

Engaged Aging Newsletter

January 2024

Engagement nourishes the body and mind as we age.

*Happy
New Year*

New Year, New Habits

Now is the time for resolutions! Choose any of these 5 evidence-based areas to focus on this year to try and reduce your risk of dementia.

SLEEP

Check out NIH's Booklet

"Your Guide to Healthy Sleep"

Detailing their scientific knowledge on sleep and its disorders.

NUTRITION

The Alzheimer's Association shares

"Food For Thought" and reviews the 3 diets supported to slow cognitive decline.

EXERCISE

Spending more time standing and walking while doing what you love can be exercise! Cooking, shopping, woodworking. Get Creative!

NOVELTY

The New Year brings new motivation for routine changes! Add new and different activities to keep you mind sharp in 2024!

& SOCIALIZATION

Plan out your 2024 calendar with friends and family for monthly or bi-weekly gatherings!

<https://engagedaging.createuky.net/healthy-aging/>

Caregiver Corner Recent Lab News

Do you know or care for someone with dementia in Kentucky?

Our Program Provides:

8 weekly free & live online zoom meetings with a specially trained dementia educator from the comfort of your own home, if you qualify

Learn More at:

bit.ly/3NDMUrd

Celeste Roberts, MS OTR

Dr. Elizabeth Rhodus

celeste.roberts@uky.edu

859-218-4851