

## 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.



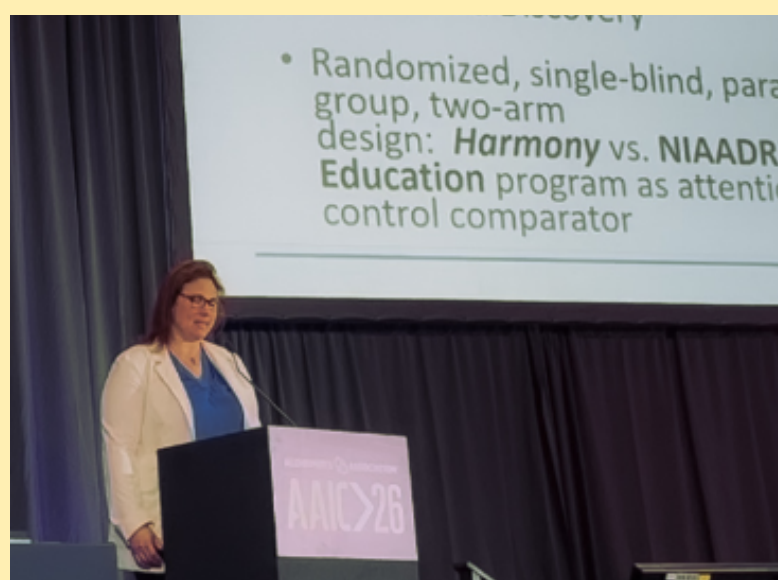
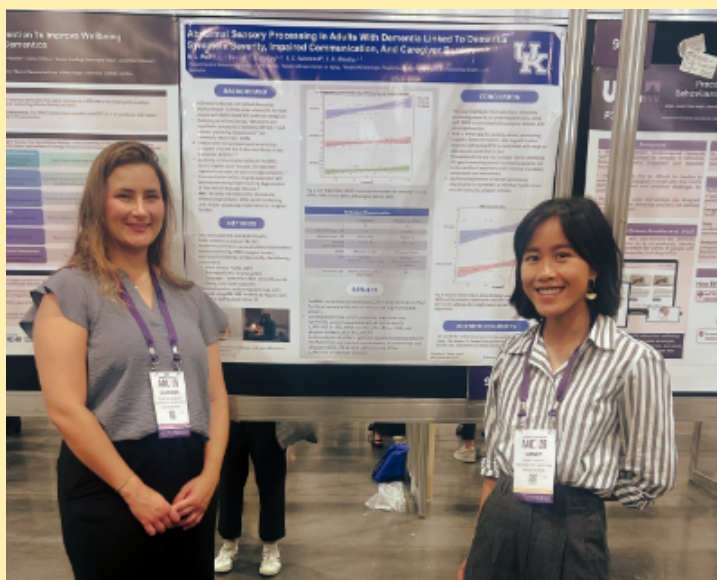
## Novelty

Just last month, the World Health Organization (WHO) recently updated its guidelines on reducing your dementia risk. They now emphasize positive lifestyle changes such as engaging in social activities, maintaining a well-balanced diet, and getting regular exercise<sup>1</sup>.

This is wonderful news, especially for YOU, our newsletter subscriber! Our newsletter provides monthly opportunities for. We're so excited to be able to share evidence-based strategies to help you stay engaged and active! [Click here to view the WHO article.](#)

## Lab News

Members of Engaged Aging had the opportunity to present their research at the Alzheimer's Association International Conference held in London last month. Lab members Dr. Clarissa Benzarti (left) and trainee Nancy Wolff (right) presented their work during the poster sessions. And our very own Dr. Elizabeth Rhodus gave a podium presentation on the results of our latest clinical trial demonstrating the beneficial effects of Harmony dementia care<sup>2</sup>. [Click here to watch a video of Dr. Rhodus speaking about Harmony.](#)



## Sleep

You may have heard the sleep myth that naps are not beneficial to overall sleep health. Although naps are not a substitute for lack of sleep, they have some restorative benefits and help prime our brains for learning and creativity<sup>3,4</sup>.

**Tip:** Do you wake up groggy after a nap? It may be because you woke up in the middle of a deep sleep cycle. Many of our organ systems are slowed down during this phase, so waking up here can make you feel sick. To avoid that post-nap grogginess, try timing your naps for 30 or 90 minutes. This will help you avoid waking in the middle of a deep sleep cycle.

## Nutrition

Got sweet potatoes left over? Try dicing them up, tossing in olive oil, and popping them in the air fryer! You can either enjoy them as is, or use them in this Citrus-Sweet Potato Salad inspired by the MIND-Diet. This recipe is full of vitamins and protein<sup>5</sup>. [Click here to view a link to this recipe, or check out the last page of this newsletter to view it.](#)

**Bonus:** See our Events section to sign up for a class on making the most of your air fryer at the Lexington Public Library.



