

Engaged Aging Newsletter

April 2023

Don't Be Fooled, You Can Reduce Your Risk of Dementia!

EXERCISE

30 minutes-5 times a week of moderate movement: Mowing, spring cleaning, or budding tree peeping in the park

SLEEP

Spend more time in natural light to resynchronize your circadian rhythm of body & mind to Spring time



NUTRITION

Brain boosting avocado toast with cream cheese & everything bagel seasoning, or fresh salmon & tomatoes!

NOVELTY

Create a peaceful new outdoor space for bird watching or journaling



& SOCIALIZATION

Plan a picnic, go to the zoo with a friend, or attend a baseball game

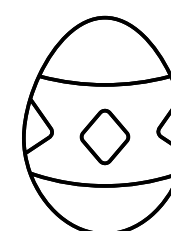
Have a Sensory Rich Spring

1. Open window breezes
2. Listening to the rain
3. Smelling cut grass
4. Feeding the ducks
5. Planting seedlings
6. Rocking chairs on the porch
7. Warmth of the sun on your face

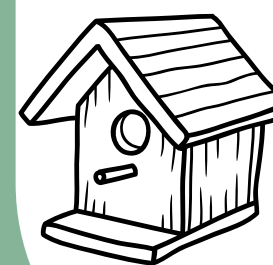
Caregiver Corner



Plant gladiolus in pots together for a colorful summer porch



Decorate Easter eggs with crayons before coloring to include everyone



Paint a birdhouse and set up an outdoor viewing area

Stay Inspired
to Engage

<http://engagedaging.createuky.net/>

