



EA LAB

NEWSLETTER

NOVEMBER
2024



Nurture Your Mental Sharpness

SLEEP

Keep a sleep diary to track how well you are sleeping, and to identify factors that may be hurting or helping your sleep!

NUTRITION

Check out these Fall meal recipes to keep you and your brain healthy [here!](#)

EXERCISE

Keep active this Fall by participating in apple-picking! Walking through apple orchards, picking the perfect apples is a delicious way to get steps in!

NOVELTY

Enjoy a painting/pottery class to add more creative, unique pieces to your home!

SOCIALIZATION

Enjoy a cooking class to learn new recipes for Thanksgiving and meet new people!



Recent Lab News



MEMBER HIGHLIGHT:

Nancy Wolff



Nancy is a lab technician with the EA lab. She graduated from Wheaton College, IL in 2023 with a BA in Psychology and a certificate in Neuroscience. Nancy's passion to work with and for those with dementia and memory disorders has us thrilled to have her on our team!

Caregiver Corner

WE HAVE **5 SPOTS LEFT** IN OUR HARMONY DEMENTIA CLINICAL CARE PROGRAM!

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](https://bit.ly/3NDMURD)



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