



Nutrition news—eat those blueberries



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The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn't know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, "This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future." Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating

"Impaired or failing memory as we get older is one of life's major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time."

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a "vitamin-rich" drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible. *(cont.)*

"Gone Fishin' "



Residents from the Meadows at Meadow Lake Village traveled to Parkcenter Park, which includes a pond stocked with trout, bass, and bluegill.

(cont.) For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Touchmark, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Touchmark Life Enrichment/Wellness Director Michelle Swantek and Executive Chef James Grimes. It's never too late to make good dietary choices that support active aging. ■

Coming Events

Every Wednesday

- 9 am: Balance and Posture class, level one
- 10 am: Balance and Posture class, level two

**Wednesday, Oct. 15,
5:30 pm**

Enjoy an Oktoberfest-theme buffet.

Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn't have to worry about me anymore; I'm well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to

Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Touchmark team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Touchmark lifestyle—and the fall's featured homes—call 208-888-2277 today. ■



The Madison offers 1,788 square feet, three bedrooms, two bathrooms, and a private back yard. The kitchen features DuPont™ Corian® Solid Surface countertops, a gas range, and slate and hardwood floors. Call today for your personal presentation or to join the waiting list for a lodge home.

Luau-themed dinner wows



Each month, Touchmark features a Chef's Choice Buffet. Executive Chef James Grimes (left) recently selected a luau-themed dinner. James and Line Cook Adam Hall remove a whole roasted pig from the slowcooker. Wrapped in banana leaves, the pig cooked for more than 15 hours. After the dinner, authentic Hawaiian dancers performed.

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■