

Engaged Aging

August Newsletter

Engagement nourishes the body and mind as we age.

5 AREAS OF YOUR DAILY LIFE THAT CAN HELP IMPROVE YOUR BRAIN HEALTH

SLEEP

Drinking warm chamomile tea or smelling scents of natural lavender can help calm the brain & body for rest.

NUTRITION

Visit your local Farmers' Market & ask if they participate in the "Senior Farmers' Market Nutrition Program" for free fresh produce to qualified 60+ year olds. Greens are always MIND Diet approved!

EXERCISE

Find a place close by to walk for 30 minutes and commit to 2 times per week. What is easiest for you? The mall, your neighborhood, or a walking trail?

NOVELTY

What have you always wanted to do but never seemed to get the chance to? Find a way to embrace this passion!



& SOCIALIZATION

Get together with friends or family and go picking!
Will you go lavender, blackberry, or apple picking this year?



Caregiver Corner

& Recent Lab News

Researchers at the University of Kentucky invite you to participate in a research study which offers the Harmony at H.O.M.E. (Help Online Modifying the Environment) telehealth program. The program provides training and tools for care partners to assess and modify the home to promote activity engagement and behavior regulation for the person with dementia.

<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>

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