



THE VILLAGES  
AT OAK RIDGE

*A Trilogy Senior Living Community*

# Lifestyles

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.

- **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 Villas home, you can rest assured that they too will receive all of the delicious brain nutrients that they need. Our campus chefs are well trained, our ingredients always fresh, and the health of our residents is always our top priority. Stop by the dining room in our main campus to see for yourself!

## Looking Ahead

Brunch Nov 17th  
11am-1pm • RSVP  
(Main Campus)

Every Monday at 12p  
Villa Luncheon

Villa Thanksgiving  
Celebration Monday,  
November at 12noon in the  
clubhouse. Full Thanksgiving  
meal with all the fixins!  
Please feel free to invite  
family or friends must RSVP

If you would like to reserve the  
clubhouse for upcoming events  
please let Haley, Villa Lifestyle  
Director know: 812-787-2513  
[haley.liming@villagesatoakridge.com](mailto:haley.liming@villagesatoakridge.com)

If you have any maintenance  
concerns please contact Cheryl  
Robinson, Plant Operations  
Assistant: 812-254-3800

*Rebecca Lucas*  
Executive Director

*Haley Liming*  
Villa Lifestyle Director

*Michael Cullivan*  
Director of Plant Operations

*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)*

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## Villa Lifestyle Corner

As most of you know Becca  
is going to be working at our  
Jasper Campus and we wish  
her the very best. . We would  
like you to help us welcome  
Tonia Davis as our Executive  
Director. We will set up a  
meet and greet! We are proud  
to announce Kip's mommy  
plans to return to work on  
Monday November 4th. I  
know we have all missed

Haley so much. If there are  
any activities you would like  
to get started just bring that  
information to us. We will  
work hard to make it happen.

The Holiday Season is upon  
us and let's enjoy it like the  
family we are.

Love,

*Toni Tiger*



From our family to yours

*Happy Thanksgiving*