

EA Lab

APRIL NEWSLETTER



Sleep

Make sure to go to bed and wake up at the same time everyday, including the weekends, to manage your circadian rhythms

Nutrition



Try this delicious 'Fish Florentine' recipe for the Spring! The recipe can be found here: <https://www.skinnytaste.com/fish-florentine/>

Exercise

Try 'Movement Snacks' during the day by breaking up long periods with short bursts of movement by stretching, squats, or taking a 10-minute walk

Novelty



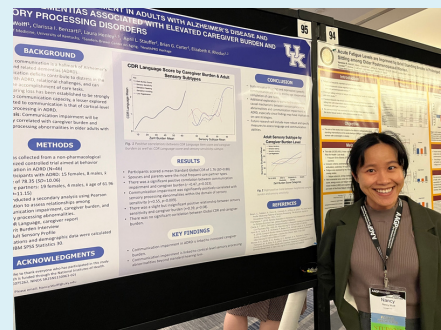
Start "Try Something New Tuesday" by trying a new hobby, journaling prompts, class or anything that interests you!

Socialization

For Earth Day, schedule a "Walk & Talk" to combine movement in the outdoors with connection!

Recent Lab News

Recently, our lab tech, Nancy, had the wonderful opportunity to do a poster presentation at the AAGP (American Association for Geriatric Psychiatry) annual meeting. The poster highlights a potentially novel link between sensory processing abnormalities and impaired communication in adults with dementia. Sensory processing is a relatively under-studied area, which makes the ongoing research and clinical trials at the Engaged Aging Lab so important for dementia care. Wonderful job done, Nancy!



Caregiver Corner

As Spring encourages us to take time and notice the blooming world around us, be sure to remind yourself that you deserve moments of rest and reflection, too. Set a daily "pause reminder" on your phone as a reminder to yourself that you are allowed to take a break, as caring for someone else begins with showing care to yourself.



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