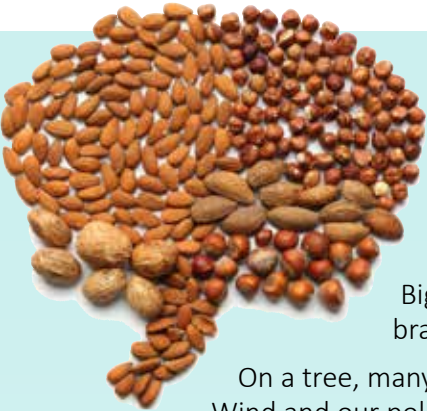


# TRANSITIONS

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## this is nuts! why nuts & seeds are Integral to **Brain Health**

by Andrea Ruggieri



Big, small - some come with shells, some don't - some actually look like tiny brains ... NUTS are nutrient bombs! And seeds aren't so bad either!

On a tree, many nuts, like pecans, almonds and walnuts begin as beautiful springtime flowers. Wind and our pollinating bee friends lend a hand in their evolution to a full-fledged fruit with the nut (seed) encased securely inside. Unbeknownst to the nut, they will be vigorously shaken out of the comfort of home and off the tree when they're ready for harvest.

And, what about the chia or flax seed? Now that we've asked... they grow on bushy plants. After blossoms on the plant shrivel, seed heads take shape, mature, then decay; when shaken, they too release their seeds.

Why talk about Nuts and Seeds?! They hold secrets that can benefit all of us who consume them. Superbly, naturally created and snack-liscious, these crunchy little devils pack a punch! Almonds – Chia Seeds – Walnuts – Pistachios – Brazil Nuts – Flaxseed: they nourish our BODY and our BRAIN! They embody omega-3 fatty acids, unsaturated fats, and lovely antioxidants to do the job.

Want to help your INFLAMATION – HEART HEALTH- BRAIN HEALTH?

### **Eat SEEDS - Eat NUTS, DAILY.**

- 1/4 Cup of NUTS everyday should do it, as they are a higher calorie food  
*Nuts also have 3-7oz grams of protein per ounce!*
- Sprinkle SEEDS in your favorite foods (you barely know they're there!):  
*Yogurt – Salads – Smoothies – Oats – Breakfast Cereal – Avacado Toast – Anywhere!*

### **NUTRIENTS BREAKDOWN**

- **ALMONDS** Loaded with VITAMIN E | Helps with dementia
- **WALNUTS** High ALA (Alpha Linolenic Acid) | Helps with depression & overall mood
- **CHIA + FLAXSEED** High ALA + omega 3s | Bolsters brain health
- **PISTACHIOS** Increase brain waves that are significant for memory + comprehension
- **BRAZIL NUTS** Source of selenium antioxidant | Bolsters brain health
- **PINE NUTS** Has fat/pinolenic acid | Scales down inflammation

The perks that nuts and seeds offer especially as we age, are immeasurable. So, the next time you're hankering for a snack, consider the nut and the seed!

**Have a nut allergy?** Check out this site for other alternatives:

[unitypoint.org/news-and-articles/15-brain-foods-that-may-help-preserve-your-memory](http://unitypoint.org/news-and-articles/15-brain-foods-that-may-help-preserve-your-memory)

Source: AARP Magazine, FEB/MAR2025, A Tasty Way to Boost Your Brain, by Kelsey Ogletree  
Source: the Spruce, Make Your Best Home: [www.thespruce.com/how-to-grow-flax-plants-5074891](http://www.thespruce.com/how-to-grow-flax-plants-5074891)  
Source: Navitas Organics: [navitasorganics.com/blogs/navitaslife chia-seeds-101](http://navitasorganics.com/blogs/navitaslife chia-seeds-101)



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FUNERAL HOME, INC.

*A Life Remembered, Lives On.*

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Dr. Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. In 1984, he founded the Center for Loss based in Fort Collins, CO to offer education and support both to griever and bereavement caregivers. Well-respected for his inspiring teaching ability, Dr. Wolfelt is a past recipient of the Association for Death Education, Death Educator Award. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care.

Over the years, Bartolomeo & Perotto Funeral Home has been honored to host and be able to offer the Rochester community Dr. Wolfelt's teachings. This year, on May 19 & 20, almost 200 participants from Rochester and all over New York state joined us to learn more about the complexities of grief from the perspective of both griever and caregivers.

**Day 1 "Understanding Your Grief: Touchstones for Hope & Healing"**: Participants discovered how loss influences our lives, how to embrace the uniqueness of our grief, and about the six essential needs we all have when someone dies. Dr. Wolfelt described the difference between reconciling your grief rather than resolving it.

