



## *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!

11/03	Caleb H.
11/03	Jane F.
11/07	Marie S.
11/14	Jean P.
11/20	Jerry C.
11/21	Helen C.
11/24	Gladys F.

## The Walk to End Alzheimer's

The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. The Walk is held annually in more than 600 communities. The Silver Oaks Team comprised of residents, families, and staff supported our local Walk to End Alzheimer's this year! The event was held on a beautiful fall day at Mill Race Park! Thank you to all who raised funds and awareness and joined the fight to end Alzheimer's!!! We cannot wait to build our team for next year!

## Executive Director Corner

Greetings from Silver Oaks Health Campus. I hope you are as excited as we are for the onset of the holiday season! Our chefs can't wait to start whipping up our residents' favorite holiday dishes, and our Life Enrichment team has tons of fun activities planned for this month. If you need a break from holiday shopping (and the stress that goes with it) stop by our campus for a meal or a visit!

I always try to take some time out during November to look back on the past year and count all the memories and experiences for which I am thankful. It is hard to do; especially when I start thinking about all the wonderful experiences, I have been blessed to be a part of at Silver Oaks Health Campus. I am full of memories that I'll cherish for a lifetime, thanks to a staff

that is dedicated to exceeding expectations and residents whose stories and smiles are a huge reason I look forward to coming to work. Just scrolling through our campus Facebook and Twitter pages takes me on a heartwarming trip down memory lane. I highly recommend it!

Besides the fantastic people who live and work at our campus, I am also thankful to our family members who have entrusted us to care for their loved ones, whether for a few days, weeks, months or years. Thank you for allowing us to become a member of your extended family. We look forward to celebrating the upcoming holidays with you!

Yours in Service,  
*Pamela Cole*  
Executive Director

## Out and About: Southeast Division - Brown County Retreat

We recently participated in the "Brown County, Nashville, IN 2019 Southeast Division Retreat! This was a two-day trip to the beautiful scenic Brown County, IN. We started our trip with a private guided tour of the grounds and art of the T.C. Steele Museum. We then prepared for a boho-chic theme dinner and dance the night away to the Roger Bannister Band. On day two residents were able to choose between dulcimer music class, multi-media art class, mixology class at the Hard Truth Distillery, a Saddle Barn experience, or a trip shopping in downtown Nashville, IN.

*Thank you to Trilogy Health Services and everyone who made this one of a kind trip possible!*







# Out and About: Southeast Division - Brown County Retreat Photo Highlights



## Upcoming Events

*Monday, November 11*

**Veterans Day**

*Sunday, November 17*

**Thanksgiving Sunday Brunch**

## Did You Know...?

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

[www.silveroakshc.com](http://www.silveroakshc.com).

Private dining rooms can be reserved for private family meals and parties! Please contact us to make reservations today!

Happy Hour is weekly at 3:30pm every Friday.







## SILVER OAKS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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*Tommy Burns*  
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*Alesa McQueary*  
Life Enrichment Director

*Shawn Burge*  
Director of Food Services

*Jordan Brumett*  
Assistant Director of Food Services

*Melissa Hacker*  
Director of Therapy

*Lindsay Eldridge*  
Social Services Director

*Ashley Harbaugh*  
Community Services Representative

### Stay in the Loop [t](#) [f](#)

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](mailto: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
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
J	E	A	T	I	N	G	E	G	A	S	G	X	H	K	A	H	C	F
H	J	K	V	E	R	Z	D	X	N	M	L	O	X	T	N	I	H	Q
V	K	C	T	O	J	Y	M	I	K	Z	J	K	W	A	U	J	N	O
C	O	P	E	M	C	H	M	P	S	Q	I	Q	Y	Y	D	Y	N	S
K	T	W	A	F	Q	A	M	T	G	G	J	N	Z	F	R	C	O	H
B	E	B	Z	M	T	F	D	Q	I	O	S	J	S	R	O	R	H	V
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T	I	I	V	H	V	A	E	Q	I	R	L	B	E	Q	I	K	D	U
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F	P	A	J	K	D	B	I	Q	G	U	W	S	S	E	N	Z	U	B
Q	J	L	B	G	D	G	C	Q	L	Q	X	P	N	A	N	L	Z	M
P	W	M	R	W	B	Z	I	B	G	B	Q	W	P	L	D	X	F	N
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