



THE
GARDENS
AT BROOK RIDGE
ASSISTED LIVING & MEMORY CARE

Diet Program Aims to Reduce Risks of Dementia and Decline in Brain Health

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PHARR, Tex. -- Among the many state-of-the-art, integrated care services and amenities offered at The Gardens at Brook Ridge assisted living community in Pharr, Texas, is an innovative dining program developed by Rush University Medical Center in Chicago that can reduce the risk and progression of dementia and other diseases that impact overall brain and cardiovascular health. Researchers at RUSH have found that the MIND Diet, or the Mediterranean-DASH Diet Intervention for Neurodegenerative Delay, may reduce the risk of developing Alzheimer's by as much as 53 percent, and maintain cognitive function equivalent to a person seven and a half years younger.

The diet combines elements of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, both of which have been proven to reduce various cardiovascular diseases, such as hypertension, heart attack and stroke. The dining program at The Gardens at Brook Ridge features the top foods recommended on the MIND Diet, including green, leafy vegetables, other non-starchy vegetables, berries, nuts, olive oil, whole grains, fish, beans, and poultry. To the contrary, the meals avoid or limit ingredients such as butter and margarine, cheese, red meat, fried food, and pastries and sweets.

At The Gardens at Brook Ridge, as well as all of our senior living communities across the country, we are continually researching and implementing advanced new programs and services that aim to improve the health and wellbeing of our residents," said Luis Serrano, CEO, Sunshine Retirement Living, which manages 20 senior living communities across the country including The Gardens at Brook Ridge. "The MIND Diet has proven to be exceptionally beneficial for overall brain health and our culinary team has ensured that the dining program is not only healthful and nutritious but also delicious."

The dining program at the community also offers residents several menu choices from which to choose, including a selection of fresh and healthy mid-morning or mid-afternoon refreshments. Additionally, residents receive regular Weight Reviews to ensure nutritional levels are met for optimal health.

About The Gardens at Brook Ridge

The Gardens at Brook Ridge, which is located at 1201 West Ridge Road in Pharr, is adjacent to its sister, independent living community, Brook Ridge. Warm and welcoming, the assisted living community offers completely customizable and personalized continuing care, and provides resort-style living with world-class personal care in a secure and safe environment that encourages residents to feel independent, safe and engaged. The community features 65 assisted living suites on the first and second floors in studio, one-bedroom or two-bedroom configurations. Memory Care at "The Terraces" offers residents private, semi-private and shared suites with private entrances and a dedicated staff focused on caring for residents with Alzheimer's disease and other dementias. All residents receive weekly housekeeping, complimentary utilities and cable TV. For added security, each apartment comes with safety pull-cords and location-based pendants for residents to wear. A comprehensive wellness program to encourage socialization and healthy living includes an extensive activity calendar, fitness center and pool, movies in the on-site theater, a café, library, chapel and several spacious indoor common and sitting areas among beautiful grounds and landscaping.

The Gardens at Brook Ridge also provides transportation with a dedicated wheelchair accessible bus to take residents to local doctor appointments, shopping, and neighborhood events. For more information, please visit www.TheGardensRet.com, email TheGardens@SunshineRet.com, or call (956) 588-2608.

About Sunshine Retirement Living

Based in Bend, Ore., Sunshine Retirement Living manages 20 retirement communities in nine states, offering senior apartments, independent living, assisted living and memory care. A family-owned business with more than 20 years in the senior housing industry, Sunshine Retirement Living's mission is to be the preferred senior living provider offering value, choice and independence while promoting health and social interaction that exceeds residents' expectations and enriches the lives of both residents and staff. By providing meals, housekeeping, activities, transportation, utilities and in-house management staff, Sunshine Retirement Living continues to build an unparalleled community feeling in each property. For more information, visit

www.SunshineRet.com or connect socially.

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The Gardens at Brook Ridge Assisted Living

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