



TRIPLE CREEK
RETIREMENT COMMUNITY
A Trilogy Senior Living Community

Connection

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

Anna H.	11/02
Evelyn R.	11/10
Sue F.	11/10
Dot W.	11/16
Millie C.	11/18
Mary Lou G.	11/23
Wesley D.	11/29

Staff

Natasha B.	11/04
<i>Environmental Services Assistance</i>	
Sherry C.	11/26
<i>Assistant Director of Health Services</i>	
Renesha J.	11/26
<i>Resident Care Assistance</i>	

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,

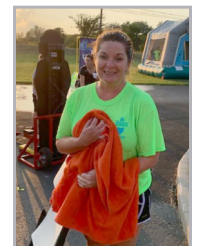
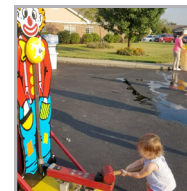
Sharon Wilburn
LNHA, RD/LD
Executive Director

Out and About

Check out the November calendar and come join us for our fabulous fall outings! We will be going, out for lunches, shopping, scenic fall drives, our Men's Club luncheons with Steve & Jamie, the Ladies Club Day Trips and several more outings of residents' choices! To sign-up or for more information, please, contact the Life Enrichment Department.

Family Night

We ended summer with our fun filled evening of Carnival at the Creek Family Night!



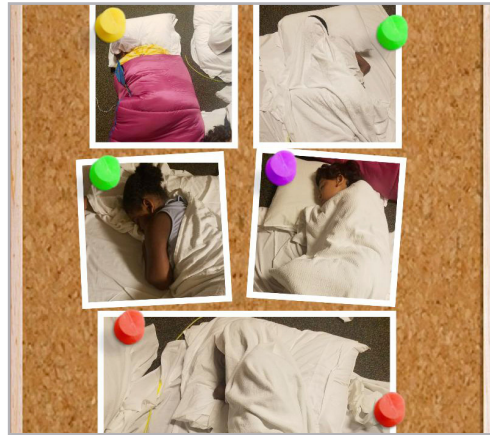
Annual Thanksgiving Dinner: Thursday, November 21

Thanksgiving is a time to celebrate everything that we are thankful for, especially each other! To help us give thanks, please join us for our *annual Thanksgiving Dinner on Thursday, November 21, 2019*. We have two seatings to choose from; the first seating will be from 4:30pm until 5:30pm and the second seating will be from 5:45pm until 6:45pm.

Each resident at the main campus and each Villa may have TWO complimentary guests; each additional guest is just \$10. Please purchase guest tickets in advance at the Business Office or for your convenience, extra tickets can also be put on the resident's bill. Please call 513-851-0601 or stop by the Life Enrichment Office to RSVP. We cannot accept reservations after Thursday, November 14 and while we can take requests for your favorite location, they cannot be guaranteed. We look forward to seeing you there! *Just a reminder that our Thanksgiving Dinner will be in place of November's Sunday Family Brunch.*

Grandparents Sleepover

Sleepover of down Home Country was a wonderful experience for everyone!



Holiday Bazaar: Crafts At The Creek

Saturday, November 23

Crafts & Vendors at The Creek Holiday Bazaar will be held in the Main Campus from 10:00am to 2:00pm. There will be more than 25 vendors and crafters for you to shop and find the special and unique handcrafted gifts for those special people in your life, or for yourself! Also, discover new and favorite vendors that are on the market such as Mary-Kay, Avon, Bakeries, Jewelry, Tupperware and more!

We are still adding crafters and vendors. If you would like to reserve a space or if you have any questions, please contact the Life Enrichment Department. All of the proceeds will go to Nate's Toy Box for local children at Christmas and Operation Blessing Bags for foster children in Hamilton and Butler County.

Plus, look for these additional fun events: Outings, Entertainers, Villa Breakfast, Sweet Treat Social, Happy Hours, Men's Club, Ladies Social, and more!



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Sharon Wilburn, E.D., LNHA, RD/LD
Executive Director

Jenny Lowell
Director of Health Services

Sarah Thornton
Customer Service Representative

Hanna Rosteck
Business Office Manager

Georgina Appelman
Life Enrichment Director

Lynn Ulrich, PD, PTA
Director of Rehab Services

Tim Hawthorne
Director of Environmental Services

Steve Marsh
Director of Plant Services

Jamie Insko
Director of Dining Services

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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
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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY