



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

Jeanne R.	November 01
Beverly B.	November 03
Joan G.	November 04
Martha W.	November 05
Melinda M.	November 09
Kareldean W.	November 16
Edwin S.	November 18
Roland J.	November 19
Mary S.	November 19
Annette B.	November 24
Shirley B.	November 25
Ann H.	November 28
Martha B.	November 30

Staff

Wendy S.	November 05
Cindy N.	November 12
Jamie H.	November 13
Alex T.	November 15
Monica C.	November 16
Emylee R.	November 18
Lori B.	November 20
Nancy R.	November 24
Leeza R.	November 24
Alejandra M.	November 25



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,
Katie Brown
Executive Director

Photo Highlights



More... Photo Highlights



Live a Dream

Rodney and Jen R. enjoyed a lovely evening listening to a Dino Kartsonakis concert.

Sunday Brunch

Brunch will be Sunday, November 10th 11:00am -1:00 pm at our Health Center and Assisted Living. Please call (419)424-1808 for reservations.

Did You Know...?

Happy Hour is weekly at 2:00pm at the Assisted Living and 3:00pm at the Health Center with Live Entertainment, Snacks and Adult Beverages.



THE HERITAGE

A Trilogy Senior Living Community

2820 Greenacre Drive

Findlay, OH 45840

419-424-1808

theheritagehc.com |

*Katie Brown
Executive Director*

*Laura Donnelly
Director of Nursing*

*Michelle Maciejewski
Director of Resident Services/SS*

*Sandy Campbell
Customer Service Representative*

*Lisa Rider
Customer Service Representative*

*Susan Waaland
Business Office Manager*

*Robin Fisher
Life Enrichment Director*

*Dr. Michael Manuel
Medical Director*

*Abigail Haudenschild
Program Director*

*Ben Hindall
Director of Food Services*

*Wayne Riegle
Legacy Neighborhood 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

'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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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

SEASIDE

THANKSGIVING

VITAMINS

ZESTY