



ORCHARD GROVE

HEALTH CAMPUS

A Trilogy Senior Living Community

Outlook

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!

Residents

November 01	Diana M.
November 03	Donna S.
November 09	Bernice S.
November 10	Robert H.
November 15	Sophia G.
November 20	Hilda Lou V.
November 21	Patricia S.
November 29	Marie K.
November 29	Ruth V.

Welcome Residents & Family Members

The Orchard Grove Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving your loved one in their daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our resident's lives!

Sunday Brunch

Our Sunday brunch, offered one Sunday a month, is a favorite with families and residents alike. This lovely brunch is prepared by members of our dining services team and features a wide selection of items, including some of our residents' favorite items. Join us on Sunday, November 17, 2019 for this scrumptious event! Please call ahead to make your reservations!



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,
Nirmal K. Kesavan
Executive Director

LIVE A DREAM

It was all blue skies and big smiles at Jackie's Live a Dream. Her dream was to go sailing with her granddaughter, and we felt honored to make that dream happen. She beamed with enjoyment as she cruised on Lake Michigan-Chicago with her husband, granddaughter, daughter, and son-in-law.



Family Night

This quarterly event allows families to visit and get to know our residents and staff in a fun and relaxed setting. Family nights feature a variety of activities, entertainment, and refreshments for families and residents to enjoy. Please join us for a fun-filled night! Our next Family Night will be Tuesday, December 10, 2019 from 6:30pm-8:00pm. We will be celebrating Christmas with many fun activities, which will include crafts, singing of Christmas carols, snacks and of course a visit from Santa Claus! Watch for more information or ask a Life Enrichment Team Member for more information.

GRANDPARENTS SLEEPOVER

Our residents and their grandchildren enjoyed a fun-filled night of games, crafts, snacks, and great quality time together.



Volunteer News

Orchard Grove Health Campus is looking for new volunteers! We would love to have you come and spend quality time with our residents. We have many programs that volunteers can help with and these include Bingo, Cooking, Happy Hour, Campus Choir, Men's Club, Tea Time, Ice Cream Social, Games, and Crafts. We also have many residents that would enjoy a special visit with a new friend. Please come and join us as a volunteer! Also, if you see a volunteer on campus, please thanks them for all they do! Contact our Life Enrichment Department on the many ways you can become a volunteer. Dkujawa@orchardgrovehc.com

Did You Know...?

Our Private Dining Rooms can be reserved for those special family events! Reserve one today for a birthday celebration, a holiday gathering or just to spend a special meal with your loved ones!

**Ask one of are friendly staff for more information.*

Live a Dream

Our Live a Dream program demonstrates our commitment to exceeding the expectations of our residents and their families. All of our staff is empowered to identify and grant the wishes of our residents on a regular basis. We've had residents soar through the clouds in planes and hot air balloons, zip line through the forest, renew their wedding vows, and take special trips to visit family and friends. These dreams and many more are all possible at Trilogy! Let us know if you know of a dream for one of our great residents!

Taste of Town

The staff at Orchard Grove Health Campus is looking forward to bringing in the taste and spirit of many local dining venues in Romeo to our residents. Taste of the Town is a monthly standard where the campus and residents chose a local restaurant and staff will arrange for a favorite meal and decorations to be brought to the campus for the residents to enjoy. If you are a local restaurant or know of a local restaurant owner, please reach out to our director of dining services.



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Domonick McGee
Director of Food Service

Michelle Lamar
Director of Environmental Services

Ginger Campbell
MDS Coordinator

Lauren Hopaluk
Director of Social Work

Lisa Castile
Director of Therapy

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*

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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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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