

ENGAGED AGING NOVEMBER NEWSLETTER

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5 WAYS TO THANK YOUR BRAIN

SLEEP

As days shorten, be sure to still get enough natural light to support best sleep at night.

NUTRITION



Butternut Squash Soup

engagedaging.createuky.net/mind-diet-nutrition/

EXERCISE

Before the cold sets in, planting bulbs like daffodils, tulips & crocuses can keep you active

NOVELTY

Thanking 1 new person each week by writing letters can help promote your brain health!

& SOCIALIZATION

Thanksgiving, Friendsgiving or Recipe-Giving...
Gathering is good for the brain!

RECENT LAB NEWS

Engaged Aging & Dr. Rhodus have been busy this last month getting out in the Kentucky communities of Richmond, NKU, Morehead, UK, & Waddy! We got to Appreciate Caregivers, Trot for a Cure and advocate for rural health access & healthy occupational choices!

We sure are thankful!



Caregiver Corner

Engage your loved ones in the meal prep for the holidays by:

Using red utensils

Stirring the fillings

Adding extra dashes



Thankful For Caregivers

