

# Engaged Aging

Engagement nourishes the body and mind as we age.

## September Newsletter

# HAPPY LABOR DAY

We Honor The Labor of Love Caregivers Provide Every Day!

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## 5 Areas of Brain Health

### SLEEP



Has the moon or TV been waking you up at night?  
Reduce light during sleep to help your brain cleanse.

### NUTRITION



Soup-tember is officially here! Check out our squash soup recipe and get inspired by MIND Diet!

<https://engagedaging.createuky.net/mind-diet-nutrition/>

### EXERCISE

**Moderately 30 minutes, 5 times per week:**

Options: Brisk walk, water aerobics, push mowing, biking on level ground, Zumba, or hiking as permitted.

### NOVELTY

Try any new task or activity (also called an occupation)! Tai Chi? Gardening? Chess? These can challenge your brain to continue growing!

### & SOCIALIZATION

Is there an outdoor fall festival coming up in your area? Just seeing others from a distance can stimulate your brain!

## Recent Lab News

*“People with dementia lose the ability to initiate and to engage with the self-soothing activities, so we use a sensory-based approach to teach those mechanisms to caregivers, to help the nervous system feel calm”*

~Dr. Rhodus

WKYT featured Dr. Rhodus on August 31st, speaking about her community and sensory-based approaches to dementia that are being completed here, at her Engaged Aging Lab of SBCoA at the University of Kentucky. The Pat Summitt Foundation donated \$25,000 to the Engaged Aging Lab, which is going to many communities and caregivers' to access healthy aging tools.

See the full WKYT interview by clicking the link below”

[WKYT Investigates: August 31, 2023](#)

## Caregiver Corner

Get out & enjoy the milder temperatures that September sunsets bring.



**Nature sounds**, such as crickets at dusk, tell our brain and body to calm and prepare for sleep. Spending quality time together, enjoying the dimming sunset with the one you care for, is good for them and you.

Take time to consider yourself in these moments, and breathe deeply.

**Because we see all that you do & Thank You for being a caregiver.**