



March 2017 newsletter

Shouldn't the rest of your life be the best of your life?

Follow us on Facebook and Twitter.



Maintain brain health through good nutrition

The facts are staggering: More than 5 million Americans are living with Alzheimer's disease. Alzheimer's or a related dementia will affect 1 in 3 Americans in their lifetime. Women are at higher risk to develop this disease.

Rachael Sparks of Wellness Within Consulting started her presentation with the facts about Alzheimer's. The participants at the February Alzheimer's caregiver support group are familiar with them, but they still are almost unbelievable.

Sparks provides nutrition consulting, reiki and essential oil therapy at her business at Stoiber Health Care. She has worked as a caregiver and grew up with residents in the Adult Family Home her parents operated. "I have a lot of experience dealing with Alzheimer's and dementia," she said.

She has researched how nutrition impacts overall health and brain health.

"Scientists and doctors are working hard to cure Alzheimer's and dementia," she said. "Until they do, an alternative strategy that works for everyone is to focus on maintaining a healthy brain. Good nutrition is vital to maintaining brain health."

Sparks said foods rich in certain vitamins, minerals and healthy fats, such as omega-3s, are best for maintaining brain health and normal brain function. She said it's important to avoid foods that have harmful saturated and trans fats. Research has shown that the Mediterranean diet is a healthy choice, particularly for brain health, she said.

Eating whole foods – not processed ones – is important, she said. An average person's diet consists of 75 percent processed, ultra-processed or fast food, she said.



Wild blueberries are a healthy food choice.

"Unhealthy processed and fast foods lack the essential nutrients our brains and bodies require." Sparks recommends avoiding margarine, which is a manmade food that's basically edible plastic.

"There are several nutrient deficiencies linked to an increased risk of Alzheimer's and dementia," she said, noting vitamin D is most alarming. "(R)esearchers estimate that half the United States population is at risk of vitamin D deficiency," she said, and it's as high as 95 percent in seniors.

International researchers found adults who were moderately deficient in vitamin D had a 53 percent increased chance of developing dementia.

Sparks recommends talking to your health care provider before beginning any alternative treatment.

For more information

Wellness Within Consulting

1210 Parkwood Drive, Suite B, Wisconsin Rapids, WI 54494

715-207-8395

wellnesswithinconsulting@yahoo.com

Learning to preserve memories

Dan Smith of WinterSpring Studios was the latest speaker at the Let's Learn Together speaker series at Hilltop Grand Village. He shared tips and information about preserving family memories – from old home movies to faded and damaged photographs.

Despite the snow, a dozen people attended his presentation in February. All of the Let's Learn Together presentations are free and open to the public. They are designed to help everyone learn more about a variety of topics.

Refreshments are served, and there is time for questions.

Each month's segment will be recorded and played on Wisconsin Rapids Community Media. You can watch it at 9 a.m. Mondays and 11 a.m. Wednesdays on Solarus Ch. 3 or Charter Ch. 985.

Upcoming sessions include:

✦ When your joints hurt, you're not at your best. Kathleen Schultz, RN, is the Joint Care coordinator at Aspirus Riverview Hospital. She will talk about joint health and arthritis treatment options available locally. You'll have time to ask questions, too, when she presents at 10:30 a.m. Thursday, March 23.

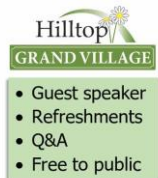
✦ Ila Jean Babcock has been practicing yoga for 20+ years and teaching for 10. "I became interested in meditation through my yoga practice. Many people think that to meditate you must still the mind and remove all thoughts. This type of meditation is only one aspect of the practice. Meditation is really just a deeply listening to what is going on in your mind and body, and there are many different ways/styles of doing that. Come join me and let me help you find a meditative practice that suits you – anyone can do it." She will present at 7 p.m. Thursday, April 6.



Dan Smith talks to visitors after his Let's Learn Together presentation. Below are examples of equipment and media.



**Let's
Learn
Together!**



✦ Is your home FAT (Full of Acquired Things)? Learn how to use a Space Diet to your advantage with Annette Krautkramer of Caring Transitions 10 a.m. Thursday, May 4.

Future events include: chronic pain and rehabilitation, a new program for medication administration, elder law, financial planning, power of attorney for health care and more.

All programs will be held at Hilltop Grand Village, 1400 24th St. S. Enter by Home Depot. With questions, call Mystique at 715-423-7400 or email mystique@hilltopgrandvillage.com.

Happy Birthday!

