

HAPPY VALENTINE'S DAY

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Engaged Aging Newsletter February 2023

Engagement nourishes the body and mind as we age.

Show Your Brain Some Love!



SLEEP

Does your co-sleeping partner keep you awake?
Consider ear plugs for snoring or eye mask for lights

NUTRITION

Red wine and homemade dark chocolate strawberries
are MIND Diet approved

EXERCISE

Keep that heart throbbing with 30 minutes
of couples yoga

NOVELTY

Try a new way of showing yourself love
with belly dancing class or meditation

& SOCIALIZATION

Don't forget about GAL-ENTINE'S Day!
Schedule a night out with the girls, it's good for you!

We Love The Pat Summitt Foundation



(Ashley Avery, Debora Bobbitt, Morgan Vance,
Elizabeth Rhodus, Yolanda Jackson, Anna Jones,
Celeste Roberts)

A BIG BLUE thank you for the donation
at We Back Pat basketball game. This
will help support the Harmony
intervention and community health
partnership with the First Baptist Church
Frankfort! Learn more here...
<http://engagedaging.createuky.net>

Caregiver Corner

We ❤️ and appreciate YOU as caregivers!

Romantically reminisce with your loved ones with old pictures!
(This can help to stimulate the brain)

Make valentines together and send love to a friend!
(Stickers, potato stamps or precut shapes can help simplify)

Make a flower bouquet together
or many little mason jar bouquets for each room!

&
Don't forget to stop and smell those roses for more sensory input!

