

ENGAGED AGING LAB NEWSLETTER

July 2024

Engagement nourishes the body and mind as we age.

Keep your brain healthy!

SLEEP

Create a layered bed of white noise combinations consisting of fans/air conditioners, air purifiers, and a white noise machine/nature-filled soundscapes to help sleep better during fireworks!

NUTRITION

Berry Smart Summer Salad

MIND Diet Inspired: Juice of 1 fresh lime, 2 tbs. local honey, 1 cup blueberries, 1 cup strawberries, 1 cup watermelon, and 1 cup oranges, chopped. Eat as fresh fruit salad or place on a bed of spinach for an extra brain boost!

EXERCISE

Aqua aerobics is great for cardiovascular health and muscle strength to keep you cool and active this summer!

NOVELTY

Enjoy whole body games like charades to keep your brain (and acting skills) sharp!

SOCIALIZATION

Fourth of July picnic in the park to promote socializing and networking, as well as watching the fireworks with friends and family!

The Lyric hosted a marvelous Juneteenth celebration and honored the holiday! We, UKSBCoA, and UK Neurology had the amazing opportunity to promote brain health resources within the community!

Engaged Aging had the excellent opportunity to collaborate and participate in Unity in the Community hosted by First Baptist Church-Frankfort!

Recent Lab News



Caregiver Corner

Decorating the home with a fireworks display to make celebrating the holiday more comforting, minimizing stress and crowded areas
Curating a 4th of July-themed meal to stimulate cognitive functions and enhance sense of contribution

Ensure to close the blinds after watching fireworks to reduce sleep disturbance

Reminder: Take time for yourself, as you must take care of yourself to take care of others

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