## Exercise

As we age, falling becomes a greater risk with increasingly dangerous outcomes. But never fear! There are plenty of fall prevention exercises you can do by yourself and with friends. We found a free, online guide by Johns Hopkins Medicine that shows you how to do these exercises step-by-step<sup>6</sup>. These exercises work on strengthening your muscles so your legs can be stronger. As always, talk to your doctor about any additional fall risk concerns.

[Click here to view the online guide for these exercises.](#)

## Caregiver Corner

Caring for a loved one can be very difficult to navigate on your own. However, we are here for you! We understand that doing medical tasks can be confusing and intimidating, so we found a website full of free tutorials on how to perform certain medical tasks for your loved one. There are also helpful tips for caregivers themselves. They include self care, sleep and mental health resources<sup>7</sup>. [Click the link here to view free caregiver resources.](#)

## Socialization and Events

We're winding up for back-to-school season... And that includes you! The University of Kentucky's Osher Lifelong Learning Institute (OLLI) is a membership program that offers classes, trips, and events for adults 50 years and older. There is an annual \$50 membership fee which allows you to register for free or paid courses<sup>8</sup>. [Click here to view the OLLI Website and for Registration information.](#)



Here are a couple upcoming OLLI classes that caught our eye:

**10/26/2026 - 11/16/2026: Dementia Education Class in-person in Lexington, KY (paid)**

[Click here to view more information for the Dementia Education class.](#)

**11/3/2026 - 12/3/2026: Fall Risk Prevention Class in-person in Morehead, KY (free)**

[Click here to view the more information for the Fall Risk Prevention class.](#)

A poster for the Omega Psi Phi Healthy Aging Event. It features a close-up photo of an older couple at the top. Below the photo, the text reads "Omega Psi Phi Healthy Aging Event". The event is scheduled for Saturday, August 15th, 2026, from 12pm to 4pm at the Robert H Williams Cultural Center, 644 Georgetown St, Lexington, KY 40508. A circular portrait of a man with glasses and a beard is on the right. The "What to Expect:" section lists: Free Health Screenings (\*must be 18 or older), Fitness Sessions, Health Education with Dr. Willie McBride, Community Resources, and Blood drive with the Kentucky Blood Center. At the bottom are logos for Omega Psi Phi Fraternity, Inc., UK HealthCare Barnstable Brown Diabetes Center, UK Sanders-Brown Center on Aging, and Feeding Kentucky.

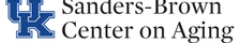
**Omega Psi Phi**  
**Healthy Aging Event**

 **Saturday**  
August 15<sup>th</sup>, 2026  **12pm-4pm**

**Robert H Williams Cultural Center**  
644 Georgetown St, Lexington, KY 40508

**What to Expect:**

- Free Health Screenings (\*must be 18 or older)
- Fitness Sessions
- Health Education with Dr. Willie McBride
- Community Resources
- Blood drive with the Kentucky Blood Center

We also found these free local events:

**08/15/2026, 12pm - 4pm:**

**Omega Psi Phi Healthy Aging Event in Lexington, KY**  
*Free health screening and health education offered.*

**08/15/2026 - 08/16/2026:**

**Woodland Art Fair at Woodland Park in Lexington, KY**

**08/22/2026, 2pm - 3pm:**

**The Science and Magic Behind Delicious Coffee class at the Louisville Free Public Library**

**08/29/2026, 11am - 12:30pm:**

**Getting to Know Your Air Fryer class at the Lexington Public Library Eastside Branch**

Check out the References page for online information!

## Research

We only have a few more spots left in our current research study! If you or someone you know are interested in participating, [click the link here to learn more](#) or contact us below:

**Contact:** Elizabeth Rhodus, PhD at 859-257-5562 or email us at [EngagedAging@uky.edu](mailto:EngagedAging@uky.edu)

## References:

1. World Health Organization: New WHO Guidelines for Dementia Prevention. 2026. [Article Link](#).
2. Elizabeth Rhodus, Isabella Ciccone: Using Sensory Based Interventions for Older Adults with Dementia [Video](#) and [Article Link](#)
3. National Institutes of Health: Quick Catnaps May Spark Creativity. 2023. [Article Link](#).
4. National Institutes of Health: Your Guide to Healthy Sleep. 2011. [Article Link](#).
5. MIND Diet Meals Citrus Kissed Sweet Potato Salad [Recipe Link](#).
6. John Hopkins Medicine: Fall Prevention: Balance and Strength Exercises for Older Adults [Article Link](#).
7. Hope Hospice and Health Services Caregiver Resources [Website Link](#) .
8. University of Kentucky OLLI Course Catalog [Website Link](#) .
9. Omega Psi Phi Healthy Aging Event [Website Link](#).
10. Woodland Art Fair [Website Link](#).
11. The Science and Magic Behind Delicious Coffee [Class Registration Link](#) .
12. Getting to Know your Air Fryer [Class Registration Link](#).