



AMBER MANOR

CARE CENTER

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!

Assisted Living

Mary K. November 21

Health Center

Estella T. November 11

Marian G. November 14

Majorie S. November 15

Janet A. November 18

Mary C. November 18

Mary W. November 19

Sharon B. November 20

Did You Know...?

Happy Hour is offered every Friday at 3:00pm. Feel free to join us for hors d'oeuvres and drinks (alcoholic and non-alcoholic).

Families are invited to join us for brunch on the second Sunday of each month at 11:00am.

Reid's Orchard

We spent our last summer field trip at Reid's Orchard. They all were able to try their different types of jelly and their yummy apple cider. We are ready for fall time!



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,

Cindi Lents

Executive Director



Last summer field trip-Reids Orchard

Owensboro Retreat

This year's retreat we went to Owensboro Kentucky. We had beautiful weather to walk along the river! We visited the International Bluegrass museum & the Oz Tyler Distillery. We enjoyed an amazing BBQ dinner with bluegrass band performing live. We wrapped up the retreat with a relaxing lunch at the Chateau at Cecil Farms.



Rachael at the retreat



*Mama Jo and Dixie
at the museum*



Mama Jo trying bourbon

AMBER MANOR CARNIVAL

We had a blast at our first Amber Manor Family Carnival. We had clowns, balloon making, games, face painting, tattoos, food and a dunking booth. The residents, family and staff enjoyed being together and watching the kids enjoy all the games. What a fun evening for everyone!



Rosie and Norma and family



Face Painting



Kenny at the Dunking Booth



Annie eating Cotton Candy

Patoka Lake Wine Cruise

We had a fun live a dream where Connie experienced a wine cruise at Patoka Lake. She loves drinking wine and being on the water so we found a wine cruise she could enjoy. They had food to go with the wine and lots of sunshine.



Cheers!



Connie enjoying the cruise



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801 East Illinois Street

Petersburg, IN 47567

Phone: 812-354-3001

ambermanorhc.com |

Cindi Lents

Executive Director

Kori Pinkstaff

Director of Health Services

Leslie Whitehead

Assistant Director of Health Services

Gwen Dunn

Customer Service Representative

Lori Frederick

Business Office Manager

Ariel Eck

Life Enrichment Director

Thomas Sparks

Director of Plant Operations

Angela Woodfork

Director of Food Services

Nicky Roy

MDS Coordinator

Cindy Johns

Medical Records

Myra Boger

HR and Accounts Payables

Janet Graff

Social Services

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
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AVOCADO
BLUEBERRY
BRAIN
DELICIOUS

EATING
FOOD
FRESH
GRAINS

HEALTHY
MEAL
NUTS
SALMON

SEEDS
THANKSGIVING
VITAMINS
ZESTY