



THE VILLAGES
AT HISTORIC SILVERCREST
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!

Happy Birthday!

Residents

November 7	Carol H.
November 15	Kathy B.
November 26	Harold L.

Looking Ahead

*November 1 – The
Carnegie Center*

November 3 – Sunday Brunch

*November 6 – Olive
Garden Lunch Outing*

November 11 – Veterans Day

*November 12 – Coffee
and Donuts*

November 13 – Support Group

*November 20 –
Ambassador Lunch*

*November 26 – Brown
County Outing*

*November 27 – November
Inspired Living*

Villa Lifestyle Corner

Welcome to November! Can you believe how quickly this year has passed? Thanksgiving and Christmas are right around the corner. The fall has been packed with many outings and events here at Silvercrest and we're looking forward to many more events this winter. The cold weather isn't stopping us! A trip to Brown County, Indiana and a few lunch outings are coming up and we couldn't be more excited.

While I'm always thankful for this community, this time of year brings out even more gratitude to be part of such a wonderful group of people. Each and every one of you make our community strong and I could not be more thankful for all of you.

Wishing you another season full of joy and happiness,
Elisabeth Petty
Villa Lifestyle Director

Out and About

We enjoyed brunch at First Watch in Clarksville!



Living Well in the Villas

A roadtrip to Madison for lunch at the Key West Shrimp House was enjoyed by everyone!



*Carla Sieckert
Executive Director*

*Rebecca Bowling
Director of Health Services*

*Eddie Woodruff
Director of Plant Operations*

*Sonja Wiggins
Environmental Services Director*

*Brad Houchins
Director of Food Services*

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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Special Events

Bob H. kicked off the Trilogy Foundation Golf Outing for his Live A Dream!

Volunteer News

If you're looking for ways to get involved in the community, please contact Elisabeth at 812-704-2605.

Did You Know...?

The Clubhouse can be reserved for your next family gathering? Contact Elisabeth to reserve today!

Office Hours:
Monday 1:00-3:00 pm

Recognition & Appreciation

Sandy, Bob, Faiza, and Jim are such great additions to our community. We are so thankful for all of their ideas and hard work.