



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

11/12	Phyllis C.
11/27	Albert R.
11/30	John H.

Staff

11/8	Reverna D.
11/15	Suzanne M.
11/18	Teresa B.
11/21	Sandy K.
11/23	Kim N.
11/25	Karen W.
11/27	Sarah B.
10/26	Marsha R.

Welcome to Covered Bridge!

Residents

Louis B.	Linda C.
Roger J.	Clara L.
Marilyn M.	Mary S.

Staff

Paige K.



Executive Director Corner

Happy November! I hope that October was

good to you, and I hope you are ready for all that November has in store. Now that I am already hearing the occasional Christmas Carol on the way in to work, I am finding it hard not to get excited about the weeks ahead. If you are 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 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!

See you around, and have a great month!

Yours in Service,
Angela Short
Executive Director

Family Brunch

Our Thanksgiving brunch is on November 17th! Please RSVP to the front office by Thursday, November 14th.

Legacy Lane Family Night.

Our next family night will be on November 5th from 6-7pm. We will be having a holiday theme dessert and craft.

Did You Know...?

That you can read the monthly newsletter AND our monthly calendar of activities on-line. Please follow the campus link: www.coveredbridgehc.com

All Smiles

Our legacy ladies are making all kinds of crafts to spruce up our living area.





Car Show

The band was great, the food was great, the weather was perfect, and the sunset was breathtaking! We have a great time at this years car show!



Follow Us

Please follow us on Social Media to see all of the amazing things we are doing here at the campus!!! Follow us on Twitter @CoveredBridgeHC and on Facebook! Here you can see our up and coming event and daily activities of our residents and much more!!

Oktoberfest Parade

- Thank you to everyone who walked in the parade again with us this year! We had a blast.



Taste of Town

On November 7th, will be the Pines for dinner

Festival of Lights

We will be doing our Festival of Lights again in December from the 2nd-15th. We will have a bidding war and the tree will go to the highest bidder and be announced at brunch on December 15th.

Family Forum

Our next family forum will be Thursday, November 21st at 5:30pm at Scheck's Cancer Center across the street from the Medical Building. There will be light refreshments provided. Alzheimer's disease is life changing for those who are diagnosed and their families. Our goal as a group is to provide a place to connect with other caregivers who truly understand what you are going through. Please call 812-523-4841 to reserve your seat. We look forward to seeing you!

Live a Dream

A resident's wishes and lifelong dreams are as unique as they are. Living out those dreams keeps us young and full of life. That is why we try to grant the wishes and dreams of our residents every chance we get. In addition, because of the generous support of our campus team members and through partnerships with local businesses and the Trilogy Foundation, our campus is a place where dreams come true. Do you wish a wish that you would like to have granted? Please see a member of the Life Enrichment team for details!



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Executive Director

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Missy Robinson
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Community Service Representative

Mike Craig
Business Office Manager

Kris Bowman
Life Enrichment Director

Erika Mublach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Christy Murphy
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

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
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C	O	P	E	M	C	H	M	P	S	Q	I	Q	Y	Y	D	Y	N	S
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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