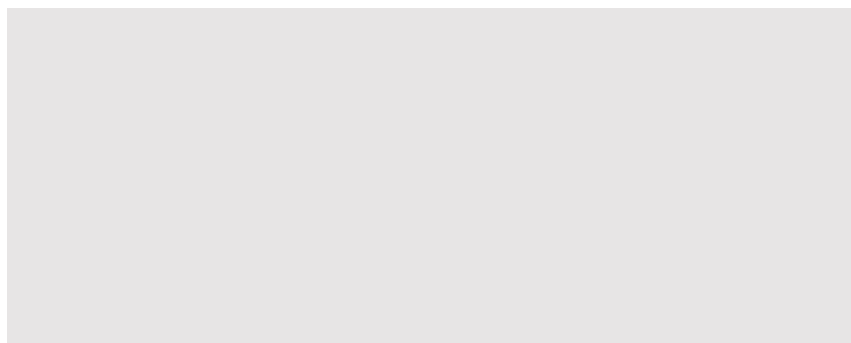
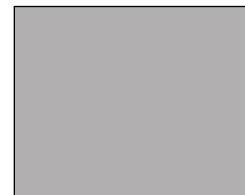




Green Smoothie Formula



The color green and the month of March go hand-in-hand, so we're sharing this recipe for a delicious, healthy "choose your ingredients" green smoothie! Packed with a variety of nutrients, a natural smoothie like this can help pep you up any time of day and contribute to a healthier you — mind, body and attitude!

YOUR CHOICE
2 CUPS + **YOUR CHOICE** + **YOUR CHOICE**
RIPE FRUIT **LEAFY GREENS** **LIQUID BASE**

CHOOSE FROM:

Banana
Mango
Berries
Orange
Avocado
Peach
Pear
Apple
Pineapple
Grapes
(choose 2-3)

Spinach
Kale
Bok Choy
Collards
Dandelion
(choose 1)

Water
Coconut Water
Coconut Milk
Almond Milk
(choose 1)

BOOST IT! (choose 1)

Chia Seeds
Coconut Oil
Almond Butter
Hemp Seeds
Protein Powder

Flax Seeds
Cacao
Cinnamon
Acai Powder
Turmeric

INSTRUCTIONS

- Blend the chosen leafy greens and liquid base together first.
- Add fruits of choice and blend again.

This formula yields about 32 ounces and serves 2.

Source: simplegreensmoothies.com

WORKING FOR A CURE:

Silverado's Partnership with UCI MIND

Though Silverado was founded to provide care for individuals living with memory impairments, there is one aspect of the company that seems to go against the philosophy of most businesses — the hope that one day there will be no need for our primary service.

Silverado maintains partnerships with a number of leading medical and scientific research entities, and one of the longest standing is with the University of California Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND). Internationally recognized for its research accomplishments in age-related disorders of the brain, UCI MIND seeks to understand the causes of neurological disorders such as Alzheimer's disease, frontotemporal dementia, Lewy body dementia and Huntington's disease.

UCI MIND's status as a research leader and Silverado's unique position at the forefront of dementia care makes a natural collaboration that benefits many, but none more than those living with dementia. The insight that Silverado can provide from daily interactions with those facing the challenges of dementia provides researchers a window into the reality of the disease, while UCI MIND's training and education of Silverado's staff and volunteers lets residents benefit from the latest advances.

Continuing a long tradition of Silverado participating in the guidance of UCI MIND, Silverado's Senior Vice President, Clinical Services, Kim Butrum, MS, RN, GNP, currently sits on the Leadership Council. Through direct leadership and participation on community outreach and educational activities, the partnership of Silverado and UCI MIND creates an impact far greater than the sum of each individual.

Silverado is proud to play an important role in vital UCI MIND projects such as:

- A research study to determine why more women get Alzheimer's than men.
- The C2C Registry, a system designed to increase participation and reduce delays in clinical studies.

For more information on UCI MIND's programs and research, please visit mind.uci.edu



Memory Catchers Videos

Creating Legacies for Hospice Patients



Silverado Hospice offers many unique programs to provide patients and their families comfort and dignity, and few are more valued than Memory Catchers. Included as a part of Silverado Hospice care, Memory Catchers provides the patient an opportunity to share in a lifetime of memories and experiences in their own words.

Silverado volunteers get to know a patient, then create a CD/DVD, memorial photo board or a memory book that gives family and friends a timeless record and celebration of a special and wonderful life. Celebrating the uniqueness

of each patient — their accomplishments, loves, points of pride and anything else they held dear — is at the heart of compassionate care, so careful attention is paid to truly create a treasured keepsake.

For the patient, it provides the solace that their memory will live on after they have gone. For their family, it gives an ever lasting reminder to spark their memories and trigger cherished feelings of the loved one they've lost.

To see Memory Catchers in action visit silverado.com/memorycatchers

Purposeful Design Series: Lean Rails

When it comes to Silverado communities, some are born (built from the ground up) and some are made (transformed from an existing building). Regardless, each and every one is purposefully outfitted using years of knowledge and experience to be a dementia-friendly environment. One of the first things visitors often notice are the unique lean rails running up and down every hallway.

Lean rails replace the standard bar-style handrails commonly used in care facilities. In addition to making it easier for residents to maintain balance with, these flat surfaces can reduce the fall injury risk created by the gap that exists between a standard hand rail and the wall. The lean rail is an innovation pioneered by Silverado!

Next Month in our series: Learn about how memory boxes are a beautiful, practical and functional addition to the community!



Lean Rails in Hallway



Lean Rail Detail

5

BRAIN FITNESS TIPS

to Help Slow Alzheimer's

There is no surefire route to brain health, but research is pointing to some specific activities and behaviors as recommended components that help a brain-health lifestyle. Below is a quick list of guidelines to help you live a healthier lifestyle and stack the odds in favor of keeping your gray matter fit.

It is important to note that the brain changes of Alzheimer's and some other dementias begin decades before symptoms appear. While certain steps may help change the progression or pathologies of dementia, an earlier start most likely means better results.



1. EXERCISE

20 minutes a day (10 minutes 2-3 times a day, though more is better) of aerobic activity has been shown to increase hippocampal volume. The hippocampus is where Alzheimer's starts, so added volume there is a big plus.



2. MEDITATE/MANAGE STRESS

Research has shown that meditative practices (mindfulness meditation, yoga, etc.) practiced for even just a few minutes a day can increase bloodflow throughout the brain, particularly in the all-important hippocampus. In addition, meditators showed decreases in blood pressure and stress hormones.



3. WATCH YOUR DIET

A healthy heart and a healthy mind are very closely related. A Mediterranean diet featuring lots of fish, lean proteins, fresh vegetables and olive oil is a good start, and avoiding excessive amounts of saturated fats, salt, dairy, fatty meats and fried foods helps all the more.



4. LEARN NEW THINGS

"Use it or lose it" is a very appropriate term for brain fitness. Learning new skills or picking up an additional language helps create more connections within the brain, building a "cognitive reserve" to help in the event of dementia. While crossword puzzles may be somewhat helpful, recent research has shown that they may not be as effective as previously thought.



5. JOIN A GROUP

Social connections are rapidly rising through the ranks of what's important to maintain brain health. Activities undertaken with others, be it gatherings, church or even just regular outings with friends, may help keep your brain happier and healthier. Volunteering and other meaningful forms of interaction have shown to produce even greater benefits.

Always consult your doctor about changes to your exercise routine and diet. For details on recent brain health studies and how they relate to Silverado, please visit silverado.com/nexusclinical