

Engaged Aging

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OCTOBER NEWSLETTER

Engagement nourishes the body and mind as we age.

Fall for Brain Health

Recent Lab News

SLEEP

Can't **FALL** asleep? Limit caffeine & add exercise to your nightly routine.

NUTRITION

Seasonal veggie roast: Olive Oil, Thyme, Carrots, Brussel Sprouts, Cauliflower & Butternut Squash!

EXERCISE

Planting mums & raking can easily take up your 150 minutes of moderate needed weekly

NOVELTY

New Season = New Hobbies!

Wreath making, bird watching, bonsai trimming, gift canning, or quilt sewing?

& SOCIALIZATION

Participate in a Trunk-or-Treat, or start Poker Nights or Charcuterie & Tea afternoons!

Come Engage, Zumba, and 5K Turkey TROT for a Cure with Us!

November 4th

9:00 am to 12:30 pm

All of this plus free health screenings and local aging and caregiver resources are available at the Morehead Conference Center, 111 East First Street.

Our very own Engaged Aging founder, Dr. Elizabeth Rhodus of the University of Kentucky-SBCoA & CHET will be speaking at this years' community Turkey Trot for a Cure at 11:15 am! Come and meet us and our novel approach to dementia care in person!

Click [HERE](#) to learn more!

Caregiver Corner

Restlessness can often occur for those with dementia.

However, the ability to **start** activities or **problem-solve** during them becomes very hard.

Support first by assisting in any basic needs that can cause discomfort (Ex. need to urinate)

Then help them to begin an engaging activity you can assist them to do at their own pace:

FILL THE CROCKPOT



PLANT & WATER MUMS