



THE OAKS
AT WOODFIELD

A Trilogy Senior Living Community

Outlook

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!

11/03	Harbhajan "Harbie" G.
11/07	Bonnie E.
11/09	Betty T. "92"
11/12	June S. "92"
11/22	Bert B. "93"

Taste of Town Leo's Coney Island

On Friday, November 8th, Leo's will be the main attraction! Come for lunch. Meal tickets may be purchased in the business office. Call 810.606.9950 for a reservation.

Volunteering at the Oaks

Looking for that special gift to give at the holidays? How about the gift of your time? Consider giving one hour a week ... consider being a volunteer at The Oaks. Whether you have a specific talent or passion to share or if you want to just come play, residents and staff alike would be delighted to have you! Join our amazing team of volunteers. Contact Lesa Carver for details 810.606.9950.

LifeShare

LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Come try some LifeShare games in Town Square. Also, each room has this service available.

The Life Enrichment staff would love to help you learn about this wonderful service. LifeShare is a great way to keep in touch.

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,

Kelly Kyllonen
Executive Director

OUT AND ABOUT

Oaks residents enjoy getting out and about twice per week, as long as the weather cooperates! We have such a great time. Whether it's going out to eat, attending a local play, or simply going for rides in the van, we have fun! Our bus only seats 14, and spots are filled based on a first come, first served basis. So check your activity calendar for all the great events, talk to a Life Enrichment Associate for details.



Montrose Orchard



Taboons



Legacy Spotlight

Where else but Michigan can you enjoy a summer day in October! Hopefully, we'll have a few "summer days" in November too! We are sure hoping so in Legacy Lane! We get outside whenever we can. There might be some tomato stragglers from our garden to enjoy!

Upcoming Events

Christmas Brunch, December 08 & Gift Basket Raffle for Hope for the Holidays. Talk to the Business Office or Life Enrichment for details.



LIVE A DREAM

Is there something you haven't done in a long time? Remember that trip to Hawaii? Italy? Up north? What was it about that trip that was so special? With our "LIVE A DREAM" program, we can recreate those special moments. We can turn those dreams into reality, just ask Lee, Dave, & Pat. They recently had a chance to relive college days, reconnect with family, and return to an old stomping ground! Do you have an idea or suggestion? Talk to a Life Enrichment Associate today. We would love to make more dreams come true.



Holiday Family Night Dinner

We want to wish you and your family a safe and happy holiday season. As a special thanks to our family caregivers, please join us for dinner. Call 810.606.9950 for reservations. Talk to Life Enrichment for details. Enjoy a great meal, live music, and special time with family. Please note the following dates:

Assisted Living Family Night Dinner: Tuesday, November 12 at 5:00pm

Health Care/Rehab Family Night Dinner: Wednesday, November 13 at 5:00pm

Thanksgiving Brunch

November 10

The Thanksgiving Brunch is one of our most popular brunches. The great food, the reminiscing, the desserts, and don't forget spending time with friends and family is truly something for which to be thankful! Please RSVP to Food Services by Thursday, November 07, with the total number of guests and time you would like to reserve, either 11:00am or 12:00pm. This is extremely helpful to dining staff for food preparation. Each resident will receive two meal vouchers free of charge, and each additional guest will need to purchase a meal ticket for \$7.00 each. Meal vouchers are non-transferable and the brunch tickets must be purchased for that month's brunch only; regular meal tickets will not be honored for the brunch meal.

There is just something about turkey and all the trimmings! Plan to join us. Call now to make reservations 810.606.9950.



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5370 East Baldwin Road

Grand Blanc, MI 48439

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theoaksatwoodfield.com |

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Executive Director

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Judi Cottrell
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Joe D'angelo
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Lori Bowie
Rehabilitation Director

Lesla Carver
Life Enrichment Director

Jennifer Flood
Director of Social Services

Phillip Osmun
Director of Food & Dining Services

John Smith
Head Chef

Amanda Allen
Environmental Services Director

Karen Goldstein
Guest Relations

Kristy Watson
Assisted Living Director

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
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