



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 07	Rita Y.
November 14	Gerald P.
November 26	Irene G.
November 30	Margaret N.

Staff

November 01	Kim H.
November 07	Makayla Mc.
November 09	Kate B.
November 10	Bev G.
November 10	Ashley V.
November 11	Katie D.
November 14	Kristie M-B.
November 16	Britteney M.
November 17	Kaitlin M.
November 18	Tina Mc.
November 19	Jessy E.



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!

Sincerely,

Gwen Reverman
Executive Director

Chef's Corner

Fall is in full swing and it's so beautiful to watch the leaves change and enjoy the cooler days. November is a month that we should share all that we are thankful for and I would like to express how grateful I am to serve you all daily. It's a pleasure to prepare meals for you three times a day and listen to your feedback and ideas that you may have for us. I truly appreciate them all... good or bad. I thank each and every one of you for allowing me to serve you! We have so much planned for you in November!

Fall is the perfect time for hearty soups, so some new flavors will

be prepared and served Monday, Wednesday and Friday of each week. We begin with a little change of brunch, it will be on Sunday, November 10. On that day, we would like to honor our Veteran's. Activities is in the process of creating and forming a Veteran's Day Memorial Wall and Dietary feels that it would be even more special to have a brunch in honor of them.

We will be preparing for you a delightful Thanksgiving Themed Meal with Turkey and all the Trimmings. Look for your invite and PLEASE make an RSVP to me since we

know that this is one of our largest brunches of the year. You can email me at abby.siebert@ridgewoodhs.com or call (812)537-5700.

On Friday, November 15 we will enjoy our monthly Taste of Town which will be provided by Pizza Hut. Thanksgiving Meal will be celebrated on November 28 at noon, if you have family joining you please let me know so we can have food prepared for them as well. Also, remember it's five dollars a meal to eat. Again, thank you all for everything and Happy Thanksgiving to you and your Family.

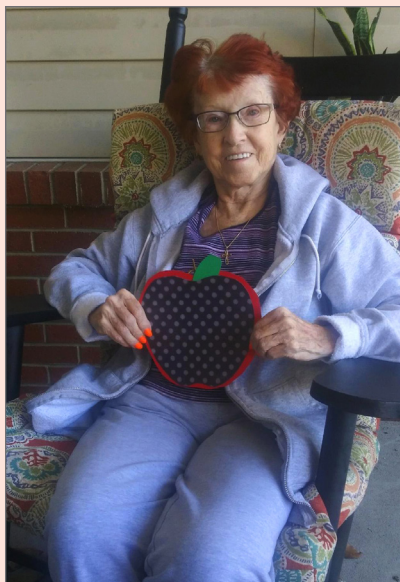


SMILE OF THE MONTH

Margaret and Calvin celebrated 38 years of wedded bliss at Bob Evans.

Artisans

Laura poses with her apple craft she created.



Around Campus

One of our best Family Nights yet! Thank you to all who came!



Everyone enjoyed their Hay Rides



Norma and her Family



Alice and her family



OUT AND ABOUT

Janine visited the Smithsonian Institute's Crossroads exhibit at Dillsboro Library.

Veteran's Honor Wall

At the November 10 brunch, we will reveal our Veteran's Walls to honor our residents who have served.

Sunday Brunch

November 10 from 11:00-1:00. Please give dietary your reservations to ensure seating.

Santa's Workshop

Connie & Ellen will be back again this year on November 14 from 1:00 – 4:00 p.m. This is a great opportunity for residents to get their Christmas shopping done. They offer wonderful, inexpensive items for sale!

Did You Know...?

The Private Dining Room, Riverboat Café, and Activity Room can be reserved for families to come and enjoy a birthday party, get together, or to share a meal with their loved one.

Certified Massage Therapist Appointments are available each Monday to residents and their family members. Contact Ashlee Owens for more information.

HAPPY HOUR: Every Friday at 3:00pm. Come and join us!

The Trilogy Foundation grants wishes for our residents through Live A Dream. If you can think of some-thing that your loved one would enjoy doing, please contact the activity department (812) 537-5700.



RIDGEWOOD

HEALTH CAMPUS

A Trilogy Senior Living Community

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Kellee Couch
Legacy Neighborhood Director

Bonnie Burnham
Director of Health Services

Rhonda McCrory
Assistant Director of Health Services

Lori Schwipps
Life Enrichment Director

Abby Siebert
Director of Food Services

Tonda Denton
Customer Service Representative

Ashlee Owens
Business Office Manager

Milly Rich
MDS Coordinator

Adam Clark
Director of Plant Operations

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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