**Day 2 "The Art of Companioning the Mourner: Caring Versus Curing"**: This talk enhanced knowledge and skills for caregivers in supporting people who are experiencing grief and loss. Anchored in Dr. Alan Wolfelt's "companioning" model of grief care, he described how grief and mourning are normal and necessary experiences that are fundamentally a journey of the heart and soul. In addition, he also outlined the critical distinction between caring versus curing.

We appreciated Dr. Wolfelt's talent in educating us and validating our grief. Until next time, keep your eyes peeled on [bartolomeo.com](http://bartolomeo.com), or on our facebook page, for upcoming events.

\*For more details, grief resources, and books from Dr. Wolfelt:

learn more: [www.centerforloss.com](http://www.centerforloss.com)

# cruise for hospice

you  
make a  
A DIFFERENCE



Dear Friends of Hospice,

Because of the generosity of so many caring supporters, Bartolomeo & Perotto's Cruise for Hospice Fundraiser raised \$5,600 to benefit three local hospice homes: Aurora House, Journey Home, and Mt. Carmel House.

It was truly our privilege to share these donations with the residential hospice homes that provide compassionate end-of-life care to members of our community. Your support helped ease the burden of everyday operational expenses and allows these homes to continue their important mission of comfort, dignity, and care.

On May 19, before a special seminar presentation, renowned grief counselor, Dr. Alan Wolfelt drew the name of fellow hospice supporter, Bill Padulo, as the winner of the cruise raffle.



Thank you once again!

- for supporting such a meaningful cause and for helping make a difference in the lives of local families. We encourage you to continue to support not-for-profit, residential hospice homes, if and when you are able!

Sincerely,

**Bartolomeo & Perotto Funeral Home & Walker Brothers Funeral Home**

FREE

seminar

## Planning Ahead... for Peace of Mind

WED, JULY 15, 2026  
10 a m - 12 p m



Get your questions answered about pre-planning your funeral & why it's a good thing to do. No commitment, just answers!

**Space is Limited | Reserve Your Spot**  
at this informative seminar:

andrea@bartolomeo.com  
585-720-6000

Scan QR to  
Reserve  
Your Spot



bartolomeo.com/pre-plan-seminar-715/



## not a churchgoer? you can still have a life-honoring service

by Andrea Ruggieri

It's simply a fact that there are less churchgoers these days. Regardless of belief systems, when people are faced with the death of a loved one, more often it's the un-churched that may have a sudden hitch in their breath when faced with how to honor them. For eons, funerals or life celebrations were traditionally held at the church.

You were close with your dad. He taught you to fish, to drive, to apply for your first job, to treat others fairly even when you didn't think it was warranted. You can't say goodbye to him without honoring him. How can that be done if you're not associated with a church?

Good news! Many funeral homes offer Celebration of Life services. You may have heard the term "Celebrant Service" (also called "Celebration of Life Service"); these types of life-honoring services can be held right at the funeral home, or sometimes a location nearby and are led by a celebrant.

A celebrant is trained to guide you in designing a life celebration that is fitting and unique to your loved one. They will take time to sit with you, to learn all about your loved one and discover what your personal needs are in creating a remembrance of a life that mattered.

There are many ways to have the essence of your loved one shine. Maybe dad was a carpenter who spent his personal time creating wooden toys for children and birdhouses for the elderly. There were so many he hadn't given away. These could be on display to show dad's personal passion, and then donate them to a charity in his memory.

The ways to commemorate at a celebration of life are endless... Read favorite poems, play favorite music, share photos or videos, share their passions, make copies of his favorite recipes, and give them to guests who come to support you.

The service will be as special as the person you are honoring, and the celebrant will be like your quarter-back- with you every step of the way. Once the service is planned, the celebrant will coordinate and take the lead at the celebration. They will follow the special outline that you helped to design.

At Bartolomeo & Perotto and Walker Brothers Funeral Homes, we have hosted many Celebrations of Life. It is very gratifying to help our families have what they need for a life-honoring service. Every funeral director at our funeral homes is Celebrant-Certified by the InSight Intitute. They've learned from the experts!

Don't ever feel that you can't have a service that will celebrate the people in your life! If the need ever arises, don't worry; we feel privileged to help honor your loved ones.

**Questions about Celebrant Services?** We are here to answer questions you may have:

Bartolomeo & Perotto Funeral Home  
585-720-6000  
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Walker Brothers Funeral Home  
585-352-1500  
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