

The Granville Gazette

Exercise In The Morning Sharpens Brains Of Older Adults, Study Finds

When I drive into The Granville each morning, I often see the same folks out walking around the block or maybe just heading out for their early morning walk. Kudos to those of you who are out getting exercise or even doing the morning cycling class for this article will show how early morning exercisers are benefitting from this good habit.

Read on to see why.....

PERTH, Australia — Older adults who regularly partake in moderate-intensity workouts in the morning enjoy the benefits of a sharper brain during the day when it comes to cognitive performance, a recent study shows.

The study, led by researchers at the University of Western Australia's Baker Heart and Diabetes Institute, also showed that bouts of morning exercise combined with several brief, light-intensity walking breaks throughout an eight-hour day boosts short term memory, in comparison to uninterrupted sitting. Researchers found that different patterns of physical activity are able to enhance specific cognitive tasks and aspects.

The study involved 67 adults between 55 and 80 years old. The researchers had participants exercise on a treadmill in the morning, with some getting three-minute walking breaks throughout the day and some not. They assessed different aspects of cognition and concentration, including psychomotor function, attention span, executive function such as decision-making, visual learning, and working memory.

Previous research has shown that a protein called *brain-derived neurotropic growth factor* plays a significant role in the growth and survival of information-transmitting neurons. The results of the study showed that the protein was elevated for eight hours in both exercise conditions compared to prolonged sitting.

"With an aging population which is looking to live healthier for longer, these studies are critical to people enjoying a productive and satisfying quality of life," says lead author Michael Wheeler, physical activity researcher at the Baker Heart and Diabetes Institute, in a media release. "This study highlights how relatively simple changes to your daily routine could have a significant benefit to your cognitive health. It also reveals that one day we may be able to do specific types of exercise to enhance specific cognitive skills such as memory or learning."

The study is published in the *British Journal of Sports Medicine*.
Article written by Ben Renner

Hope to keep seeing you walkers, and maybe even more of you, out walking way into the fall season!

Sara Taylor
Executive Director

September 2019



From the Activities Director:

National Assisted Living Week is almost here and this year's theme is "A Spark of Creativity". I am sure you are not surprised that I was super excited when I found out about the theme. Coming from a creative family it has always been just part of my life to consider how to make, or build, or create something out of nothing and at times I take it for granted that others may struggle with that concept. Creativity can mean so many things, you can be creative in how you dress, on how you meet people, on how you solve problems, and how you do your daily routine.

I challenge you to find a way to add a little creativity to your day and embrace how it changed your experience.

I hope you join us for the many activities and Spirit Week fun we will have during NALW.

Carrie Peters-Activities Director

September Outings

9/4 Black Eyed Pea

9/27 Sprouts/TJ Maxx

9/30 Walmart

Welcome to The Granville!



Margaret Roschewski



Al Bellio

Residents Who Have Passed

Gilbert Karp
Victor Catano
Sharie McCormick

Happy Birthday!

Residents

Dora Sena	9/4
Linda Moser-Burnett	9/5
Genevieve Bernacchi	9/9
May Dimaio	9/11
Donna Droeger	9/21
Paul Humrich	9/22
Karen Koester	9/22
Heidi Sloan	9/24
Marlene Martin	9/29

Staff

Jorge Martinez	9/1
Nena Cervantes	9/4
Urbano Avila	9/5
Judy Barajas	9/8
Lidia Sanchez	9/15
Reanna Mendez	9/23

September Birthday Party Drink

Apple Cider Mojitos



Puzzler

Autumn Word Search

W B Y K N L
O N R R R E
R Z O O O A
C C E S W F
A P P L E N
E K A R D O

Find the words
hidden in the puzzle:

acorn
apple
brown
crow
leaf
rake



Department Updates:

From The Kitchen: Please do not take the dishes, glasses, mugs, or silverware out of the dining room. It creates shortages of supplies for meal services.

Resident Services: We will be performing daily shift safety checks for residents who self administer their own medication. If you have any questions about these safety checks please speak with Joe.

Book Keeping: You will be receiving an updated resident rights and Discharge Policy with your monthly statement.

Medication Coordination: We will be welcoming Brittany Hernandez to our team in the beginning of September, Brittany worked for the Granville for 14 years before stepping away to receive her LPN license and working in the industry with her new skills. Be sure to welcome Brittany when you see her.

Maintenance: If you are having pest control issues that require more than an ant trap, please report it at the front desk. Also consider a time that you can step away from your room for at least an hour so steps can be taken for our department to take care of the problem.

FYI

The Granville's Department Head Staff

Urbano Avila– Food Services Director
Kathy Brock– Bookkeeper/Marketer
Andrew Cortinez– Maintenance Coordinator
Carrie Peters– Activities Director
Jaime Tafoya– Medication Coordinator
Sara Taylor– Executive Director
Joe Whitney– Resident Services Director
Oat Whitney– CEO
Rose Marie Whitney– CEO

We will be having our quarterly Activities meeting on September 19th at 3:45pm. We will be talking about planned fall activities, accepting suggestions for activities, and celebrating the Senior Strutters achievements with an award ceremony. We hope to see you there!

This month we will be making Fingerless Gloves with a simple step by step pattern. If you have beginner to moderate knitting and crocheting skills please consider joining us for this helpful class, you'll be glad you came!

The Ombudsmen will be back for a Bullying Prevention Committee this month, please consider joining the discussion on Wednesday, Sept. 18th at 3pm.

JCOS Students are back from Summer Break and ready to spend time with you! They will be here most Fridays at 1:45pm, watch the calendar for their schedule!

National Assisted Living Week

September 9th-13th

We will be Celebrating NAL Week with many Activities for both Residents and Staff!

**This Year's Theme is:
"A Spark of Creativity"**

We will have many activities during the week that focus on creative talents, hobbies, and play. We will also celebrate our Granville Family during the week with fun activities like our Annual Staff/Resident Creative Obstacle Course!

Here are some Activity Highlights we hope you choose to join us for!

**Monday- Name Decorations for your apartment door
Art Masterpiece Presentation by Cynthia Peer**

Tuesday-Resident and Staff Art Gallery**

Wednesday-Resident and Staff Creative Obstacle Course

Thursday- Watercolor Class

Friday-JCOS Student LEGO build

**Do you have creations that you would like to display during our Resident/Staff art gallery, this can be drawings, paintings, sewing, knitting, crocheting items that you have made. There are many creative people here and we would like to see your achievements. Speak with Carrie about reserving a space to display your many works.

We will also be having "NAL Spirit Week"

9th-Monday-Sports Team Day (Sport Your Favorite Team Shirt)

10th-Tuesday-Hawaiian Shirt Day OR Tropical Colors Day

11th-Wednesday-Silly Hat Day

12th-Thursday-Super Hero Day

13th-Friday-Favorite Color Day