

Engaged Aging Newsletter

March 2024

Engagement nourishes the body and mind as we age.

Spring Into Brain Health

SLEEP

Waking up to the sound of morning birds can help to naturally wake up the brain.

NUTRITION

Use this spring as a motivator to eat more greens! Spinach is an excellent MIND Diet choice!

EXERCISE

Take advantage of these good weather days and get started on the spring yardwork.

NOVELTY

Try starting your garden seeds and sprouts indoors this year. Strawberries anyone?

& SOCIALIZATION

Plan an almost spring outing and go to the nursery or greenhouses with friends.

Recent Lab News



UK TeleCare came for a visit to the Richmond Active Living Center, at 801 Brighton, this month. They taught us how easy and secure using the in-house telehealth station at this location is, and that you can see any of your own established doctors at the senior center this way.

Call to learn more at
(859) 623-0474

For Frankfort Options Call:
(502)-223-5794

Caregiver Corner

Be sure to also nurture yourself to best:

Bloom Where You Are Planted

<https://www.chfs.ky.gov/agencies/dail/Pages/caregiversupport.aspx>

Click the link to learn more about
Team Kentucky's Caregiver Supports