

Comfort Care Chatter

March 2017

Also available online at
www.comfortcareia.com

March Birthdays

Happy Birthday to YOU!

Cindy B.	HCA	CF	3.1
Morgan K.	HCA	CR	3.1
Geri M.	HCA	CR	3.4
Melissa E.	HCA	CF	3.9
Shayla M.	HCA	CO	3.12
Lindsay A.	Billing/Payroll	CR	3.16
Christine K.	RN	CF	3.22
Sarah B.	Exec. Assist.	CR	3.22
Lori C.	LPN	CF	3.23
Natasha D.	HCA	CR	3.23
Stephanie D.	Priv. Coordntr.	CF	3.24
Angelica W.	RN	DV	3.29
Mary D.	RN	DV	3.29

March Anniversaries

Thank you for your time & commitment to Comfort Care!

Karen B.	HCA	CR	1yr
Kathleen M.	HCA	CO	1yr
Pam S.	Clinical Sup.	CR	1yr
Deana B.	Sched.	CO	3yrs
Pamela M.	HCA	CF	3yrs
Ruth W.	HCA	CF	5yrs
Renae J.	RN	CF	6yrs
Robin S.	HCA	CR	7yrs
Dale B.	HCA	CR	8yrs
Sandra N.	HCA	CR	8yrs
Sandra Z.	HCA	DV	8yrs
Lorene G.	Sched.	CF	10yrs
Mary K.	LPN	CF	15yrs
Cindy K.	HCA	CR	17yrs



Above: Comfort Care participated in the Horizons Lunchbox Program again this year! The program helps fund Horizons “Meals on Wheels” program which provides meals to seniors in need in the area. One lunch for us=one lunch for them! Employees pitched in & bought their lunches to support the fundraiser! Tami, Julie, Taylor & Lindsey are pictured above with their empty plates!

EVENT SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 -BP Clinic @ Thunder Ridge 10:00, CF -BP Clinic @ Oakhill 10:30, CR -BP Clinic @ Cumberland 10:00, DV -BP Clinic @ Thomas Place 1:00, DV	2 -CF Senior Center BP Clinic @ 9:30, CF -BP Clinic @ Nazareth Lutheran Church, CF -BP Clinic @ Lowe Park 11:30, CR	3 -BP Clinic @ Waterloo Senior Center 11:45, CF -BP Clinic @ Legacy Manor, CR	4 -Family Caregiver Expo, DV
5	6 -BP Clinic @ Walnut Court 10:00, CF -BP Clinic @ Legacy Manor 2:30, CF	7 -Julie on WMT's "Ask the Expert" 11am -CF Senior Center BP Clinic @ 9:30 -Career Fair @ Waterloo Center for the Arts 2-4 -BP Clinic @ North Liberty Living Center 2:00, CO	8 -Senior Connections Meeting @ 8:30, CF -BP Clinic @ Thunder Ridge 10:00, CF -BP Clinic @ Cumberland 10:00, DV	9 -CF Senior Center BP Clinic @ 9:30 -BP Clinic @ Evansdale 11:00, CF	10 -BP Clinic @ Legacy Ridge 10:00, CO -Health and Wellness Fair @ Friendship Village 2-4, CF -Bingo @ Hershey Manor 1:00, DV	11
12 -KMRY & Comfort Care Movie Night	13 -BP Clinic @ Walden, CO 2:30, CF -Craft @ Legacy Pointe 2:30, CO	14 -CF Senior Center BP Clinic @ 9:30 -BP Clinic @ Ely 9:30, CR -BP Clinic @ Fox Meadows 10:30, CF -Stories of Nursing Club @ Walden 2:30, CO	15 -BP Clinic @ Thunder Ridge 10:00, CF -BP Clinic @ Village Coop 10:45, CF -Craft @ Village Place 2:30, CR	16 CF Senior Center BP Clinic @ 9:30 BP @ Dunkerton 11:00 BP @ Renaissance 2:00	17 -BP Clinic @ Ecumenical Towers 2:30, CO	18 -Bingo @ Mallard Point 2-3, CF
19	20 -Bingo @ Evansdale Senior Residences 1:00 -BP Clinic @ Legacy Manor 2:30 -BP Clinic @ Luther Knoll 9:30, DV	21 -CF Senior Center BP Clinic @ 9:30	22 -BP Clinic @ Thunder Ridge 10:00, CF -BP Clinic @ Cumberland 10:00, DV -Bingo @ Luther Knoll 1:00, DV	23 CF Senior Center BP Clinic @ 9:30	24	25
26	27 -BP Clinic @ Walden 9:30, CO -BP Clinic @ Walnut Court 10:00, CF -BP Clinic @ Legacy Manor 2:30, CF -BP Clinic @ Luther Knoll 9:30, DV	28 -CF Senior Center BP Clinic @ 9:30, CF -Bingo @ Manor Care 2:30, CF -Bingo @ Palmer Hills 2:00, DV	29 -BP Clinic @ Thunder Ridge 10:00 -Blankets for Children's Hospital @ Arbor Trail 2:30, CR -BP Clinic @ Cumberland 10:00, DV -BP Clinic @ Thomas Place 1:00, DV	30 CF Senior Center BP Clinic @ 9:30 -Price Is Right @ Walden 2:30, CO	31 -BP Clinic @ Ecumenical Towers 2:30, CO	

4 Types of Foods to Help Boost Your Memory

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and past Academy of Nutrition and Dietetics spokesperson (2005-2014).

Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

National Nutrition Month® 2017

eat right. Academy of Nutrition and Dietetics

Nutrition Sudoku For Adults

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters K through S to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Oatmeal	Quinoa				Shrimp	Peanut		
	Shrimp			Peanut				Quinoa
	Milk			Kale			Radish	
Lime					Radish			Nectarine
	Nectarine	Radish	Lime		Oatmeal			
Quinoa			Kale			Lime		
Nectarine	Radish	Peanut		Oatmeal	Lime	Quinoa	Milk	
		Oatmeal		Nectarine				
		Quinoa		Radish	Peanut		Nectarine	

Reviewed November 2016 Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist.

Article obtained from: <http://www.eatright.org/resource/health/wellness/healthy-aging/memory-boosting-foods>

Right: Residents at a local senior apartment facility participate in BINGO sponsored by Comfort Care! Thank you to all of our local facilities who work with us as well as to these wonderful people for joining us!



We would like to welcome the following new employee!

Deloris V. HCA DV

K = Kale
L = Lime
M = Milk
N = Nectarine
O = Oatmeal
P = Peanut
Q = Quinoa
R = Radish
S = Shrimp



Don't Look Yet!
These Are the
Sudoku Answers:

L	N	O	P	R	W	Q	S	K	O
N	O	P	R	W	Q	S	K	O	L
S	K	O	L	Q	M	T	O	S	R
K	M	T	O	S	R	N	P	S	O
R	N	P	S	O	L	Q	M	T	O
O	P	S	O	L	Q	M	T	O	S
K	N	R	L	S	O	P	R	W	Q
L	O	M	P	Q	R	K	S	N	O
S	R	O	P	Q	R	K	S	N	O
O	P	S	O	L	Q	M	T	O	S
R	N	P	S	O	L	Q	M	T	O
Q	N	O	P	R	W	Q	S	K	O

Source: http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/activityhandouts/nnm17_sudoku_adults.ashx

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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