



ENGAGED AGING AUGUST



SLEEP

As we age, a good night's sleep can become ever more evasive. Most of us know that regular exercise can help maintain a healthy sleep schedule, but did you know that exercising **too close** to your bedtime can disrupt your sleep? Reap the benefits of exercise, without endangering your sleep, by scheduling your workouts in the morning or early afternoon.

NOVELTY

If you live in Lexington, take advantage of the city's **FREE** live music concert series at Moondance Amphitheater. Click [HERE](#) for dates. For those outside Lexington, your city's website likely has similar community events! Better yet, lots of local restaurants and cafes offer live music throughout the year.

EXERCISE

Don't just exercise your body, exercise your mind! While you're walking around the block or pumping iron at the gym, consider listening to podcasts or books to learn something new. Not sure where to start? [This quirky podcast episode](#) may just spark your interest in octopi!



NUTRITION

Mediterranean dishes are the perfect way to indulge in summer flavors and use in-season veggies! This Mediterranean/Middle Eastern recipe for moussaka is flavorful without being spicy.

<https://vidarbergum.com/recipe/lebanese-moussaka-maghmour/#wprm-recipe-container-2272>

CAREGIVER CABANA: WHAT'S THE DIFFERENCE?



"Alzheimer's Disease" and "dementia" are often used interchangeably, but they're actually distinct! This 3-minute video by the NIH gives a fantastic overview of the various types of dementia.

<https://www.youtube.com/watch?v=s10iPESAHml>

SOCIALIZATION

It's back to school season! Backpack drives are popular events that lots of churches and schools host. In addition to helping provide essential school supplies, these events can also help you foster new relationships with young families in your community!



QUESTIONS?

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Or contact Dr. Elizabeth Rhodus directly at: Elizabeth.Rhodus@uky.edu

