



Engaged Aging

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June Newsletter

Engagement nourishes the body and mind as we age.

Healthy Summer Fun!

SLEEP

Nature sounds can help regulate your brain & body before & during sleep. Do you prefer ocean waves or stormy rainforest nights?

NUTRITION

Berries, avocados, almonds, spinach, and salmon are fresh Summer MIND Diet go-to's!

EXERCISE

Explore a cool shaded place to walk or hike. Maybe a trip to the Zoo or a lakeside stroll?

NOVELTY

Embrace SUMMER by discovering a calming body of water, whether you sit & meditate creek or oceanside or go fishing at the park.

& SOCIALIZATION

Who would you invite to your summer adventures? Do they also want to reduce their risk of dementia with summer fun?



Caregiver Corner



*For all that you do,
please also be sure,
to fill your own cup too.*



If a vacation is not in the cards a STAY-CATION can help!



Put aside 20 minutes a day for ONLY you and do something you've been wanting to!

Recent Lab News

If we met you at the MIND Matters Event at UK in May, we are so glad to have you join the Engaged Aging Community!

We also had a great time sharing about caring at our first Caregiver Appreciation Day at First Baptist Church Frankfort, May 19th!



Visit us for resources & current trials
<http://engagedaging.createuky.net>