

Engaged Aging Lab September 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

Want to try something new with something old? Well, you can do just that by turning your old photos and cassette tapes into brand new digital files! We recommend making digital copies of all your old media so that you can have backups of your most important memories. Many libraries have free “digitization” equipment to scan in old photos, film negatives, or even convert VHS tapes and DVDs into digital files you can keep on a thumb drive. Whether you want to reminisce with loved ones, or pass your memories onto the next generation, making digital copies is a great way to preserve your memories! For our Lexington folks, click [HERE](#) to view information about the Lexington Public Library’s free digitization equipment.

Lab News

Last month, we had the chance to share some healthy aging resources with the community at the Omega Psi Phi Health Fair Event and Nathaniel Mission Health Fair! Here are some highlights:



Sleep

Last month, we talked about a sleep myth surrounding naps. This month, we'll bust another one of those myths: Older people need less sleep. As we age, our quality of sleep may decrease due to illness or lifestyle changes, but that doesn't mean that our bodies need less sleep- we simply struggle to get quality sleep. Older adults should still try to get about 8-10 hours of sleep every night. If you are having trouble falling, or staying asleep, try practicing good sleep hygiene or consult your doctor to discuss any underlying medical conditions.

TIP: Good sleep hygiene; dark room, cold temperature, no phone before bedtime. If you are struggling with insomnia, try reading a book for about 15-20 minutes, or try having a glass of tart cherry juice.

Nutrition

September is peak apple season in Kentucky! Although the apple picking season begins in August, you will find the greatest variety of apples to pick during September. This month, we've got delicious Spiced Almond Butter Latte that pairs nicely with some fresh apple slices. The latte recipe is MIND-diet friendly and perfect for welcoming the upcoming fall season. You can view the recipe for the latte by clicking [HERE](#).

If you're not a fan of coffee, you can enjoy sliced apples by themselves using the MIND-diet recipe or follow this baked apple slices recipe by the Cleveland Clinic. You can view the recipe for the baked apple slices by clicking [HERE](#).



Exercise

According to the new dementia prevention guidelines released by the World Health Organization (WHO) last month, it is recommended that adults prioritize aerobic, or cardio exercise. Cardio exercise increases your heart rate and uses large muscles in your body. There are a few ways to get cardio exercise at home! Raking the leaves or mowing the yard is a great way to prepare for the fall *and* get some cardio exercise! Consult your doctor before doing any rigorous activity such as yard work to ensure you are staying safe while exercising.



Photo credits: MIND-Diet Website

Photo credits: Cleveland Clinic Website

Socialization and Events

Apple picking season is upon us here in Kentucky! September is the best time to go apple picking, and it's also a great way to be social and active. There are several apple orchards around KY that let you pick apples directly from their trees. We recommend going early to grab the sweetest fruit!

Local Apple Orchards:

Eckert's Orchard in Versailles, KY

Evan's Orchard in Georgetown, KY

Hidden Hollow Orchard in Louisville, KY

Reed Valley Orchard in Paris, KY

This month, UK Healthcare and UK Cooperative Extension office will be presenting their annual Be Healthy Bash in Lexington. This is a FREE and family-friendly health fair that will offer free health screenings, door prizes, and free lunch to the first 500 people. You can pre-register to be entered in the drawing for prizes by clicking [HERE](#).



Photo credits: Evan's Orchard Website



Photo credits: University of Kentucky

United Way Of The Bluegrass 2-1-1



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[Text your zip code to 898-211](#)



[Search for resources online](#)

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Photo credits: United Way of The Bluegrass Website

Caregiver Corner

Bluegrass Community Action Partnership offers a Senior Companion Program that sends free trained volunteers to spend time with older adults. Not only does this free up time for family caregivers, but it also promotes socialization to homebound individuals. To learn more, please contact Ryan Torres at 502-695-4290 ext. 561 or visit their website by clicking [HERE](#).

United Way 211 is a national, community resource service that helps connect people with social services such as financial help, legal help, and even food assistance. To get in touch, simply dial #211 or text your zip code to "898211".

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

References:

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