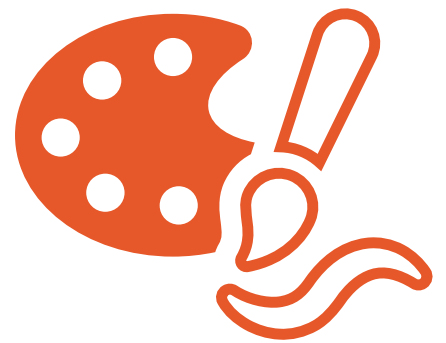
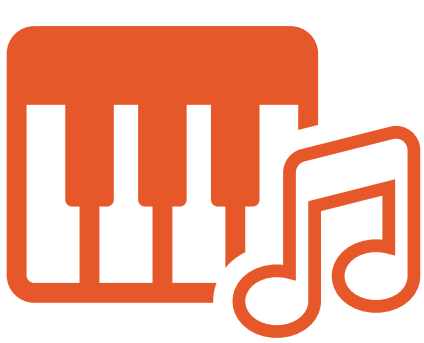


Use It, Or Lose It!

3 Tips to Support Your Brain Health



Tip #1 Encourage Learning New Things

Find out what your loved one used to love to do and what he or she likes now. From board games to card games to the standbys like puzzles, crossword, sudoku, scrabble, Words with Friends and Wordle -- the choices are endless. Consider playing cribbage, which is fairly simple, requires concentration and usually leads to great conversation. Pick podcasts and books-on-tape over TV. Ask them to read an article, recount 3-10 things they learned, then ask them some questions.

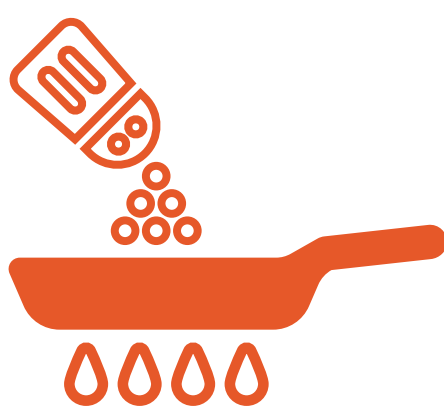
Make new memories. It's never too late to make a dream come true or satisfy a life-long curiosity by learning a new skill, taking up a new hobby or visiting a new place. Ask your senior what they'd like to see and do.



Tip #2 Encourage Social Connections

Make sure you and your loved ones are seeing friends. Whether it's over lunch, at book club, some good-natured yelling at the TV on college game day, taking walks, gardening or sharing a few chocolates and a glass of red wine over happy hour -- being around people is like a vitamin for the brain.

For families, it's important to set up a regular time to call or Facetime, not just text. It makes them feel important and valued and they look forward to that call more than you know. Also, having a pet or engaging in animal therapy. Dogs are proven to encourage exercise, reduce stress, depression and anxiety. And that's good for cardiovascular health.



Tip #3 Encourage Physical Health

When we exercise, we fire up the endorphins, lower blood sugar levels and blood pressure. We don't have to run a marathon. Simple short, daily walks are enough. All of us, especially seniors, should follow a healthy, low sugar diet plan like the Mediterranean Diet. Study after study heralds the colorful and fiber-rich Mediterranean Diet as the healthiest way to eat.

And the latest brain science is backing up what researchers have long suspected -- not getting enough sleep is a potential risk factor for neurodegenerative diseases like Alzheimer's. Dr. Peter Attia says that "sleep is when the brain heals itself...sweeping away intracellular waste that can build up between our neurons." Find out how much sleep your loved one is getting and what may be contributing to poor sleeping patterns.



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