



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 | Beverly A. |
| November 08 | Charles B. |
| November 12 | Evelyn P. |
| November 23 | Alice M. |

Legacy Lane Spotlight

Through the generosity of community members and campus staff, Mill Pond will be expanding its generations by 5 new therapy dolls. The therapy dolls provide comfort to those with maternal instincts. We are very thankful to have these new additions at our campus.

Did You Know...?

Happy Hour is Friday weekly at 3:00pm. We have snacks and beverages to celebrate the great week we had.

Live a Dream

We want to have your dreams come true! If there is a dream that you have always wished for, please come talk with the Life Enrichment Director.

ARTISANS

Our residents are having fun being creative and expressing themselves through their artwork during our Artisans group.

Residents Ola, Deb, Betty and Donna enjoyed painting fall trees during our October artisans group. ►



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,

Rachel Frye

Executive Director

Volunteer News We are always welcoming new volunteers to our campus. If you or someone you know would enjoy engaging with residents and being part of the fun here at Mill Pond, please contact the Life Enrichment Director for more volunteer opportunities.





Pumpkin Patch

Residents enjoyed being out and about picking out pumpkins and mums during October.

Sunday Brunch

Every month we look forward to seeing families come together over a brunch here at Mill Pond. Our residents and staff always enjoy this time together. Please join us November 10 for our next Sunday Brunch. We look forward to seeing you!

Taste of Town

Residents enjoyed a cool day in the courtyard for our Taste of Town event called Old Mill Days. Our Old Mill Days came alive by the generosity of staff and community members. Residents were able to enjoy fall desserts, homemade crafts and each other's company on a beautiful, fall day in October.



Doris and Mary having fun at Old Mill Days

PHOTO HIGHLIGHTS

Ruthie is enjoying spending time with Sadie



Out and About

These are some of the outings we took part in during October. We enjoyed autumn leaves, pumpkins, juicy apples, and the Mill Pond "Covered Bridge" at our campus. November 12 our campus will be visiting the Indianapolis Speedway to drive around the track in our campus bus and tour the Speedway Museum to learn more about cars, and racing. We are looking forward to more fun filled outings in November.

Family Night

We enjoy having the company of loved ones and friends join us for Family Night. Our last family night we gathered for fall inspired appetizers, desserts and drinks. Please join us Tuesday, November 19 for Health Center Family Night and Thursday, November 21 for Assisted Living and Legacy Family Night.



Family nights will start at 5:00pm. We hope to see you there!



MILL POND

HEALTH CAMPUS

A Trilogy Senior Living Community

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Crystal Fortner
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Life Enrichment Director

Jeannie Stinson-McLean
Director of Resident Services

Chris Young
Director of Plant Services

Darnel Tanner
Director of Food Services

Kandra Roberts
Environmental Services Director

Loren Ashcraft
Therapy Program Director

Amy Arthur
Legacy Lane Coordinator

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

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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY