



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

November 01	Lilly S.
November 13	Tom H.
November 18	Jean Z.

Staff

November 05	Toni S.
November 05	Latorria W.
November 06	Kaitlyn M.
November 07	Sarah B.
November 08	Bre T.
November 19	Travis M.
November 20	Gwen D.
November 21	Rushekia M.
November 29	Brian L.



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,

Brian Loos

Executive Director

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are a part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include are not limited to:

- Manicures (nail painting)
- Visiting with residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

Out and About

We have been enjoying getting out & about during the fall season!

Some of our favorite outings so far have been to the Happy Cat Café and Heidi's Farm stand & Bakery. Sign up with the Life Enrichment team if you would like to join us on one of our outings!



More from Out and About



FALL FESTIVAL

We kicked off our Fall Festival with a chili cook-off followed by sweet treats from the Doughnuts Truck. We also enjoyed the Chamberlin Mobile Petting Zoo & Pony Rides. It was an afternoon filled with fall fun!



Veterans Honor Wall

If your loved one has served in the military, please bring us an 8x10 photograph of them in uniform so that we can include them on our wall of heroes. If you prefer it, we're more than happy to make a copy of the photo and return the original to you. Thank you as always for joining our family. We're honored to have the opportunity to serve you, and we're thankful for all the ways in which our veterans have served us.

Sunday Brunch

Our next Brunch on Sunday, November 17 from 11:00am – 1:00pm in the dining room. Please RSVP at the front desk. Two complementary guest tickets are provided. Each additional ticket is \$7 per guest.





THE OAKS AT CASCADE

A Trilogy Senior Living Community

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Grand Rapids, MI 49546

616-949-7310

theoaksatcascade.com | [t](#) [f](#)

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Jennifer Masters
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Emily D'Imperio
Director of Social Services

Becky Gibson
Business Office Manager

Jesse Foster
Director of Plant Operations

Kaitlyn Mulvey
Life Enrichment Director

Stephanie Mason
Director of Food Services

Travis MacArthur
Director of Environmental Services

Sarah Baldes
Therapy Director

Jamie Austin
Community Service Representative

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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