



THE OAKS
AT NORTHPOINTE

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!

Residents

Sharyn H.	November 02
Marilyn P.	November 02
Sophie T.	November 05
Mildred U.	November 06
James S.	November 20
Odella D.	November 21
Robert R.	November 21
James J.	November 21
Marguerite L.	November 22
Brunhilde B.	November 25
JoAnn T.	November 28

Staff

Brent K.	November 04
Teresa O.	November 04
Jen S.	November 06
Debbie S.	November 13
Mechelle N.	November 25
Brooke T.	November 28



Executive Director Corner

Happy
October,
everyone!

Now that
Fall is in full swing, I'm taking
every opportunity available
to enjoy the outdoors.

There's something especially
comforting about the sound
of leaves crunching beneath
my feet, and the smell of fresh
pumpkins being carried by a
cool breeze. There's so much
to appreciate about this time
of the year, and we can't wait
to celebrate it with you.

On October 24th, we'll be
arriving at the next destination
in our "Party in the USA" Theme
Year – Nashville Boot Scootin'
Boogie! We recommend that
you start looking for a dance
partner now, because before
you know it, it'll be time to
honky tonk the night away!
Hold on to your hats for
more information about this
hoedown as we get closer

to the Theme Week. In the
meantime, don't hesitate
to talk to a member of our
Life Enrichment team about
any questions that you
might have. They'll be more
than happy to see you!

Speaking of Life Enrichment,
now is the perfect time to
get involved with our Out
and About program. If you're
wanting to stretch your legs
and experience some of the Fall
magic for yourself, then look
no further. With Out and About,
we offer our residents field
trips, bus tours, sports outings,
and more – up to two times
per week! Talk to any members
of our team about what we
have planned for this month so
that you can jump on board.

See you around, and
have a great month!

Yours in Service,

Jacqueline Altier
Executive Director

Volunteer News

We are always looking for
volunteers that would like the
opportunity to enhance the lives
of others as well as their own. It
can be something as simple as
talking with a resident, playing
cards, putting a puzzle together,
calling bingo, painting fingernails
or going on an outing. Also, the
Life Enrichment Department is
in need of a variety of magazine
donations. Please contact Deidre
or any other member of the
other Life Enrichment team at
740-452-3000 for information.

Out and About

This past month we have enjoyed outings to Fish and Picnic at a private spot on
Buckeye Lake as well as the Farm/ Der Dutchman in Amish Country where we got to
see/ pet some friendly animals and enjoy traditional Amish Cooking



Faye and Leonard at Buckeye Lake



Pat at Buckeye Lake



*Crystal and Millie
on the Farm*



Whole Gang Der Dutchman

LIVE A DREAM

This past month we granted 4 live a dreams! Take a look at Pat S. who wanted to get her ears pierced. Anita M. dream was to go ziplining and she did it like a boss! Her whole family joined her and inspired a total of 7 people to zip. Also, Jerry M. and Eleanor M. received a special visit from the Red's Mascot "Mr. Redlegs." They were both gifted tickets to a Red's game for them and their families to enjoy



Pat's Ears Pierced



Anita and Family



Anita and Bobi



Eleanor and Mr. Redlegs



Jerry and family at reds game



Jerry M. and Mr. Redlegs

More from Out and About

Taste of Town

Taste of Town will be on Monday, November 18th at noon. We will be enjoying Honey Baked Ham this month.

Sunday Brunch

Sunday Brunch is Sunday, November 24 at noon. The first two guest are complimentary and each additional guest is \$7.00 a person. Please R.S.V.P. to the front office with the number of guest that you will have joining you. Hope to see you there!

Holiday Meal

Join us for a delicious Holiday Dinner on November 21st followed by entertainment with the Marlings.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link oaksatnorthpointe.com.

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 3:00pm on Fridays by the clock tower!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



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3291 Northpointe Drive

Zanesville, OH 43701

740-452-3000

oaksatnorthpointe.com |  

Jackie Aliter
Executive Director

Andrea Tanner
Director of Health Services

Brandi Lewis
Assistant Director of Health Services

Cassie Llyod
Community Service Representative

Mindy Baker
Social Services Director

TBD
Assisted Living Coordinator

Deidre Hasel
Life Enrichment Director

TBD
Community Service Representative

TBD
Director of Food Services

Teresa Ott
Business Office Manager

Shane Stotts
Director of Plant Operations

Heidi Aronhalt
Environmental Services Director

Jennifer Fisher
MDS Director

Bob Bonar
Therapy 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'

...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
Q	Y	Y	C	O	Y	A	U	S	H	V	W	S	G	R	A	S	Y	I
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W	R	O	A	F	S	O	O	I	K	K	M	N	S	T	H	P	T	X
M	T	N	I	O	S	G	U	K	R	X	L	N	J	H	E	S	G	P
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