



NORTH RIVER
HEALTH CAMPUS

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!

Joanne M.	November 05
Norma B.	November 05
Charlotte M.	November 07
Guy T.	November 18
Eleanor V.	November 22
Betty S.	November 26
Diane W.	November 30

Volunteer News

Attention volunteers! We are looking for someone who might be interested in leading the rosary once a week starting this month! Please see Katelin or a member of the Life Enrichment team if you are interested.

Sunday Brunch

Sunday Brunch is November 10. Make sure you RSVP so that we can accommodate everyone in attendance.



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. This is my first ED Corner as the Executive Director of North River Health Campus. I'm so thankful to be joining this community just as the holidays approach. As the seasons change outside our windows, our campus will be going through a time of change as well. Vicky Harpenau will be stepping into the role of Administrator to bring continued support to the campus and I will be moving into the ED role. We're excited about this new season for our campus and community!

Speaking of community, 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,

Nicci StClair
Executive Director



FAMILY NIGHT

Thank you to everyone who followed the yellow brick road and submitted your Customer Satisfaction Survey! We had a blast celebrating the families with the Wizard of Oz theme.



OUT AND ABOUT: Resident Retreat 2019

Check out these photos from our Fall Retreat to Owensboro! We picked, fiddled, took a distillery tour and enjoyed a couple nice strolls along the riverfront. It was a relaxing getaway but we are always glad to come back home to North River.



Campus in Color

Congratulation North River! In the divisional contest, our campus won second place for Campus in Color 2019. Thanks so much to all of that staff, family and residents who took time to help plan, plant, water and care for our plants this year. You helped to make North River the beautiful place that it is.



NORTH RIVER

HEALTH CAMPUS

A Trilogy Senior Living Community

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Vicky Harpenau
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Delores Ellis
Assistant Director of Health Services

Julie Vandever
Community Service Representative

Lisa Whitten
Customer Service Specialist

TBD
Business Office Manager

Katelin Bradley
Life Enrichment Director

Mike Peak
Director of Plant Operations

TBD
Director of Food Services

Mike Weaver
Environmental Services Director

Megan Miller
Social Services Director

Olivia Day
Staffing Coordinator

Jennifer Reeb
Villa Lifestyle 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@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
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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