

**October/
November
2021**

Capital Manor

Prime Post

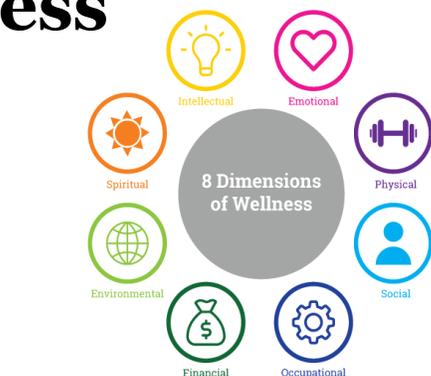
Focus: Occupational Wellness

What does occupational wellness look like in retirement?

Occupational wellness or vocational wellness is one of the eight dimensions of holistic wellness. Occupational wellness can be defined as personal satisfaction and enrichment that comes from one's work. It is beneficial for enhancing cognition, improving self well-being and overall health. In whatever stage of life, occupational wellness looks like contributing your unique skills and talents toward activities you find meaningful. As well as, learning new skills

and hobbies you can share with others. Some examples of this may include:

- Finding opportunities to volunteer in the community or off campus. Being involved in volunteer work or mentorship has been shown to decrease the risk of depression in individuals.
- Becoming a part of a resident committee around the community: Capital Manor has several resident committees of various topics that serve to influence the culture of the community.



- Lead a community group in an area you have a special interest such as an art or craft, woodworking, gardening or technology.
- Look for intergenerational opportunities with local universities or schools

NUTRITION

Nutrition Facts for Fall Foods Favorites

Pumpkins: One cup of pumpkin contains 87% of the daily recommended vitamin A intake. And they provide a good source of fiber.

Butternut Squash: One cup of butternut squash contains 87% of your daily recommended vitamin C intake.

Acorn Squash: A serving of acorn squash has is an excellent source of iron and may help boost digestive health.



Keep Your Mind Sharp



With age, the brain structure changes and function declines. Over time we lose gray matter, have less neuron connections and the brain size becomes smaller. With the changes of the brain occurring, keeping your brain active can help decrease the rate of decline. Studies have shown stimulating brain activity can help improve cognitive function, brain processing speed, memory and attention into older adulthood.

Some tips for keeping your brain active:

1. Keep learning by finding topics or areas of interest you would like to know more

- about. Reading, watching educational videos or talking with others are great ways to gain knowledge and continue learning.
2. Complete puzzles, crosswords and other brain challenges.
 3. Get connected with **BrainHQ** and complete the prescribed brain exercises regularly. For more information on how to get signed up, contact the Wellness Coordinator.
 4. Participate in physical activity by attending an exercise class or going for a walk. Exercise has been shown to improve executive brain function and decrease the rate of decline.

October/November Holidays

- October 9th- World Hospice and Palliative Care Day
- October 20th-World Osteoporosis Day
- October 31st-Halloween
- November 11th- Veterans Day
- November 25th- Thanksgiving

What’s going on at Capital Manor!

- **Off-campus Hiking Trip to Silver Creek Falls:** October 22nd
- **Brain Games:** October 8th, 15th, 29th on the 10th Floor Lounge
- **BrainHQ:** Get signed up for BrainHQ by contacting the Wellness Coordinator.
- Congratulations to those who completed the August Manor to Coast Walking Challenge!

Check Manor Matters weekly for up to date information on Exercise Classes and other wellness activities.

“The brain is like a muscle. When it is in use we feel very good. Understanding is joyous.” -Carl Sagan

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