

ENGAGED AGING NEWSLETTER

APRIL IS OT MONTH

ENGAGEMENT NOURISHES THE BODY AND MIND.

Occupational therapists (OT) support human health & function through use & restoration of every day activities while intentionally & positively occupying one's time meaningfully.



Brain-Body Health in Everyday Life

Occupy your lifestyle with healthy choices in these 5 areas to reduce your future risk of cognitive impairment.

SLEEP

Brighter light from the moon or TV can make restoring & cleansing the brain harder. Consider curtains or red night lights instead.

NUTRITION

See this MIND Diet recipe for a brain-healthy Olive Artichoke appetizer!
<https://theofficialmindediet.com/recipe-bank/warm-olives-with-artichokes>

EXERCISE

NIH recommends moderate intensity exercise, 3-5 days a week for 30-45 minutes (total of 150 min). For example:
Dancing, Walking, Cleaning, or Gardening

SOCIALIZATION

Have a yard sale and re-connect with neighbors outdoors again! Or head to the farmer's market for your next inspiration!

NOVELTY

Try growing your own salad supply in a container! Click the link below:

[Easy Container Gardening](#)

Recent Lab News

Our very own Founder of the Engaged Aging Lab, Dr. Elizabeth Rhodus (occupational therapist) was awarded "The Cordelia Myers AJOT Best Article Award presented every year to recognize a high-impact, quality research study" (AOTA). This honor from our national American Occupational Therapy Association in March of 2024 was accepted on behalf of the University of Kentucky Sanders-Brown team of authors. Dr. Rhodus would also like to thank the National Institutes of Health and Aging for supporting a science-based initiative for caregivers and care partners aging with dementia.



Caregiver Corner

Do you know or care for someone with dementia in Kentucky?

Our Caregiver Training Research Program Provides:

8 weekly free & live online zoom meetings with a specially trained dementia educator from the comfort of your own home, if you qualify

Learn More at:
bit.ly/3NDMUrd

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