Massage Therapist

Valley View is pleased to announce we now have a **MASSAGE THERAPIST**. We welcome Tanya Tucker. She will come to the facility by appointment only. To schedule an appointment or to purchase a gift certificate for your loved one you can contact her at (419)559-1885, or contact a member in our Life Enrichment department, we will be happy to schedule an appointment for you.

## Sauder Village Overnight Retreat





# More from Sauder Village Overnight Retreat



The business office will now be open until 6:00pm on Mondays and Wednesday for any payments or billing questions.

Tuesday, Thursday and Friday - Regular business hours 8:00am - 4:30pm

## Health Center Outings

**November 6th** - Lunch Bunch at Olive Garden

**November 13th** - Lunch Bunch at Bob Evans

**November 17th** - Sunday Drive

**November 20th** - Lunch Bunch at Golden Corral

**November 24th** - Sunday Morning Drive

## Assisted Living Outings

**November 7th** - Lunch Bunch at A's

**November 14th** - Lunch Bunch at Cozy Corners

**November 17th** - Sunday Drive

**November 21st** - Shopping & Lunch Bunch at Bob Evans

**November 24th** - Sunday Morning Drive

**Volunteer News** Serving others is our primary function. From our communities to our employees, we work hard to help others. Volunteer today to help someone experience a better life. Currently we are looking for volunteers to assist with bingo, rosary service/bible studies, crafts, and lunch outings. To learn more about volunteer opportunities please contact Valley View Health Campus at (419) 332-0357.

## Trilogy Travel Club

The Trilogy Travel Club is a complimentary travel service provided to the residents, friends and family of Trilogy Health Services. Think of us as your convenient on-hand travel agents! We offer a variety of trips with all of the travel details arranged for you, and bring Trilogy team members to provide the best in care on our trips. To learn more about the Travel Club please contact a member of our Life Enrichment Team.

## Sunday Brunch

November 3rd - This will be our Thanksgiving Brunch.

Please make sure all reservations are turned in to the Dietary Department with your name, the number attending the brunch, as well as the time you wish to eat.

## Senior Executive Club

November 14th - We are asking that no one arrive before 1:00pm.

## Taste of Town

Tuesday, Nov. 19th - 818 Club

## Did You Know...?

Did you know that you could read the monthly newsletter online? Please follow the cams link at [www.valleyviewhc.com](http://www.valleyviewhc.com)

The Private Dining Room can be reserved for family gatherings or special meals.

Happy Hour is weekly at 2:30pm and is held in the June street parlor. Feel free to join us!



## VALLEY VIEW

HEALTH CAMPUS

*A Trilogy Senior Living Community*

1247 N. River Rd.

Fremont, OH 43420

419-332-0357

valleyviewhc.com |  

*Rey Nevarez*

*DVP-North Ohio Division*

*Jody Patynko*

*Executive Director*

*Courtney Lemaitre*

*Director of Health Services*

*Robin Knebr*

*Asst. Dir. of Health Services*

*Meghan Birkholz*

*Customer Service Director*

*Lisa Mathna*

*Business Office Manager*

*Heather McDonald*

*Life Enrichment Director*

*Amy Opre*

*Director of Therapy*

*Marsha Thompson*

*Director of Social Services*

*Dena Pena*

*Director of Environmental Services*

*Jim Thrun*

*Director of Plant Operations*

*Kylie Ferguson*

*Director of Food Service*

*Janice Kadlubowski*

*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*

# '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
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