



THE SPRINGS
OF MOORESVILLE

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!

November 06
November 10
November 27

Helen K.
Kevin S.
Sandra C.

Senior Executive Club

Senior Executive Club will be on November 06 this month at 2:00pm. Join us for a complimentary chef-prepared brunch, great conversation with local seniors and a special guest speaker. Please contact Tiana Community Services Rep. for more information.

Taste of Town

Taste of town this month will be on November 12. Taste of Town features a local restaurant each month that is delivered to the facility for our residents to enjoy at lunch! If you have any suggestions, please feel free to inform the Director of Food Services.

Volunteer News

The Life Enrichment team is always working on improving our programming for our resident! One way we are looking to enhance the senior life style experience is by inviting families, friends, and members of our community to volunteer and share a hobby that you are passionate about! We are asking you to donate one hour of your time to programming of your choice. If you are interested in volunteering or have questions about what programming may be right for you please see the Life Enrichment Director Sarah Wilde!



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,

Dawn Ellis

Executive Director

Creative Corner

Fall crafty creations are in full swing here at the campus from pumpkin crafts to fall leaf painting we are enjoying all the colors that inspire our beautiful art work.



UPCOMING OUTINGS

We are excited and looking forward to another month of fun outings at The Springs of Mooresville! Our outing for November will include **11/6-** Mooresville Movies & Lunch, **11/7-** Country Drive, **11/11-** Casino, **11/14-** Goodwill, **11/20-** AL Shopping Trip, **11/21-** HC Shopping Trip, **11/25-** Country Drive, **11/27-** Olive Garden. If you are interested in attending, volunteering or questions, please feel free to contact a member of the Life Enrichment Team!

Out and About



Smile of the Month



CAR SHOW

Our residents enjoying a classic car show along with themed snacks with Happy Hour! Thank You to Danny Taylor for organizing the event!



Live a Dream

Marian has always helped organize and run the Hunters Honey

Festival and after missing the last festival she wished to go again and so with the help of staff, family, and other volunteers we were able to make this dream come true! Thank you to all who helped organize and makes this a wonderful experience!



Sunday Brunch

Sunday Brunch will be held on November 17 starting at 11:00am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef prepared brunch. The first two brunch tickets are complimentary! Please RSVP by the 16th or see the Business Office with any questions.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.springsofmooresville.com. You can also find us on Facebook and Twitter.

The Private Dining Room can be reserved for family events and private dining with friends and loved ones. It seats up to 8 people comfortably! Reservations can be made at the front desk.

Happy Hour is weekly at 3:00pm every Friday until 4:00pm at the Pub. Please join us for some Friday fun and enjoy appetizers, drinks, and music!

Families can access LifeShare from a mobile app called "Life Share Family" on your phone using the community access pin springsofmooresville-hc and springsofmooresville-al.

If you would like to set up a family manager account or would like more information, please see Sarah Wilde the Life Enrichment Director.



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A Trilogy Senior Living Community

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Executive Director

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Director of Plant Operations

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Care Coordinator

Amanda Jenkins
Director of Environmental Services

Sarah Wilde
Life Enrichment Director

Haley Worden
Customer Service Specialist

Brandon Hislope
Social Services 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@trilogybs.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
Q	Y	Y	C	O	Y	A	U	S	H	V	W	S	G	R	A	S	Y	I
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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY