

BRAIN HEALTHY FOODS SHOPPING LIST



FOOD FOR THOUGHT

Lentils
Limes
Oats
Olive Oil
Olives
Oranges
Peaches
Peanut Butter
Peas
Plums
Potatoes
Pomegranates
Pumpkin Seeds
Raspberries
Red Cabbage
Red Grapes
Romaine Lettuce
Soybeans
Spinach
Strawberries
Tea, green
Tofu
Tomatoes
Tuna
Turkey, skinless
Walnuts
Water
Wheat Germ
Whole Wheat
Wild Salmon
Yams and Sweet Potatoes
Yogurt, unsweetened

Acai Berries
Almonds, raw
Apples
Asparagus
Avocados
Bananas
Beans
(black, pinto, garbanzo)
Bell Peppers
(yellow, red, green & orange)
Beets
Blackberries
Blueberries
Brewer's Yeast
Broccoli
Brown Rice
Brussels Sprouts
Cantaloupe
Cashews
Carrots
Cheese, low fat
Cherries
Chicken, skinless
Collard Greens
Cranberries
Dark Chocolate
Egg Whites,
(dha enriched)
Eggplant
Fish
Flaxseed Oil
Grapefruit
Herring
Honeydew
Kiwi
Lemons

Napa Valley Hospice
Adult Day Services

**For more information about our Mind Boosters program,
please call Rebekah at 707- 258-9087 ext. 272**

MIND BOOSTERS



"The memory tips are so helpful, and the camaraderie is wonderful!"

Mind Boosters is a social program for people who are concerned about their memory or are in the early stages of memory loss. This program is for those who want to be proactive in maintaining their brain health. The philosophy of Mind Boosters is based on the belief that a person that is experiencing early memory loss is a vital, productive, and valuable member of the community. Some of the benefits of Mind Boosters include:

- Opportunities for increased socialization
- Learning tools and techniques to assist with daily living
- Techniques to assist with memory enhancement
- Increased mental stimulation, which allows members to remain at their highest level of function for longer than may otherwise be possible
- Physical activities and exercise
- Support and encouragement from other members of the group
- Monthly support group/potluck, where caregivers and participants come together for support

Wednesday
12:00 PM – 2:00 PM
The Rianda House
1475 Main Street
St. Helena, CA 94574

Friday
11:30 AM – 3:30 PM
Adult Day Services
414 South Jefferson Street
Napa, CA 94559

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&
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Rebekah Weeman at 707- 258-9087 ext. 272