



THE WILLOWS
AT OKEMOS

A Trilogy Senior Living Community

Monthly

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

Nov. 05	Marie G.
Nov. 11	Rosemond M.
Nov. 22	Sandra B.
Nov. 26	Joann F.
Nov. 27	Lourdes A.

Happy Hour

Happy Hour is every Friday at 2:30! Join us for refreshments, dancing, and live entertainment!

Sunday Brunch

Our Dining Services Team looks forward to showcasing their creativity and sharing their passion each month at our Sunday Brunch! This month's brunch will take place on Sunday, November 11 from 11:00-1:00. Each resident will receive two meal vouchers free of cost, and each additional guest will need to purchase a meal ticket for \$7.00 each. Invite your loved ones and we will see you there!

LifeShare

LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Each room has this service available. Let us know if you are interested; Life Enrichment staff would love to help you learn about this wonderful service.



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,

Keith Fisher

Executive Director

FAMILY NIGHT

Thanks to all who joined our recent family night! We all had so much fun! Stay tuned for details about our next Family Night. Here are a couple highlights!





OUT AND ABOUT

Nokomis Cultural Heritage Center, Playing Picasso, Applebee's, Mittens Raised, and Red Lobster are just a few of the destinations we plan to visit this November. We also want your ideas for places to visit! Contact a member of our Life Enrichment team to not only share your ideas but to reserve your spot for outings. Our 14-passenger bus goes out twice per week and spots are filled based on a first come, first served basis.

We had a beautiful day at Burgdorf Winery learning about wine tasting and enjoying the fresh air and some amazing company!



Game Day

Check out our Activities Calendar for all sorts of fun things going on right here at the Willows! Here in our Activity Room, we enjoy exercise, art, learning, and game days, pictured here. We hope to see you!



Smile of the Month



Rosemond is a kind, honest lady who enjoys great food, going out, and is always looking lovely! Be sure to wish her Happy Birthday this month on November 11!

Live a Dream

Here at The Willows, we want to show our love by treating individual residents to special days or special events. Sometimes a "dream" isn't something especially noteworthy or fantastical but something small and personally meaningful. We are looking for residents that have a potential "dream" they wish to be granted! In the past, we have thrown special anniversary dinners, taken people on hot air balloon rides, plane rides, professional baseball games, swimming at a local therapy pool, to a special wedding, and many more! If you or somebody you know is interested in living out a wish, please let any Life Enrichment staff member know!

Volunteer News

What would we do without our Volunteers? They enrich our lives with every moment, gesture, and kind word they offer. Whether it's for an hour, once a month, weekly, or more, your time would be so valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments and orchestration, instructing art lessons, leading religious inspirational groups, and more. We have enjoyed learning from our volunteers and enjoying the love and talent that they offer and we welcome your talents as well! Contact our Life Enrichment Team and we will help find you a meaningful volunteer role. We LOVE our Volunteers!



THE WILLOWS AT OKEMOS

A Trilogy Senior Living Community

4830 Central Park Drive

Okemos, MI 48864

517-349-3600

willowsatokemos.com |  

Keith Fisher
Executive Director

Brenda Palmer
Director of Health Services

Melissa Trotter
Assistant Director of Health Services

Brandy Fales
Payroll Manager

Deb Wolfrum
Business Office Manager

Lisa Johnson
Customer Service Specialist

Alysa Pineda
Social Services Director

Josue Pineda
Director of Environmental Services

Sade Blanks
Therapy Director

Michael Dunivon
Director of Plant Operations

Emily VandeWiele
Life Enrichment Director

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*

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