



### **MIND Diet**

In recent studies conducted with individuals who showed signs of Alzheimer's and dementia, it was found that participants who followed the MIND diet rigorously lowered their risk of dementia by 53%. The MIND diet is a mixture of a Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet. Both of these diets have been found to reduce the risk of cardiovascular diseases like hypertension, heart attacks, and strokes. The research also shows that these diets combined provide protection against dementia (Diet, 2015).

The MIND diet has 15 dietary components such as green leafy vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and some tannins found in dark chocolate. Foods that should be avoided include red meats, butter or margarine, cheese, pastries, sweets, and "fast food".

Blueberries are found to be the most potent of all MIND diet foods. Blueberries contain potent anthocyanins, which have antioxidant and anti-inflammatory effects on the human body. In some studies, daily consumption of blueberries can play a role in improving memory recall.

At Waterford Place Memory Care, I have transformed the menu to be MIND diet conscious. We now use an olive oil blend instead of pure vegetable oil. At least once a week, salmon or cold water fish are on the menu as a means to boost healthy fats. Berries and other anti-inflammatory fruits that are high in antioxidants are on the menu daily, as well as dark leafy greens that reduce inflammation and stress on the brain. These are just a few changes that have made to incorporate the MIND diet into our menu at Waterford Place.

**HOPE**  
*for Dementia is here*

### **WP MC Leadership Team**

Executive Director  
***Ben Leavell***

Director of Clinical Services  
***Melinda Haight***

Director of Recreational Therapy  
***Angie Russo***

Admissions Counselor  
***Kris Hartney***

Director of Food Service  
***Chef Justin Ely***

Director of Housekeeping & Laundry  
***Tim Vesterfelt***

Maintenance  
***Brian Nienhuis & Dave Horjus***

Front Desk Lead  
***Martha Kitler***



**January 2019**

## Cooking-Up Memories

Cooking has always created impactful and vivid food memories for any member of a family. The smell and taste of a home cooked meal or the sounds of family laughing and enjoying one another's presence, can create some of the most glowing memories that will never be forgotten. At Waterford Place, we are trying to recreate this nostalgia of vivid memories with residents surrounded by family and loved ones.

The Cooking-Up Memories program at Waterford Place is something that was brought to my attention through our partner and food vendor, Gordon Food Service. The program involves interviewing residents and families as they join our community, to learn food preferences and to talk to family members about any recipes that they might have from their loved ones. It is a highly adaptable program for all stages of dementia, as ingredients can be prepped or started a head of time. Families are encouraged to join their loved ones, as this is a great time to reminisce and have a good laugh.

So far, Cooking-Up Memories has had great participation and resident satisfaction. We have recreated one of our resident's famous pecan rolls, another resident's sugar cookie recipe that was used during the holidays, and we entered one of our resident's famous chili into our Waterford Place annual soup, chili, and chowder cook-off. I look forward to meeting more residents and families and hearing the stories about how food and cooking has brought them together.

Chef Justin Ely, Director of Food Service

## Waterford Place Café

We are very blessed to have Chef Justin Ely as part of our leadership team here at Waterford Place. Not only does Chef Justin have a passion for food and nutrition, but also a passion to serve and to see others enjoy food & fellowship. If you have not yet had the opportunity to experience some of Chef Justin's culinary creations, we invite you to come in and have lunch on us at the Waterford Place Café. The Waterford Place Café is a restaurant open to all residents and the public. Hours of operation are 11:30-1:30 Monday-Friday, 11:00-1:00 on Saturday, and 12:00-1:30 on Sunday.

Ben Leavell, Executive Director



The graphic features a blue header with the text "Waterford Place Café". Below this, a white box contains the text "Complementary Lunch". To the right, a blue box lists the hours: "Please join us for a complementary lunch at the Waterford Place Café. Monday - Friday 11:30-1:30, Saturday 11:00-1:00, Sunday 12:00-1:30". At the bottom, the "Waterford Place Memory Care" logo is displayed in a stylized font.

Questions? Would you like a tour?

Please contact Kris Hartney,  
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