



THE WILLOWS
AT CITATION

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

Carrie A.	November 2
Mary H.	November 3
Mary M.	November 7
Louise I.	November 7
Rubye L.	November 18

Out and About

We have lots of opportunities for residents to go out into our local community. Below is a list of a few dates we have scheduled. Keep a close eye on the Activity Calendar as more dates are added all the time!

November 4: Walmart

November 11: Kroger

November 18: Meijer

November 25: Dollar Tree

Dietary Corner

Please join us Tuesdays at 3:00 for Chef's Circle. Try new recipes, bring some of your favorite recipes to be offered on the Citation menu.

Taste of Town

November 20: A&W

Save the Date

BrainFit Conference:
November 1&2

Accessories by Suzanne:
November 8

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,

Brittany Faucher

Executive Director

Life Enrichment Spotlight

We have been busy in our Activities department over the past month. Assisting our therapy team we held a "Falling Back to the 80's" fall prevention day where the residents and community were invited to listen to lectures from a local Silver Sneakers group on exercises they can do to decrease falls. Also on this day we had lots of delicious food provided by our amazing culinary team, and a few games such as cornhole!

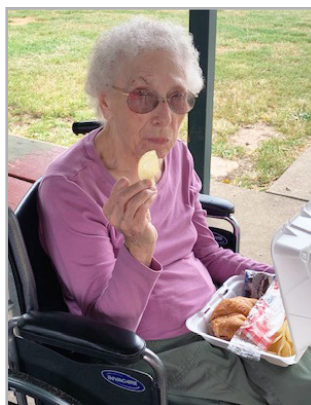


More from Life Enrichment Spotlight

Also this past month we added a new church service from Associate Pastor Ronald Harpe of Pleasant Ridge Baptist Church! The service will be held weekly on Thursdays at 10 am. Everyone is welcome to attend. We thank Pastor Harpe for donating his time to us!



What is summer without a picnic? We took a group of residents out to Jacobson Park for a nice "Picnic in the Park." While there we got to play a few games, admire the scenery, and of course eat lunch!



Sunday Brunch - November 10

We always look forward mingling with our residents and their family and friends each month during our monthly Sunday brunches. Each resident can invite 2 guest free of charge, any additional guest can purchase meal tickets from the business office for \$10 a person. If you anticipate having a large group, please RSVP to a member of the culinary team as spaces fill up quickly!

Volunteers Needed

The Willows at Citation strives to make all of our resident's days enjoyable and fun. Volunteers are the heart and soul of our campus and the key to making this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference too many people. If you are interested in volunteering for the following programs, please contact Josh Gruneisen/ Life Enrichment Director.

Suggested areas of help:
Bingo caller, Arts and Crafts, and Visits with residents.

Happy Hour and Live Music!

Every Friday from 3-4pm we offer live music in our dining room from some exciting local talent. Accompanying the live music is our famous Happy Hour which features delicious food made from our culinary team, as well as a variety of spirits.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at willowsatcitation.com

The Private Dining Room can be reserved for Birthday Parties, Family Dinners, or any other special event you would like to celebrate with your loved ones.

Happy Hour is weekly at 3:00 to 4:00pm.



THE WILLOWS AT CITATION

A Trilogy Senior Living Community

1376 Silver Springs Dr.

Lexington, KY 40511

859-277-0320

willowsatcitation.com |  

Brittany Faucher
Executive Director

Rhonda Johnston
Director of Health Services

Angie Fields
Asst. Director of Health Services

Josh Gruneisen
Life Enrichment Director

Erica Felty-Marler
Therapy Program Director

Heather Hall
Community Support Representative

Michelle King
Community Support Specialist

Eavan Kelly
Business Office Manager

Kathy Ramsey
Social Services Director

Mary Ritchie
Director of Environmental Services

Tyler Sands
Director of Plant Operations

Drew Hemmer
Director of Food Services

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