



Gazebo Gazette

Greer Management
Services

Volume 3, Issue 8
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Age-Proof Your Brain

Here are 10 new ways you can boost your brain health now!

1) Get Moving

Higher exercise levels can reduce dementia risk by 30 to 40 percent compared with low activity levels, and physically active people tend to maintain better cognition and memory than inactive people.

2) Pump Some Iron

Older women who participated in a yearlong weight-training program did 13 percent better on tests of cognitive function than a group of women who did balance and toning exercises.

3) Seek Out New Skills

Learning spurs the growth of new brain cells. When you challenge the brain, you increase the number of brain cells.

4) Say "Omm"

Harvard researchers studied men and women trained in a technique called mindfulness-based stress reduction (MBSR). This form of meditation has been shown to reduce harmful stress hormones.

5) Eat Like A Greek

A heart-friendly diet of fish, vegetables, fruit, nuts, and beans can reduce Alzheimer's 34 to 48 percent in a recent study conducted by Columbia University.

6.) Spice It Up

Your brain enjoys spices as much as your taste buds do. Black pepper, cinnamon, oregano, basil, parsley, ginger, and vanilla may help build brainpower.

7) Find Your Purpose

Discovering your mission in life can help you stay sharp.

8) Get A Social Life

Having multiple social networks helps lower dementia risk. You need friends!

9) Reduce Your Risks

Follow doctor's orders regarding diet and exercise and taking prescribed medications on schedule.

10.) Check Vitamin Deficiencies

Older adults don't always get all the nutrients they need from foods. Older adults at risk of vitamin B12 deficiencies had smaller brains and scored lowest on tests measuring thinking, reasoning, and memory.

Beth Howard wrote this article for AARP The Magazine/ Feb/Mar 2012 issue

You can read the entire article at <http://www.aarp.org/health/brain-health/info-01-2012/boost-brain-health.html>

Cindy Rapp

Vice President of Operations



Inside this issue:

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Welcome New Residents

Craig Farms

Jerseyville Estates

Virginia Beerep
Paul Jones
Freda Sigler
William & June Wilson

Mason Woods

Salem Woods
Cecil & Betty Branch

Employee Spotlight



Lesley Robeen
CNA

Jerseyville Estates
August 2011

A Note from the Administrator

This August's calendar is titled "The Summer Windup". I have to tell you I am ready to get a break from this heat! Our residents miss walking and sitting outdoors. Be sure to come and cool off during our ice cream socials on Fridays, ask for a Rita Special, but bring your appetite! We have been enjoying our garden of fresh tomatoes and even fried up our zucchini in cooking class. This month's Family Fun Night will be on August the 17th. We will be celebrating our 5 year anniversary. Some interesting entertainment is in the works. Come out and celebrate with us! On August the 19th head out to the lobby to root on our Cardinals baseball team. Summer sausage and soda pop will be provided. Then on the 30th we will go out to eat in Perryville at Ponderosa, everyone is invited to attend. We also provide local transportation to the weekend church services, if you are interested, just let us know! Happy Anniversary to us and here's to many more!

Shelley Bollman



August 2012



C
F

Craig Farms



This Month in History - August

The first U.S. Census is completed. There are four million people in the U.S. in 1790.

Animated cartoon Dizzy Dishes premieres, with new star Betty Boop! (1930)

"Smile, You're on Candid Camera". Allen Funt's wildly popular show debuts. (1948)



Resident of the Month

Thelma Weaver



Thelma moved to Craig Farms December 12th of 2008. She previously lived in Steeleville. Her daughter encouraged her to make the move so she would have some assistance in her every day life. She loves her private apart-

ment. She says "the staff take such good care of me here". She went on to say she likes all the activities offered, especially Bingo, her favorite. It is so nice to have people around everyday to talk to and have meals with. In conclusion she loves living here!

Greer Management Services

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Phone: 618-826-1400
Fax: 618-826-7022
E-mail: mcfadmin@newwavecomm.net

The Manor at Mason Woods
223 Illinois Street
Pinckneyville, IL 62274
Phone: 618-357-9770
Fax: 618-357-9774
E-mail: brookefox@nwcable.net

The Manor at Salem Woods
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Fax: 618-548-8939
E-mail: salemwoods11@yahoo.com

Senior Resources Links

- [AARP](#)
- [Alzheimer's Disease Education & Referral Center](#)
- [Illinois Dept on Aging](#)
- [Illinois Health & Wellness](#)
- [Illinois Healthcare & Family Services](#)
- [Illinois Supportive Living Program](#)
- [National Council On Aging](#)
- [Social Security](#)
- [Senior Corps](#)

Jerseyville Estates is especially designed to assist mature adults in maintaining an independent lifestyle. You'll delight in the many amenities of our community.



The Manor at Mason Woods is an attractive community in a beautiful, serene setting that provides comfort, safety and security for mature adults. We're proud to make The Manor at Mason Woods affordable and we welcome everyone.

The Manor at Craig Farms is located in a beautiful wooded setting and comes complete with a gazebo for relaxation and enjoyable conversation.



The Manor at Salem Woods is a safe, secure environment and we try to eliminate the worries which come with living alone. You and your family will have comfort in knowing that you live in this community—built just for you and your needs.

You'll be proud to call
The Manors
your new home too!

