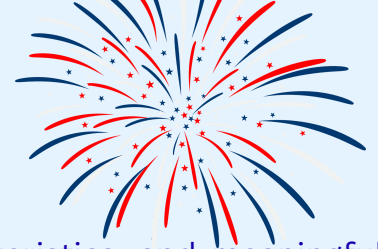




Engaged Aging Lab July Newsletter



Mission Statement

To evaluate the connections among the environment, personal characteristics, and meaningful occupations (how one occupies their time) through a multi-disciplinary lens of translational science. This is conducted through training, advocacy, and research on telehealth/technology, health outcomes, and underlying biology with an emphasis on community-based research and maximizing health resources for all.

Novelty

While our nation isn't quite *new*—far from it—there are certainly lots of 4th of July events to give you fun, novel ways to celebrate America's 250th anniversary! Whether you want to attend a live reading of the Declaration of Independence, or enjoy a classic fireworks show, we've identified a few Independence Day ideas to keep things fresh. Check out our events section below!

Sleep

If you've ever had a bad night's sleep, you'll know the feeling the next day where your thoughts feel cloudy and it's harder to remember things. [Scientific studies](#) confirm that sleep deprivation impairs your ability to react quickly and make connections between ideas, compared to being well-rested.

However, not all hope is lost! Other studies also show that getting a good night's sleep after learning something new can still significantly help solidify those new memories, even if you were sleep deprived the night before! Of course, we recommend trying to get a good night's sleep every night.



Photo credits: Canva.com

Nutrition

Looking for that perfectly light dish to share at all your summer cookouts? Try this bright, refreshing recipe for Peachy Corn and Tomato Summer Salad! Better yet, these fresh ingredients are currently in season here in Kentucky, so [this recipe](#) is the perfect excuse to visit your local farmer's market.



Photo credits: TheOfficialMINDDiet.com

If you're hungering for more food content, be sure to check out our events section. Both Louisville and Lexington public libraries are hosting cooking-related events you can sign up for this month!

Events

Lexington

- **July 2nd, 7pm:** [Southland Jamboree at Moondance Amphitheater, featuring the Six Strings Soldiers US Army Band](#)
- **July 4th, 10am:** [Public reading of the Declaration of Independence at the Old Historic Lexington Courthouse](#)
- **July 4th, 11am-10pm:** [Fourth of July Celebration at Gatton Park](#)
- **July 18th, 10am-12pm:** [Live cooking show at the Central Library](#)

Louisville

- **July 4th, 6:30am-10am:** [Fourth of July sunrise celebration at the Old Locust Grove](#)
- **July 4th, 10am-5pm:** [Fourth of July “I Too Am a Kentuckian” exhibition at the Frazier Museum](#)
- **July 4th, 11am-3pm:** [Fourth of July Celebration at Bernheim Park](#)
- **July 5th:** [Sign up by July 5th to be part of a 6-week cooking class focused on making healthy meals for older adults](#)

Virtual

- **July 9th, 12-1pm:** [AARP Estate Planning Workshop](#)



Caregiver Corner

Caregiving can be a heavy load for anyone to carry, but it's especially heavy for caregivers who are part of the “sandwich generation.” Many caregivers find themselves taking care of aging parents while they're raising children at the same time, sandwiching them between multiple people who need their time and attention. To help support caregivers navigating the legal aspects of estate planning, AARP is hosting a free Zoom workshop on July 9th designed to address this topic with the unique needs of sandwich caregivers in mind. [Click here to register for AARP's free estate planning workshop.](#)

Exercise

The Lexington Senior Center has a wealth of free, in-person fitness classes they offer weekly! From general fitness to upbeat boogie beat classes, [this link shows all the different exercise opportunities](#) they offer for various ability levels.

Not able to make it to the center? Check with your local senior center to see what classes might be available. Or, [visit the Lexington Senior Center YouTube channel](#) for full-length workout videos you can follow along wherever you are!



Photo credits: Gatton Park

Research

We are excited to launch the official UK HealthCare Website for our research-based dementia care program, Harmony. [Click the link here to visit the official website.](#)

If you are interested in joining a research study, [click the link here to view our current studies.](#)

Contact: Elizabeth Rhodus, PhD at 859-257-5562 or email us at EngagedAging@uky.edu

Links & References

- Peachy Corn Tomato Summer Salad: <https://theofficialmindeddiet.com/recipe-bank/peachy-corn-and-tomato-summer-salad>
- Sleep research article: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8893218/>
- Lexington Southland Jamboree: <https://www.lexingtonky.gov/playing/arts-events/concerts/southland-jamboree>
- Lexington Reading of the Declaration of Independence: <https://www.lexingtonky.gov/playing/arts-events/fourth-july-celebration>
- Lexington Fourth of July Celebration at Gatton Park: <https://gattonpark.org/event/july-4th-at-gatton-park/>
- Lexington Public Library Cooking Show: <https://events.lexpublib.org/event/16610939>
- Louisville Fourth of July Sunrise Celebration: <https://locustgrove.org/event/dawns-early-light/>
- Louisville Frazier Museum Exhibition: <https://www.fraziermuseum.org/calendar/i-too-am-a-kentuckian-exhibit-opening>
- Louisville Fourth of July Celebration at Bernheim Park: <https://bernheim.org/event/america-250-fourth-of-july-celebration/>
- Public Library Cooking Class Signup: <https://events.lfpl.org/event/cooking-matters-cooking-classes-older-adults-11140>
- AARP Estate Planning Workshop: <https://www.aarp.org/events/details.estate-planning-skills-for-sandwich-generation.47n2rq7r55>
- Lexington Senior Center Fitness Events: <https://www.lexingtonky.gov/living/community-services/senior-programs/lexington-senior-center/senior-fitness-classes>
- Lexington Senior Center YouTube Channel: <https://www.youtube.com/@lexingtonseniorcenter6804/featured>
- UKHC Harmony website: <https://ukhealthcare.uky.edu/harmony>
- Engaged Aging Lab current studies: <https://engagedaging.createuky.net/current-research-2/>