



WATERFORD PLACE

HEALTH CAMPUS

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

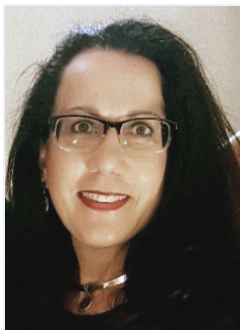
Happy Birthday!

Residents

11/06	Doris S.
11/11	Janis G.
11/21	Janice B.
11/23	Dorothy R.
11/25	Judith S.

Staff

11/2	Donna S.
11/3	Angela S.
11/6	Gloria S.
11/7	Sven H.
11/8	Josi E.
11/9	James S.
11/13	Denelle H.
11/16	Rebecca W.
11/21	Emily B.
11/24	Kris M.
11/29	Heather M.



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!

Sincerely,

Carol Ward
Executive Director

Out and About

Our residents were able to take advantage of a warm fall day and visit our local pumpkin patch.



Live a Dream

Ray and Dwaine had a great time on their fishing trip and even competed in "Who can catch the biggest fish"



Legacy Spotlight

The Legacy staff and residents have kicked off the fall season with lots of fun activities, crafts and outings. One of our favorite outings was The Walk to End Alzheimers. We showed our support and had, in the words of one resident, “an exhilarating” time! We walked and rolled ONE full mile around Jackson Morrow Park. We finished the morning with a tasty breakfast provided by the Trilogy Culinary Cruiser Foodtruck! It was a great success and we can’t wait to do it again next year!



Taste of Town

Our residents really enjoyed the fresh fruit and veggies brought to their plates for Taste of Town while supporting our local farmers!



Living Arts





WATERFORD PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

800 St. Joseph Drive

Kokomo, IN 46901

765-236-1239

waterfordplacehc.com | [t](#) [f](#)

Carol Ward
Executive Director

Angie Sommer
Director of Nursing

TBD
Assistant Director of Nursing

Jessica Wiles
Customer Service Representative

Linda Kendall
Business Office Manager

Heather Moore
Life Enrichment Director

Andrew Clark
Director of Plant Operations

Gina Newburn
Director of Dining Services

Chris Myers
Director of Environmental Services

Angela Armstrong
Customer Service Specialist

Amanda Harp
Legacy Neighborhood Director

Carly Haines
Director of Social Services

Stay in the Loop [t](#) [f](#)

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*

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

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