



## *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

|            |             |
|------------|-------------|
| Lillian L. | November 03 |
| Frieda C.  | November 07 |
| Edgar S.   | November 09 |
| Maxine R.  | November 19 |
| Margie H.  | November 23 |

## Staff

|              |             |
|--------------|-------------|
| Maria G.     | November 03 |
| Jane N.      | November 03 |
| Alma P.      | November 07 |
| Anita M.     | November 08 |
| Danielle D.  | November 15 |
| Gabrielle M. | November 16 |
| Abby C.      | November 17 |
| Pam W.       | November 18 |
| Raechelle C. | November 23 |
| Twyla S.     | November 28 |



## 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,

*Alicia Lambert*

Executive Director

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link [www.wellbrookeofavon.com](http://www.wellbrookeofavon.com)

The Private Dining Room can be reserved for monthly club meetings, birthday celebrations, family events or private dining with friends and family.

Happy Hour is weekly at 3:00pm on Fridays; live music and snacks! Come Join Us!

## SMILE OF THE MONTH

Thank you Donald for always smiling and making our days the best they can be.





# Virtual Reality

One of the new ways we can fulfill experiences for residents is our new virtual reality headset! We can take residents on a safari or on an underwater journey!



# TASTE OF TOWN

Our Taste of Town in October took our residents to Mayberry with Aunt Bee! Mayberry Café in Danville, Indiana brought in their delicious fried chicken and Aunt Bee made everyone sheriffs for the day!



*Carl & Aunt Bee*

# Sunday Brunch

Sunday Brunch will be held on November 17th starting at 11am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef prepared brunch. Please RSVP or see business office with any questions.

# Volunteer News

We are looking for new volunteers to help enrich the lives of our residents! Come help us with a craft, cooking club, bingo, manicures and more! There are so many different ways our volunteers can elevate our life enrichment department while creating meaningful and lasting friendships with our residents.



*Ed & Aunt Bee*



# WELLBROOKE OF AVON

*A Trilogy Senior Living Community*

10307 E. County Rd. 100 North

Indianapolis, IN 46234

317-273-2144

wellbrookeofavon.com |  

*Alicia Lambert*  
**Executive Director**

*Rachelle Morgan*  
**Director of Health Services**

*Monte Wood*  
**Assistant Director of Health Services**

*Debi Driver*  
**Customer Service Representative**

*Sonia Turner*  
**Business Office Manager**

*Sarah McIlroy*  
**Life Enrichment Director**

*Dick Bilderback*  
**Director of Plant Operations**

*Tammy Meadows*  
**Environmental Services Director**

*Jodi Bell*  
**Therapy Director**

*Gina Dodson*  
**Social Services Director**

*Charnicka Williams*  
**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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 'Smart Eating'

*...continued from cover*

• **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 |
| H | J | K | V | E | R | Z | D | X | N | M | L | O | X | T | N | I | H | Q |
| V | K | C | T | O | J | Y | M | I | K | Z | J | K | W | A | U | J | N | O |
| C | O | P | E | M | C | H | M | P | S | Q | I | Q | Y | Y | D | Y | N | S |
| K | T | W | A | F | Q | A | M | T | G | G | J | N | Z | F | R | C | O | H |
| B | E | B | Z | M | T | F | D | Q | I | O | S | J | S | R | O | R | H | V |
| Z | X | N | Q | I | E | H | D | O | V | T | M | D | E | T | S | O | U | F |
| T | I | I | V | H | V | A | E | Q | I | R | L | B | E | Q | I | K | D | U |
| E | O | S | N | V | V | M | L | G | N | O | E | R | D | H | G | D | Z | Y |
| F | P | A | J | K | D | B | I | Q | G | U | W | S | S | E | N | Z | U | B |
| Q | J | L | B | G | D | G | C | Q | L | Q | X | P | N | A | N | L | Z | M |
| 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