



# ENGAGED AGING

February Newsletter

## Fostering Resilient Neural Networks

### Sleep

Adjust the temperature before bed by putting your thermostat on "auto" and setting the temperature between 68-70 degrees for comfortable sleep

### Nutrition

*Spice things up* with this Prawn Orecchiette dish; This simple yet flavorful dish definitely impress your friends, family, or valentine.

Recipe [here!](#)

### Exercise

Attend a dance class with your partner this *lovely* holiday to stay active and burn some calories!

### Novelty

What's *sweeter* than indulging in a bake-off with friends or family? This is a fun and creative way to showcase your great (or up-to-par) baking skills!

### Socialization

Host a Super Bowl party for your friends and family, full of laughs, football, food, and good company!

## Recent Lab News

We have **2 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)

## Caregiver Corner

During this month that represents love, respect, and kindness to others, ensure that you're showing yourself the same amount of these things! While caring for others, make sure you're caring for yourself as well!

Contact Dr. Elizabeth Rhodus if you have any questions at:  
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