



Engagement nourishes the body and mind as we age.

Engaged Aging Newsletter

Show Your Brain Some Love!



SLEEP

A red tinted book light or a white noise machine may be the perfect V-day gift for a cleansing rest

NUTRITION

The MIND Diet may help your headstrong love last even longer! Learn more about dementia prevention at NIA/NIH:

<https://www.nia.nih.gov/health/alzheimers-and-dementia/what-do-we-know-about-diet-and-prevention-alzheimers-disease>

EXERCISE

Keep that heart throbbing with your choice from National Institute on Aging's: Exercise and Older Adults ToolKit

NOVELTY

Do something completely new that you've never done & grow your hearts & minds together

& SOCIALIZATION

Create a GAL-ENTINE'S or GUYS-ENTINE'S Day!



We all love to be loved

Caregiver Corner

We  and appreciate caregivers!

Romantically reminisce with your loved ones with old pictures & Virginia Bell's BestFriendsApproach.com

Make valentines together and put them in a neighbors' mailbox (Stickers, potato stamps or precut shapes can help simplify crafting and engaging)

Make many little mason jar bouquets for each room & Don't forget to stop and smell those roses for more sensory brain-body input!

Recent Lab News

Harmony Dementia Caregiver Training Program Open

This research program provides: 8 Online zoom trainings with your one-on-one dementia specialist.

For more information about the Harmony Training Program, scan the QR code:



Or visit the below website:

bit.ly/3NDMURd