



CYPRESS POINTE
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.

...continued on back page

Happy Birthday!

Residents

Peggy G.	11/12
Helen L.	11/18
Jason F.	11/20
Patricia F.	11/25

Staff

Angela M.	11/2
Karalynn P.	11/2
Stefani T.	11/5
Mark R.	11/9
Melisa N.	11/10
Poetry D.	11/12
Iris N.	11/13
Lindsay D.	11/16
Felicia F.	11/17
Megan L.	11/20
Charles M.	11/21
Adebola F.	11/22
Dabreeca O.	11/23
Julie M.	11/24
Qiara D.	11/26
Dorothy W.	11/28
Erin C.	11/29



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,

Tony Valentine, LNHA
Executive Director

Family Thanksgiving Dinner

11/21 1st seating 4:30 PM

2nd seating 6:00

Must have reservations

Happy Hour

Friday at 2:30 provides fun, food and friends!

Mark Snow	11/1
John Wildenhau	11/15
Lou Janes	11/22
Lirtlest Big Band	11/29

PHOTO HIGHLIGHTS



MORE PHOTO HIGHLIGHTS



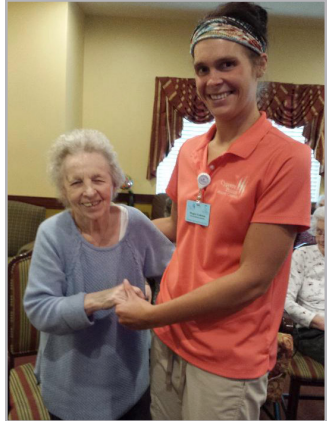
Ann enjoying her Grandchildren



Stylin



Fall Prevention Day!



Best friends



Lunch Prep



Sharon says Hello!

SMILE OF THE MONTH



Our housekeeping department enjoy a nice lunch

Cypress Pointe BUZZ

A new event has been added to our curriculum!!

You are invited to attend and participate in the "IN HOUSE INSPIRATIONS". This activity will be led by Cypress Pointe resident, Carol, and assisted by YOU! Since it is in-house, it will never be cancelled due to weather or other conflicts. Each meeting will include:

- Humor (jokes or funny stories told by residents)
- Hymn Stories (discussion of how chosen hymn came to be written)
- Scripture (suggested by hymn text)
- Meditation (based on hymn text)
- Singing of the selected hymn

Come enjoy and be a part of this new event!

WEDNESDAY 3:00 PM

Bingo Event

Cypress Pointe will host a Bingo Event for Charity November 7. Doors open at 6:00 PM / Event begins at 6:30 PM

This year's proceeds will benefit Brookville Handi Van Ministry

Ticket price pre-sale \$20.00 – at the door \$25

Ticket price includes Happy Hour, Chili Dinner, 10 Bingo games

Contact a member of the Life Enrichment team or Admissions team for further details.

Family Brunch

There will be NO FAMILY BRUNCH in November.

It will be replaced with a FAMILY THANKSGIVING DINNER Thursday, November 21. Residents receive 4

complimentary tickets for family use. Additional tickets may be purchased from the business office for \$10.00 each. There will be 2 seatings. 1st seating at 4:30 PM – 2nd seating at 6:00 PM. Families/Residents MUST make reservations for the dinner they choose to attend by Friday November 15.



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A Trilogy Senior Living Community

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Englewood, OH 45322

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Tony Valentine, LNHA

Executive Director

Tara Witt, RN

Director of Health Services

Megan Lautar

Assistant Director of Health Services

Saundra Mendenhall

Social Services Assistant

Amy Ireton

Business Office Manager

Linda Hoefler

Life Enrichment Director

Jennifer Keefe

Director of Resident Services

Mark Risser

Director of Plant Operations

Hector Alvaraz

Director of Food Services

Sherie Kearns

Therapy Program Director

Trisha Moore

Environmental Services Director

Julie Shirk

Legacy Neighborhood 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