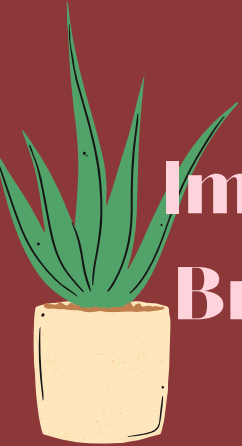


Engaged Aging Newsletter

Engagement nourishes the body and mind as we age.

June 2024



Improve Your Brain Health!

SLEEP

Relaxing before going to bed will allow for an improvement of sleep quality. You can achieve this by having low lighting or listening to calming music.

NUTRITION

Eating foods such as blueberries and leafy greens have been studied to have anti-inflammatory, antioxidant, and other properties that can help protect the brain.

EXERCISE

Dancing is a great example of staying active as it helps keep you steady and agile, improves mood, and reduces stress.

NOVELTY

Taking a new route home is a great way to challenge your brain!

SOCIALIZATION

Joining community social events/activities, like the county fair, are a great way to keep social and engaged, reducing social isolation

RECENT LAB NEWS

SUPPORT FIRST BAPTIST CHURCH-FRANKFORT'S BICYCLE DRIVE!

The First Baptist Church Frankfort is hosting the annual Unity in the Community event on June 15th, 2024! To encourage youth activity, exercise, and health, event organizers will be giving away 75 bicycles, sized for preschool to teenage (training wheels - 10 speed)!

Monetary Gifts or New Bicycle Donations are welcomed!

Drop-off location: 100 Clinton St. Frankfort, KY

GOFUNDME/FIND OUT MORE!

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 HERE!

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