The following residents celebrate birthdays in March:

- Marilyn, March 24



Hilltop, chef serve up Mardi Gras food, fun

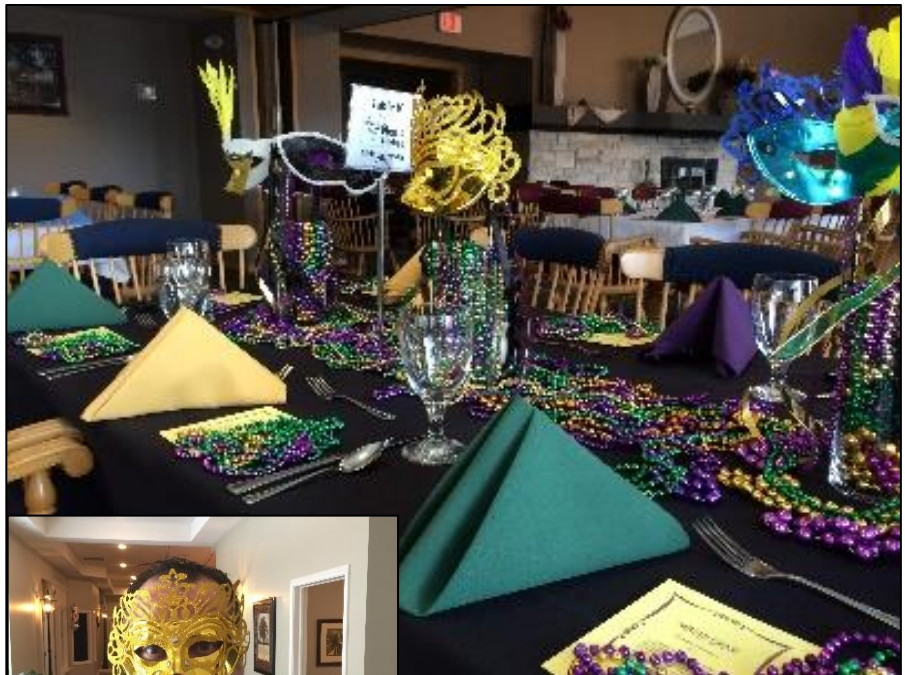
Hilltop Grand Village chef Rick Ciszewski served a Mardi Gras-themed meal at the 14th annual Men in the Kitchen fundraiser.

Ciszewski and his helpers, Hilltop's executive director, Mitchell Bain, and Matt Casper, dished up dinner and fun at the Feb. 25 event to benefit The Family Center, the domestic abuse shelter in Wisconsin Rapids.

Ciszewski and Bain both said they had fun at the event. Bain also praised Ciszewski's shrimp creole, jambalaya, okra salad and chocolate bourbon pecan pie. Mmm!



Chef Rick Ciszewski, center, with his helpers Matt Casper, left, and Mitchell Bain, at Men in the Kitchen.



The Hilltop table at Bull's Eye Country Club is decorated with Mardi Gras beads and masks. Who is that masked man at Hilltop Grand Village?

Employee trivia quiz

The winner of last month's quiz is Destinie, an employee at Hilltop Grand Village. Congratulations! She answered the most questions correctly in our presidential trivia quiz. See below for the answers. Here is this month's quiz, in honor of the recent spring-like weather we experienced.

1. In Japan, people celebrate spring with mass viewings of which flower?
2. In the northern hemisphere, spring begins in which month?
3. In the southern hemisphere, spring begins in which month?
4. What does the word "equinox" mean?
5. The arrival of which bird traditionally signals spring?
6. Mardi Gras isn't just an excuse for a party. It marks the final day before which season begins?
7. Which ancient monument was built facing the sunrise of the vernal equinox?
8. Who wrote "In the Spring a young man's fancy lightly turns to thoughts of love"?

To be eligible to win a prize, email Mystique (mystique@hilltopaffiliatesinc.com) or drop off answers in the office. A winner will be chosen from among all correct responses. Good luck!

Presidential trivia quiz answers

1. Who was the only president to be unanimously elected?
George Washington
2. Which president was the first to call his residence in Washington, D.C., the "White House?" Theodore Roosevelt
3. Which president collected Spiderman and Conan the Barbarian comic books? Barack Obama
4. Which president fulfilled all of his campaign promises?
James K. Polk (acquired California from Mexico, settled the Oregon dispute, lowered tariffs, established a sub-treasury and retired from office after one term)
5. Who was the oldest person elected president? Donald Trump at 70
6. Who was the tallest president? Abraham Lincoln at 6'4"
7. Who was the first president to be born in a hospital?
Jimmy Carter

Depression, dementia topic for support group

Depression is common among people with dementia and their caregivers. Learn the signs, when to get help and why it's important when Katie Miloch of Wood County Human Services presents to the Alzheimer's caregiver support group.

She will be the guest speaker at the next meeting, 9:30 a.m. March 9 at the Brehm Conference Room in the Centralia Center.

Join us for refreshments and a time for sharing. Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

Memory cafe in Rapids

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

Expect this to be a fun affair with good coffee, good snacks, good conversations and a good recapturing of memories we hold dear!

This memory café is held from 10:30 a.m. to noon the second Tuesday of every month at Centralia Center.

For more information, call Park Place Adult Day Services at 715-422-2795.