

Tips on keeping your brain healthy...

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a vital role in almost everything you do: thinking, feeling, remembering, working, playing, and even sleeping.

The good news is that emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementias.

Make brain-healthy life choices:

1. Stay physically active- physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It can also significantly reduce the risk of heart attack, stroke and diabetes, and therefore protect against those risk factors for Alzheimer's and other dementias.
2. Adopt a brain-healthy diet: Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.
3. Remain socially active: Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells
4. Stay mentally active: Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells. Try a crossword or Sudoku puzzle!

Visit <http://www.alz.org> for more information.

Local Resource... Music and Memory

Older adults with Alzheimer's and other forms of dementia have all been observed to respond to music. Songs from their past and ones that they once knew can touch memory and emotion that was previously inaccessible. The amazing response to a familiar song may regain that time of the individuals' lives and identity that they had when they first heard it. People with Alzheimer's may lose their memory for events and their own personal biographies but personal memories

can be embedded in a way through music. One doesn't have to be musical to react emotionally to music no matter how severe their dementia may be.

The ways that older adults used to obtain and listen to music just don't exist anymore. Giving family and friends access to their favorite songs is often quite a thrill, and a gift that can have long term benefits.

Please visit :



www.musicandmemory.org

for more tips on how to set up an iPod for someone living with you at home, living independently, or living in a long-term care facility

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