

December 2023 Newsletter

Engaged Aging

Engagement nourishes the body and mind as we age.

Winter Fun For Thought

SLEEP

Crackling fire audio before bed can calm the mind and prepare for rest.

NUTRITION

Baked Apple & Cinnamon topped with greek yogurt, honey & granola is a healthy & cozy sweet treat.

EXERCISE

Now is the time to plan your indoor exercise options. Explore your local county Senior Center or YMCA classes.

NOVELTY

Consider volunteering for your preferred cause this holiday season!

& SOCIALIZATION

Gather with friends to laugh, Secret Santa, play dreidel, reminisce, & smile!
It's good for you!

Celeste Roberts, MS OTR/L
Dr. Elizabeth Rhodus
celeste.roberts@uky.edu
859-218-4851



Recent Lab News

HAPPY

*holidays
from
Engaged Aging*



Are You Caring for Someone with Dementia?

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

Caregiver Corner

As an evidence-based lab, we at Engaged Aging strive to bring you the most up to date science in healthy aging for all. Click here to explore The National Institute on Aging's Tips for Caregivers: Taking Care of Yourself

Be aware of holiday fall risks