



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

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

November 02	Dorothy H.
November 03	Natalia W.
November 15	Leslie G.
November 19	Jewell D.
November 23	Velma J.
November 29	Judith C.

Mark Your Calendars

Happy Hour: Happy Hour is every Friday beginning at 3:00pm in the main living room.

Sunday Brunch: No Sunday Brunch this month but instead will have a family dinner on Thursday, November 10 at 5:00pm for our Cherry Hill and Harvest Place residents. We will have one for our Legacy Lane families on Sunday, November 21 at 11:00am.

Senior Executive Club: Is the third Tuesday of each month at 10:00am. This month it will be on the November 19.

Family Forum: Is held the last Tuesday of each month at 6:00pm. This month it will be held on the November 26.

Mass with Father Bill: It will be held on December 10 at 10:30am

Taste of Town: Our next Taste of Town will be held on Wednesday, December 11 during lunch. We will be hosting Bob Evans.



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,

Lori Hess, HFA
Executive Director

FAMILY FORUM TESTIMONY

My name is Sandy Koetter and my parents have been residents of AW since November 2018. As you know, when you admit a loved one(s), you have so many emotions and questions regarding this new journey.

I began attending the Family Support Group here recently and I can't begin to tell you how it has helped me as well as my sister. Each month there is a presentation of interest to everyone and time to discuss whatever issues you are dealing with on a personal level as well as answers to questions regarding how to handle issues as they arise. I have learned so much and have gained a better insight into not only how to address my concerns, but have had the opportunity to make new friends. I want to highly encourage each of you who have loved ones here at AW to attend the Family Support Group. We all have busy lives, but this meeting is well worth the time and the information, facilitator, speakers and friends provide a sense of peace that's hard to put in words.

Please contact Christine Burke or any of the staff members for more information. I hope to see you there! All are Welcome!

Sandy Koetter

Rouxbe Coursework Completion

Autumn Woods Health Campus is proud to announce that their Director of Food Services; Vincent Gray, and Assistant Director of Food Services; Shannon Winburn as well as three of their cooks; Josh Willoughby, Andrew Lynn, and Racheal Russell were the 1st ones in the Trilogy Southeast Division to complete the Rouxbe Coursework. They are now considered 4 star chefs! They each were awarded a \$1,000 check, a knife set and a personalized chef's coat. In addition to this achievement, they each have an opportunity to continue their growth in education thru JCTC paid for by Trilogy.



(L to R)Trilogy VP of Director of Food Services; Eric Johnson, Andrew Lynn, Trilogy Area Support Andra Blanton, Vincent Gray, Trilogy Divisional Support of Food Services; Eric Clippert, Shannon Winburn, Autumn Woods ED; Lori Hess, Josh Willoughby and Racheal Russell



Mary Ruth J.

Taste of Town: Wendy's



Dora H.



Gladys H.

Out and About: Churchill Downs



Group in front on Churchill



Winning ticket Addy and Sandy

Upcoming Musical Entertainment

Wednesday, November 06:
"Mike on his Accordion"
beginning at 10:00am in the TDR.

Tuesday, November 12:
"Here by Grace" beginning
at 6:00pm in the MLR

Tuesday, November 19: "Susie
G." beginning at 9:45am on LL
and then 10:30am in the MLR.

Wednesday, November 20:
"Sue Loy" on LL
beginning at 2:00pm.

Wednesday, November 27:
"Merry Melodies" in
the MLR at 2:00pm

Wednesday, November 27:
"The Country Boys" beginning
at 6:00pm in the MLR

Friday, November 29:
Musical Performance with Allen
beginning at 2:00pm in the TDR.

Family Dinner

NO RESIDENT/FAMILY
BRUNCH THIS MONTH

We would like to formally invite
the Harvest Place and Cherry
Hill residents and families,
up to two family members to
join us for a Thanksgiving
Dinner beginning at 5:00pm,
Thursday, November 21.

We will be hosting a
Thanksgiving dinner for our
Legacy Lane residents and
families on Sunday, November
10, beginning at 12:00pm.

Any additional family
members are welcome to join
by purchasing a meal ticket
at the front desk for \$7.00.



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Lori Hess

Executive Director

Camille Wilkerson

Director of Health Services

Tammy Barger

Assistant Director of Health Services

Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Christine Burke

Legacy Lane Coordinator

Vincent Gray

Director of Food Services

Don Lear

Director of Plant Operations

Melissa Nance

Social Service 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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P	W	M	R	W	B	Z	I	B	G	B	Q	W	P	L	D	X	F	N
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