

Choose foods for brain health

Remember the old adage, you are what you eat? Well, it's true. And what you eat will affect your overall health – including your brain.

B is for Brain and the importance of B vitamins to brain health, in particular B6, B12 and folate, said Andrea Wagner, clinical nutrition supervisor at Aspirus Riverview Hospital and Clinics. She was the guest speaker at the Alzheimer's caregiver support group August meeting.

“Our brains tend to shrink with age,” Wagner said. “These vitamins help make neurotransmitters and reduce brain shrinkage.”

B vitamins can help lower levels of homocysteine, an amino acid. Higher levels of homocysteine have been linked to Alzheimer's disease. A blood test can determine your homocysteine.

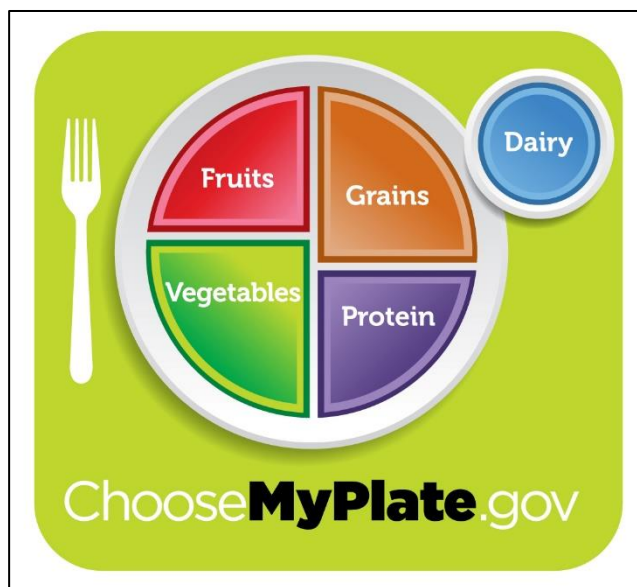
Wagner suggests talking to your doctor about taking B vitamin supplements. “A high level of supplementation is required to bring levels (of homocysteine) down,” she said.

You also can get B vitamins in green leafy vegetables, citrus fruit, beans, nuts, whole grains, fish, meat, poultry and more.

Wagner said it's sometimes easier to remember what you shouldn't eat, though, because it's a shorter list. She points to the MIND diet as an example.

The Mediterranean-DASH Intervention for Neurodegenerative Delay, or MIND, diet is a combination of the Mediterranean diet and the DASH diet, which was created to lower blood pressure. The MIND diet features 15 components – 10 healthy foods and 5 to avoid.

People who follow the diet with moderate adherence lowered their risk of Alzheimer's by 35 percent. Those who



followed it closely cut their risk by 53 percent.

“It's a very healthy diet,” Wagner said. “There's no reason not to follow it.”

An easy way to eat healthy is to follow the MyPlate (www.choosemyplate.gov) guideline, Wagner said, in which half your plate is vegetables and fruits, one quarter each is grains and protein with a dairy product. “This is a way to ensure in general you're eating healthy,” she said.

The MIND diet

10 healthy foods

1. Green leafy vegetables
2. Other vegetables
3. Nuts
4. Berries
5. Beans
6. Whole grains
7. Fish
8. Poultry

9. Olive oil

10. Wine

5 to avoid

1. Red meat
2. Butter and stick margarine
3. Cheese
4. Pastries
5. Sweets and fried or fast foods

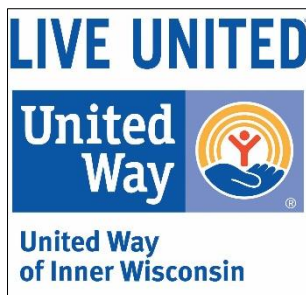
United Way creates lasting change in the community

The Boys & Girls Club. Rapids Family Backpacks. Boy Scouts. Girl Scouts. Club Mead. The Neighborhood Table. Park Place. YMCA. Career Closet. The Literacy Council. Jeremiah's Crossing. The Family Center.

These are among 32 programs that receive funding from the United Way of Inner Wisconsin's annual campaign, which kicked off Sept. 1. Each dollar is combined with other contributions to make a difference in our community. You might think you can't afford to give, but even \$1 can make a difference when it's combined with others.

Donate \$26 – that's just a little more than \$1 a paycheck – and be entered in a drawing for \$1,000!

Watch your employee mailbox to learn how you can help make a lasting change.



Happy Birthday

This month we wish a happy birthday to the following residents:

- Sonny, Sept. 10
- Norman, Sept. 13
- Sharon, Sept. 15
- Richard, Sept. 19
- Lorraine, Sept. 28



American Heroes Café

Do you know a veteran? Invite him or her to the American Heroes Café, which serves free coffee and doughnuts to all veterans, police and firefighters. It is open from 8 a.m. to 11 a.m. every Wednesday at the Lowell Senior Center at Centralia Center, 220 Third Ave. S.

Alzheimer's caregiver support group

Getting some help at home can make all the difference for someone caring for a person with Alzheimer's or other dementia. Find out how home care can help at the Sept. 8 Alzheimer's Caregiver Support Group.

We meet at 9:30 a.m. at the Aging & Disability Resource Center in Centralia Center. Join us for a time of sharing. Call 715-423-7400 for information or to arrange free respite care for your loved one so you can attend.

Memory cafe

Memory cafes are for people with early stage dementia, mild memory loss or cognitive impairment and for family and friends of those affected.

Join us at 10:30 a.m. Friday, Oct. 7 at McMillan Library for lively discussion, refreshments, camaraderie and fun. Call Karen Bradbury at 715-422-2795 for more information.

The Gilead Coffee House memory café is from 9:30 a.m. to 11 a.m. Sept. 13 and Oct. 11 at First English Lutheran Church. Call 715-423-2840 for information.



We celebrated all things Olympics. From door decos, to treats to games we could play, we incorporated the Olympic rings, colors and spirit! Two of our homes visited the zoo in August, too. (below)



Hilltop Grand Village on TV

Hilltop Grand Village was featured in a segment on WSAW News Channel 7's Senior Living Show. It will be available on our website, too.

We are in the final days of building up finishing touches continue. We hope to be open soon for members.

You are invited to tour during one of our upcoming open houses. We will have a public open house and a time employees to visit. Employees can watch for posters by the time clocks for details.

Go to our website, www.hilltopgrandvillage.com or follow us on Facebook, www.facebook.com/HilltopGrandVillage.



We "dressed the set" for our TV taping with furniture in some apartments and common areas.



Help and Hope for Aging

Seniors and their family members and caregivers are invited to attend a free seminar to learn about local resources and information.

Learn the signs of when it's time to seek care for your loved one to ensure his or her safety. Find out about health care power of attorney and why it's so important for everyone. Get information on how to reduce falls. Find out how home care can help you or your loved one stay safely at home. Learn this and much more!

Help and Hope for Aging will be Friday, Sept. 16, at McMillan Memorial Library, beginning at 9 a.m. Lunch is provided. There is no cost to attend, but registration is requested to ensure enough lunch and materials for participants.

Call Jonna at 715-424-4971 or email the number attending to kronholm@wctc.net by Sept. 8.