

Engaged Aging Lab September Newsletter

Date: 9/1/2025

NOVELTY

It's back to school season! And that means you, too! The University of Kentucky's OLLI program offers several classes both in-person and on Zoom. From bagpipes to craft beer brewing, there's something for everyone. Most classes begin mid-September or October, so there's still time to sign up! Click [HERE](#) to view class offerings at both Lexington and Morehead locations.

NUTRITION

The MIND diet was specifically developed to promote brain health. The secret? Lots of vegetables! **This recipe** for marinara sauce is jam-packed with vegetables, so it's a great way to add veggies to a normal pasta dinner.



RECENT LAB NEWS

Dr. Elizabeth Rhodus joined KET to talk about older adults in the workforce!

Click [HERE](#) to see "Rewire Not Retire"

SLEEP

Everybody snores sometimes... but if you or your partner snore consistently and are especially tired throughout the day, these could be signs of sleep apnea. It's worth bringing up with your doctor, since quality sleep is essential to maintaining a healthy brain.

SOCIALIZATION

Now that the weather's cooling down, it's the perfect time to enjoy outdoor events in your community. Weekend farmer's markets and craft fairs are a good start! Bring your friends and family and make a day of it. You'll certainly make the vendors' day if you do! Click [HERE](#) for details on a craft fair in Somerset!

CAREGIVER CORNER

If you're caring for someone with dementia, it can be easy to lose yourself in care tasks. One idea to give both you and your loved one a moment of respite is to look at pictures together. This draws on Reminiscence Therapy, and it can be an opportunity to connect and reflect.



Questions?

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