

THE INBETWEEN
HOLIDAY

No costumes or gifts required.

You probably already
guessed the holiday celebrated every year
in November...DRUM-ROLL, CYMBAL-CRASH:

NATIONAL EAT A CRANBERRY DAY!! Hooray
it's Cranberry season!! There is no better
way to "festive-up" your Thanksgiving meal
than with the colorful/tasty addition of a
bowl of cranberries. The bonus is...not only
are they tasty, healthy, but low-calorie.

The cranberry is an American berry, and
grown in the colder/damper regions...mainly
from New England to Wisconsin. This area is
called "The Cranberry Belt", they are also
grown in Washington state, and Grayland-
WA has a yearly festival. Cranberries are
grown worldwide, and have gained
popularity for their health benefits.

They are an excellent source of fibre, and
are used in varying ways:

from deodorizing shoes to a salad ingredient,
added to an omelette, turkey sandwich, baked
potato, or yam.

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HAPPY A YAM SESSION!!

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Mr. Kit's Korner



Spring Ridge newsletter

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Adopt-a-Turkey Month

Día de los Muertos
November 1

Walmart
November 3

Veteran's Day
celebration
November 10

Veterans Day (U.S.)
November 11

Birthday celebration
November 14

Applebee's
November 14

Thanksgiving dinner
November 19

Thanksgiving (U.S.)
November 23

Festival of trees
November 29

Every year, we make it to
the pumpkin patch to
choose the best pumpkins.



Ghostly remnants of the



Spring Ridge Halloween Bash!

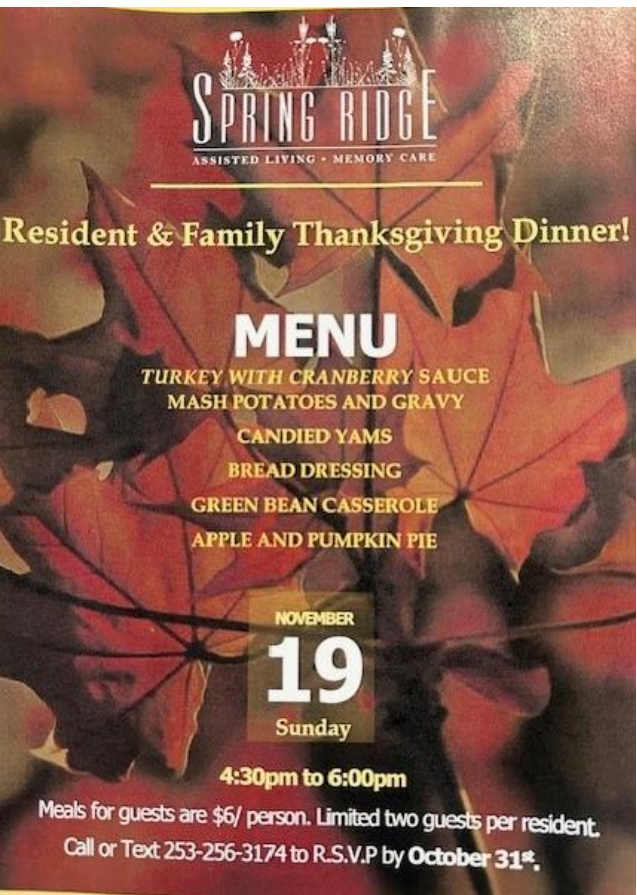


Brain Fitness

The term “brain fitness” reflects the idea that cognitive abilities can be maintained or improved by exercising the brain, in analogy to the way physical fitness is improved by exercising the body. Our brain chemistry changes as we age. The brain has the same number of neuron connections at age 75 that it did at age 25. However, at age 75 it takes longer for the brain to make connections causing it to take longer to complete tasks, remember a person’s name, learn a new task, etc. In addition, chronic stress, anxiety, depression, aging, air pollution, decreasing estrogen, excess oxytocin, and prolonged cortisol can decrease brain fitness.

Research has shown that by living a healthy lifestyle and engaging in activities that stimulate the brain, adults can diminish the effect of aging on the brain. The variety, diversity and complexity of stimulation that your brain receives can make a significant difference regarding its health. Brain Fitness is an essential part of maintaining cognitive wellness. Brain fitness encompasses many healthy behaviors that people should engage in to help keep their cognition sharp. First, it is important to eat a healthy diet. Diets low in saturated fat and cholesterol, high in fiber and omega-3 oils help keep brain function at a high level. Secondly, people should ensure that they are getting enough physical activity. Research has shown that 30 minutes of exercise at least 3 times a week aids in cognitive health. Finally, people should complete daily brain exercises. These exercises can improve the speed in which the brain processes information. The following are sample brain fitness exercises to incorporate into your daily routine.

1. Complete a Puzzle- Doing a puzzle strengthens the brain’s problem-solving skills, whether it is a crossword puzzle, a word search or a jigsaw puzzle.
2. Practice Planning Head- Activities that involve planning ahead, like chess, stimulate the frontal lobe area of the brain.
3. Use Your Non-Dominant Hand- By using your non-dominant hand, you engage the other side of your brain to focus on the task at hand.
4. Learn a New Skill- Learning a new skill, such as new craft or card game, keeps the brain strong.
5. Use Your Senses- For example, close your eyes and identify all the sounds you hear, and/or close your eyes and identify the food on your plate by smell or taste How can therapy help? Your rehab team is specially trained to help adults with a broad range of conditions that affect cognitive function. They can also identify lifestyle changes that can facilitate cognitive wellness. For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech therapists. In addition, consult your rehab team today if you are concerned about your brain health and function. For additional information, please contact your Select Rehabilitation Team or Anastasi Landskov, PTA/Clinical Lead.



November Birthdays

Eileen J November 6

Roger B November 7

