



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

| | |
|-------|--------------|
| 11/11 | Helen W. |
| 11/14 | Jerry M. |
| 11/16 | Marianne B. |
| 11/22 | Ruth S. |
| 11/23 | James P. |
| 11/23 | Elizabeth W. |



Executive Director Corner

Happy November! I hope that October was

good to you, and I hope you are ready for all that November has in store. Now that I am already hearing the occasional Christmas Carol on the way in to work, I am finding it hard not to get excited about the weeks ahead. If you are 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 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,

Makenzie Miles
Executive Director

Save The Dates!

Every Wednesday of the month at 2:30, we will have Bible Study w/ Jim from Southern Care

Grief Support Group
11/04 at 10:30

Shopping Spree Resident
Choice 11/05 at 2:00

Buses around The Track
at the Indy Speedway
11/12 leave at 7:00 am.

Holiday Shopping at the
Tippecanoe Mall 11/26 at 2:00

Resident and Family Christmas
Party 12/18 at 6:00

Did You Know...?

That you could read the monthly newsletter on-line? Please follow the campus link:

www.stmaryhc.com

The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.

Riley
enjoys
playing
his
ukulele!



Stay in the Loop on Facebook and Twitter!



Please "like" our Trilogy Health Services Facebook page and follow us on Twitter@TrilogyLiving to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter!  

PHOTO HIGHLIGHTS



Darlene



Tish painting her stepping stone.



Elizabeth



Regina and her mom participate in the Alzheimer's Walk



Residents enjoy baking cookies



Lafayette Alzheimer's Walk

Activity Highlights

| | | |
|--------------|-------|--|
| 11/01 | 2:30 | Happy Hour w/ Marla Stanton |
| 11/03 | 2:30 | Worship Services w/ Pastor Mark |
| 11/04 | 10:30 | Grief Counseling w/ Jim from Southern Care |
| 11/06 | 2:00 | VCC Singers |
| 11/08 | 10:00 | Mass |
| 11/08 | 3:00 | Happy Hour w/ Ryan Rollins |
| 11/10 | 11:00 | Holiday Fine Art Show |
| 11/10 | | Sunday |
| 11:00 – 1:00 | | Brunch |
| 11/11 | 3:00 | Veteran's Day Celebration |
| 11/12 | 12:00 | Just the Guys Lunch |
| 11/13 | 3:30 | LaLa Pottery Class w/ Angela Taylor |
| 11/15 | 3:00 | Happy Hour w/ Roy Carter |
| 11/20 | 2:30 | Monthly Birthday Celebration w/ Kent Lane |
| 11/21 | | Family |
| 5:00 – 6:30 | | Thanksgiving Dinner |
| 11/22 | 3:00 | Happy Hour w/ Mike Almon |
| 11/26 | 12:00 | Red Hat Society Diamond Diva Luncheon |



ST. MARY

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Kasey Hughes
Director of Plant Operations

Teresa Howe
Social Services Director

Lisa Miller
Director of Health Services

Brittany Harbolt
Director of Food Services

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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

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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY