



THE SPRINGS
OF RICHMOND

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.

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Happy Birthday!

Residents

John P.	11/13
Nina C.	11/25
Doris A.	11/26
Patricia A.	11/30

Staff

Jeremiah M.	11/26
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The Luck of Nov.

Lucky Color: Yellow

Lucky Day: Thursday

Lucky Number: 6 and 11

Lucky Letter: E and R

Lucky Plant: Viola

Bird of the Month:
The Northern Shrike

Flower: Chrysanthemum

Birthstone: Topaz



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,

Keshia Atwood, HFA, MBA
Executive Director

Featured Resident: Lucille P.

Lucille is originally from Kentucky and moved to Richmond when she was eight years old. Later on she decided not to go to high school so she could work. She started working at Decka Records which is where she met her first husband. He was a supplier and she was a press operator. Lucille said he would flip rubber bands at her to get her attention. Together they had seven children. The most awesome thing she's ever done was give birth to twin boys which it took her eight days to name them since she wasn't expecting twins. She has traveled to Oregon, Arizona, Tennessee, and Missouri and would love to visit Alaska. The one thing she would love to do that she hasn't done in a while is doing her own housework. Lucille likes participating in all the activities at The Springs. She said the staff here are all friendly and do what you ask of them. To entertain herself she likes to aggravate people and quilt but quilting she can't hardly do anymore.



Smile of the Month

Smiles of the Month are from our ADHS Christina F. and our newly promoted Jamie M. BOM



JOHNNY PUMPKIN

by Residents of The Springs of Richmond

Once upon a time, there was a pumpkin that went on a cruise to Hawaii. He forgot his suitcase, so he made an outfit out of palm leaves. Johnny and his girlfriend, Penny Pumpkin, went snorkeling in the ocean and mountain hiking. While snorkeling they came nose to nose with a group of friendly dolphins. After being in the heat, Johnny and Penny were beginning to feel soft. They ventured to the nearest cave to get cool. While in the cave they dined on coconuts, fish, pineapple, and berries. After getting cooled off they returned to the Pumpkin Patch Condos. They rolled to the gift shop to get postcards to send to pumpkin pals back in Indiana. Then a hurricane hit the island and made Johnny into pumpkin pudding! –The End

Sunday Brunch

Come in and enjoy our Sunday Brunch November 10, 2019

11:00am to 1:00pm. Residents are welcome to invite as many guests as they wish! Each resident will receive 2 free meal tickets for Sunday Brunch. Any guests after 2, may purchase a meal ticket for \$7.00 each. Meal tickers may be purchased in the Business Office Monday thru Friday 8:00am- 5:00pm.

Guest Please RSVP by Wednesday, November 6, 2019 at 3:00pm

FUN AROUND CAMPUS



Great Cheers coming from these Ladies!

Taste of Town

McAlister's

Volunteer News

Make a difference! If you are interested in volunteering to serve the aging in a lovely setting with compassionate staff, Contact Teresa Baker @ 765-935-0135 or via email at Teresa.Baker@springsofrichmond.com.

Did You Know...?

The Private Dining Room can be reserved just call The Springs.

Happy Hour is weekly every Friday from 3:00 to 4:00pm in the Pub! One of our most attended activities and events in the campus; we would like to see everyone show up for this good time! Live entertainment will have your feet stomping, hands clapping and your head bopping! Enjoy snacks at the Pub and a glass of wine if that is your flavor! Hope to see you there!



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springsofrichmond.com |

Keshia Atwood
Executive Director

Gina Robinson
Director of Health Services

Christina Falcone
Assistant Director of Health Services

Jamie Martin
Business Office Maager

Teresa Baker
Life Enrichment Director

Jeremiah Mitchell
Director of Plant Ops

Matthew Huffman
Director of Food Services

Amberley Vanwinkle
Director of Environmental Services

Melissa Bryant
MDS Coordinator

Angie Salles
AP/Payroll

Tabatha Woolwine
Director of Socail 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

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'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
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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