

Engaged Aging Newsletter

Engagement nourishes the body and mind as we age.

May 2024

Happy Mother's Day

May You Reduce Your Risk of Dementia Through Lifestyle

SLEEP

Repeat the same 10-minute self-care routine before you lay down in your dark bedroom each night. Help train your brain to release melatonin at just the right time that you need it!

NUTRITION

Increasing flavors in your food with fresh spices & herbs helps to stimulate your brain & satiate hunger with healthier choices & portions.

EXERCISE

Try out a new outdoor activity: Frisbee golf? You-Pick strawberries?

NOVELTY

Craft something new & gift a Mother in your life! Mod Podge photo collage, a birdhouse, handmade cards or flower crowns.

& SOCIALIZATION

Gather with all your favorite mothers outdoors and soak up that vitamin D!

Recent Lab News

Come and Engage with us & other dementia & caregiver-centered resources in person at the annual Sanders-Brown Center on Aging Mind Matters: Spring Into Healthy Brain Aging at the University of Kentucky on May 20th from 10 am to 3 pm.

Registration link:
bit.ly/SBCoA2024HealthFair

Listen to Dr. Rhodus in this Mind Matters Podcast discussing what occupational therapy is & how this can assist you or a loved one aging functionally & meaningfully!
<https://t.co/kwHlDabe7a>

Caregiver Corner

Most caregivers of those with dementia are women and often mothers themselves too.

Be sure to celebrate the mothers in your life with simple soothing presence.

Small sensory luxuries of lavender hand lotion or a soft new blanket can improve quality of life for both caregivers and care recipients. Embrace being outside together, even if only to rock on the porch & listen to the frogs. Making time for your own self-care will only improve your quality of care... It is ok and healthy to schedule a break too.

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