

A New Look Coming in April

We're excited to announce enhanced changes with an updated look — including better readability — to your monthly menus!



March 2020

OREGON CASCADES WEST

bateman
Community Living

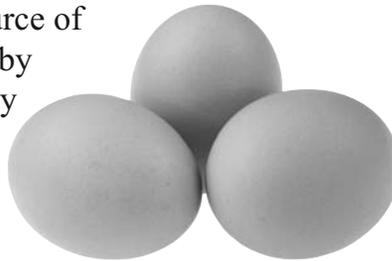
Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Food for Thought: Boost Memory

There are many ideas regarding ways to prevent mental decline and aging, though only a few have been proven to be effective. Choosing a balanced and healthful diet helps ensure an adequate intake of the nutrients needed to support brain health.

Breakfast — Start the Day Right

Eggs contain B vitamins, folic acid and choline, making them an effective brain food. For many people, “the most important meal of the day” also often includes tea or coffee, a source of caffeine that may improve mental function by increasing focus and alertness. Caffeine may also help the brain process information and form new memories.



Heart Health

A healthy heart supplies blood to other organs, including the brain. Therefore, foods that are good for the heart are also some of the best foods for memory function. Fatty fish, such as tuna or salmon, are excellent sources of omega-3 fatty acids which may improve memory and reduce the risk of Alzheimer’s disease. Flaxseed and walnuts also offer plenty of omega-3s.

Foods rich in antioxidants also seem to play an important role. Berries (especially blueberries, blackberries and cherries) and dark chocolate (with at least 70% cacao) are sweet snacks that are also a potent source of antioxidants and flavonoids.

Whole grains and dark leafy greens are other foods to boost blood flow, promoting a healthy heart with fiber, folate, and vitamins E and K.

Supplements

Although there are many pills available on the market, more scientific proof is needed on the effects of supplements and herbal regimens. A diet rich in antioxidants and healthy fats is still the most effective way to stay sharp.

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796

Adapted from <https://www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods>;

<https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

Art courtesy of misc. stock images.