NEW BEGINNINGS
In October of 1986, Linus Oakes opened its doors. At that time and for many years, Linus Oakes was owned and operated by Mercy Medical Center, the hospital next door. Later on, Mercy (and Linus Oakes) came under Catholic Health Initiatives (CHI) ownership. On July 1, 2017, CHI reorganized and Linus Oakes became a member of CHI Living Communities (CHILC), a subsidiary of CHI. You can read more about CHILC at HomeisHere.org. We are still dedicated to providing our Residents with exceptional personal service in a comfortable, safe, and elegant atmosphere.

IN-HOME CAREGIVERS
Did you know that you can hire an in-home caregiver to help you with your personal needs? Many residents at Linus Oakes hire help to walk their dog, take a shower, do laundry, etc. This help is very affordable and allows residents to stay here in their home for many years, and caregivers become another member of an extended Linus Oakes family.

FREE STORAGE SPACE
Linus Oakes offers free storage space to residents. The storage units are located throughout the facility and vary in size, but are locked and temperature-controlled. This space is perfect for holiday decorations, as well as extra "stuff" that accumulates!
"There comes a day when you realize turning the page is the best feeling in the world, because you realize there is so much more to the book than the page you were stuck on."
-Zayn Malik

**Lifestyle Changes Reduce Risk of Cognitive Decline**

Linus Oakes will be joining other members of our community in the “Walk to End Alzheimer’s,” a fundraising campaign for the Alzheimer’s Association, on September 24, 2017.

A new research study conducted by the Alzheimer’s Association concluded that lifestyle changes can help reduce the risk of cognitive decline. Here is a list of “10 Ways to Love Your Brain”:

1. Regular Exercise – join a fitness class or just take a brisk walk.
2. Continuing Education – take a class, learn a new skill.
3. No smoking!
4. Heart Health – Talk to your doctor to properly manage diabetes, high blood pressure, and obesity.
5. Protect Your Head – Prevent brain injuries. Always wear your seatbelt, wear a helmet when riding a bike, and take steps to prevent falls around your home.
6. Healthy Diet – Eat a healthy, well-balanced diet with lots of fresh fruits and vegetables.
7. Sleep Well – Address problems such as insomnia or sleep apnea, so you can sleep well. Exercising daily also helps.
8. Mental Health – Address depression, anxiety, and stress management with your doctor.
9. Stay Social – volunteer, join clubs or groups, stay involved with your church, and enjoy regular activities with friends and family.
10. Challenge Yourself – learn to play chess or bridge, learn a new language, solve the daily crossword puzzle or a 3D jigsaw puzzle, challenge your brain every day.

Waiting List

It is a great time to get on the waiting list! Being on the waiting list lets you have first knowledge of available homes, you can choose your own refurbishment materials, and it protects you from price increases to the Entrance Fees. There is no obligation to accept a home that comes available, you don't lose your place if you decline, and you can stay on the list for as long as you wish. It's a win win! Call or come in today for details!

“The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s. For more information, visit www.alz.org.”