



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

11/04	Anita S.
11/07	Ernie E.
11/08	Teresa M.
11/10	Marilyn P.
11/12	Jim S.
11/14	Don B.
11/15	Ellison S.
11/23	Marge F.
11/24	Vera E.
11/27	Nancy S.
11/29	Bill T.
11/30	Ann R.

Staff

11/05	Danielle R.
11/09	Shamaine V.
11/07	Ayrianna T.
11/19	Kelsey G.
11/24	Kelsey L.
11/25	Molly L.
11/27	Briana H.
11/28	Cindy J.



Executive Director Corner

Wow...it hardly seems possible we are entering

the onset of the holiday season this month. Thanksgiving is my favorite holiday and this time of year, my heart fills with gratitude for the many blessings we enjoy at Cumberland Pointe. When you look around our campus, you see caring and compassionate staff in every department who serve daily with a servant's heart and work to make our community a home for all that we serve. They are worth their weight in gold!

And we are grateful to be able to participate in our resident's lives as they share wisdom, grace, patience, humility and humor every day. Just as we see beautiful colors in the fall at the end of the growing season,

likewise our residents reflect true beauty of character in later life built through lifetimes of seasonal changes.

We are also thankful for our family members who have entrusted us to care for their loved ones, whether for a few days, weeks, months or years. Thank you for allowing us to serve you and your family!

As you reflect on your blessings this Thanksgiving season we hope the service and care Cumberland Pointe provides to you and your family will be included among the blessings you celebrate this year.

Wishing each of you a blessed month. Happy Thanksgiving!

Enjoy your October!

Gail Baldwin

Executive Director

Special Outings

- 11/06 Galema's Greenhouse
- 11/11 Veteran's Lunch at Applebee's
- 11/12 Buses Around Indy 500 Track
- 11/13 Michaels
- 11/18 Bowling at Mustang Alley

Upcoming Special Events

- 12/05 Family Night: Christmas Tree Decorating
- 12/19 Christmas Lights Scenic Drive

Photo Highlights



Our Knitting Club is working on the Lafayette Plarn Project!

More Photo Highlights



Thank you to Sara for being a great cow at our Taste of Town event from Chick-fil-A!



We had a great Tractor Show



A great game of Dominoes!



Thank you to everyone that came out to celebrate Grandparent's Day with us!



A Note from Erin



Are you taking advantage of LifeShare and all that it offers? LifeShare is a simple free way for families and friends

to communicate with residents through email right on their TV, right in their own room! With the Family Manager App and LifeShare Training Classes for residents we make it that much easier to communicate with loved ones! Check out the activities Calendar for dates and times of the training class or ask me how I can sign you and your family up today!

Are you attending all of our Community Connection/Social activities? Each month we have some great clubs and people from our community who volunteer their time here at Cumberland. Bible Study w/ Jeff and Cathy, Bible Stories w/ Pat, Hymn Sing from Victory Christian Center, Sunday Churches and Catholic Mass with Blessed Sacrament, West Lafayette Public Library, Men's Group and Knitting Club are just a few great activities we bring in from the community each month. Check out the November Calendar for dates and times of all of these activities or ask someone in the Life Enrichment Department how you can join!

Erin Hoon,

Life Enrichment Director



CUMBERLAND POINTE

HEALTH CAMPUS

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Erin Hoon
Life Enrichment Director

Meghan Stillabower
Director of Social Services

Sean Booher
Director of Plant Operations

Megan Hall
Director of Food Services

Karen Poe
Environmental Services Supervisor

Sara Hardesty
Assisted Living Coordinator

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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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J	E	A	T	I	N	G	E	G	A	S	G	X	H	K	A	H	C	F
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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY