

GLEN OAKS Gazette



Improving Your Health, One Meal at a Time

How often during a meal do you sit back and think, “What is the exact nutritional value of what I’m eating?” or, “Will this food improve my skin elasticity?” how about, “Will this help my wound to heal?” No? Don’t feel bad.

These aren’t questions that people ordinarily ask themselves at the dinner table. However, before the food we serve ends up on our residents’ forks and spoons, our Dining Services team asks themselves exactly these kinds of questions. In honor of Nutrition Month, we wanted to give you some insights into why the food we serve at our campus is one of our topmost priorities.

Proper nutrition is important at any age, but as you reach your senior years, it becomes more important

than ever. By ingesting the right nutrients, you can help your body fight off infection, heal when it is injured, and maintain a healthy weight, which is key when it comes to preventing wounds such as pressure ulcers. In a recent article published by McKnight’s Senior Living, Paulina Lowkis, MBA, RD, LDN, CDE, a senior product manager with Medline’s Nutrition and Pharmaceutical Division, states, “Nutrition is often the forgotten piece in both prevention and treatment of wounds. It plays a significant role as adequate calories, protein and hydration are needed to keep the patient nourished.”

Expert opinions, and the science behind them, are the reason why we’re invested in both the taste and the nutritional value of the foods we serve. Like many things in life, this is a balancing act. Our chefs challenge themselves every day to create foods that our residents love to eat, and that also provide them

...continued on back page



Glen Oaks
Health Campus

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Did You Know?

According to the National Institute on Aging, we require fewer calories as we get older, but the same amount of nutrients! Eating nutrient-dense foods is incredibly important for older adults.

For handy tools to help you make the right eating choices, visit:

www.nia.nih.gov/health/smart-food-choices-healthy-aging

Happy Birthday!

Residents

Ruth Mc.	March 02
Jackie C.	March 04
Dixie R.	March 12
Flora E.	March 14
Joanna S.	March 14
Morris E.	March 21
Kathy R.	March 27

Staff

Heather S.	March 01
Madison C.	March 03
Lauren H.	March 05
Kim B.	March 09
Brittney P.	March 11
Macy B.	March 13
Dezira B.	March 24
Kilyssa H.	March 25

Did You Know...?

Happy Hour is weekly at 4:00pm every Friday.



Executive Director's Corner

Greetings from Glen Oaks Health

Campus! As winter winds down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, recently, McKnight's Senior Living published a great article concerning the importance of nutrition when it comes to wound care. As we age, we are more prone to injury and illness, and proper nutrition can help to combat both. John Hall of McKnight's writes, "In the global context of health, good nutrition naturally has long been one of the most powerful

weapons against disease." This is one of the reasons why we take our dining experience so seriously at Glen Oaks.

It is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. In this way, we can help prevent side effects of poor nutrition such as weight loss and dehydration, which, according to McKnight's, can lead to wounds such as pressure ulcers. I personally invite you to come experience the Trilogy difference, and dine with us during our Sunday Brunch either this month or any time that is convenient for you. There is always room at our table for company!

Yours in Service,
Tammy R. Nelson
Executive Director

Volunteer News

Parker Kindergarten was here again. This time they made snow ice cream with the residents. One little boy said as they were leaving "this is my favorite place to be!" We are so glad that the kids love coming here. Because we so look forward to their visits!



Smile of the Month

Family Night Bingo!



Library Visit

Outreach Librarian Keegan from the Henry County Library visits the Assisted Living residents once a month to share a program. In January, Keegan read love stories to the residents.



We're Making a Cookbook!

The residents are putting together a cookbook of their favorite recipes along with stories about themselves. We are inviting staff and family members to share their recipes and stories too! The cookbooks will be sold as fundraisers for the Campus's charity this year. You can contact the Life Enrichment department to submit your recipe and stories.



Leslee & Brandy with recipe card



Singer Tom Wight



Tim Wilkinson playing for Happy Hour

Music to My Hears

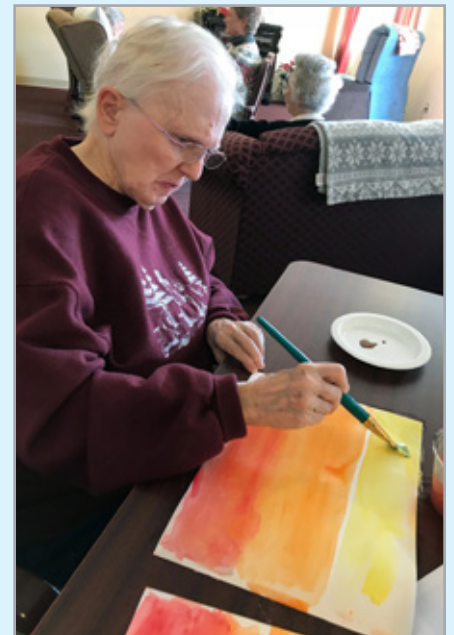
Did you know that Glen Oaks has at least one live entertainment each week and sometime two! Family is always welcome to any activity.

Legacy Lane Spotlight

Joann painting a lovely sunset or sunrise!



Greojean, Bill & Mike





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 A Trilogy Senior Living Community
A monthly newsletter serving the residents
of Glen Oaks Health Campus

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- Kilyssa Hamm
Community Service Representative
- Renee Madden
Medical Records
- Rhonda Searcy
Therapy Coordinator
- Julie Hutchens
Care Plan/Assessment Coordinator
- Kathleen Chaney
Director of Social Services
- Ann Knott
Life Enrichment Director
- David McMullen
Plant Operations
- Chris Treutlein
Director of Environmental Services
- Austin Smith
Director of Food Services

Stay in the Loop  

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

@GlenOaksHC

Glen Oaks Health Campus

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 the Divisional
Vice President or our Compliance
Line. Adam Parton, Divisional
Vice President. Compliance Hotline:
800-908-8618, ext. 2800;
or comply@trilogyhs.com

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'Improving Your Health' ...continued from cover

with the vitamins and nutrients they need to feel their best. And they take this challenge seriously. So seriously, in fact, that each year we hold a Culinary Olympics, during which our chefs compete against one another to create dishes worthy of a five-star restaurant. These appetizers, entrees, and desserts are judged not only on their presentation and overall flavor, but their nutritional value, as well! Look for these exciting dishes to show up on our menu after these competitions!

We could talk about our talented chefs and the wonderful meals they prepare all day, but when it comes to food, we know that the

proof is on the plate. If you are ever craving a dish that's prepared with skill and served with heart, join us for a meal. We highly recommend popping in for our monthly Sunday Brunch, which, in our opinion, rivals anything you would order at a restaurant! We're also always open to new recipe ideas, so if you or your loved one have a go-to crowd pleaser, let our chefs know. We may even feature it on our menu!



Word Search

X	P	U	U	O	E	Y	U	L	T	V	E	T	A	N	Z	S	Z	P
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BALANCE
BOOST
CHEF
DIGEST

EAT
FOOD
FORK
FRUIT

GATHERING
HYDRATE
MEAL
NUTRITION

PROTEIN
SPOON
VEGETABLES
VITAMINS