



THE SPRINGS
OF LIMA

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

Rose S. (AL)	11/01
Robert G. (HC)	11/04
Jo J.-S. (HC)	11/05
Barbara C. (AL)	11/10
Anna Belle H. (HC)	11/14
Donald L. (HC)	11/16
Marylou S. (AL)	11/17
Ella J. (HC)	11/21
Joyce P. (HC)	11/25

Staff

Justin D.	11/03
Jen E.	11/05
Brandon S.	11/08
Aquaila T.	11/09
Jen H.	11/17
D'osha L.	11/17
Donnavee C.	11/19
Nimota A.	11/25
Carolyn D.	11/25
Carrie W.	11/25

Sunday Brunch

Sunday Brunch is the second Sunday of each month from 11:00am-12:30pm. The resident and two guests are free. Additional tickets can be purchased at Guest Relations for \$7.00 each. Please RSVP 419-221-6051. November Sunday Brunch is November 10, 2019.



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,

Jessica Trinko
Executive Director

Family Night

The Springs of Lima hosted its first Car Show on September 30. We had over 30 cars displayed. Jeff Davis performed an array of tunes that kept toes tapping and the sound of the 50's alive in the air. Chef Justin and his team put together box lunches that were enjoyed by all. Donations were accepted to benefit The Alzheimer's Association. Everyone struggled to choose their favorites from so many wonderful cars but in the end the top 3 were chosen and each received a gift basket. Fun was had by all and it was great to see the campus alive with such smiles and kinship.



Si and Phyllis

More from Family Night



Jen and Gerry P.



June L.



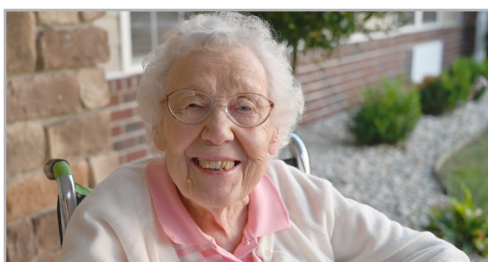
Tony F.



Tiz G.



Louise I.



Annabelle H.

HAPPY HOUR

We were blessed to book Bibiana Miskolciová for Happy Hour in October. She is a concert pianist who is the sister of Lanka, one of our Dietary Team members. Bibiana has performed around the country including Carnegie Hall in NYC. It was an amazing performance and we are grateful to Lanka and Bibiana for sharing her talent with us.



Bibiana



Ellen and Julie assisting with serving



Corey with his beautiful Pecan Pie inspired drinks

Upcoming Events

Wednesday, November 13 at lunch is Taste of the Town featuring Ike's. Food will be served in all dining rooms.

Monday, November 21 at 1:30pm our Senior Executive Club is scheduled in the HC Dining Room. Please RSVP 419-221-6051.

Did You Know...?

You can keep up to date with the happenings at The Springs by connections with us on Facebook and through Twitter.

That your family member can sign up for The Lima Public Library and have books delivered to the facility every month? Contact Leslie Jenkins, LED for details.

That Happy Hour is every Friday night at 3:00 - 4:00pm in the Assisted Living Activity Center. Hot appetizers are served and family members are welcome to join us!



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A Trilogy Senior Living Community

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Lima, OH 45807

419-221-6051

springsoflima.com |  

Jessica Trinko
Executive Director

Jennifer Holmes
Director of Health Services

Danielle Brinkman
Assistant Director of Health Services

Caylee Rickert
Customer Service Representative

Alexis Rayl
Customer Service Specialist

Brandi Wireman
Business Office Manager

Leslie Jenkins
Life Enrichment Director

Ellen Diemer
Director of Social Services

Bill Erickson
Director of Plant Operations

Justin Daley
Director of Food Services

Terri Williamson
Environmental Services Supervisor

Julia Desenberg
MDS Coordinator

Michaela Fitzgerald-Ryan
Medical Records & Scheduling

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'

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• **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
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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY