Train Your Brain

How To Keep Your Brain Healthy

Glassford Place Assisted Living 7509 E Long Look Drive Prescott Valley, AZ 86314



- 1. Physical Exercise:
- It helps maintain blood flow to the brain.
- It does not have to be strenuous or time consuming.

The key is: do it regularly!



- 2. Proper Diet
- ✓ Dark vegetables and fruits may help protect brain cells.
- ✓ A low fat, low cholesterol diet is good for your heart – and your head!

Best examples: Spinach, broccoli, eggplant, blueberries, raisins, strawberries and oranges.



- 3. Social Activity
- ✓ Stay connected with family and friends
- ✓ Volunteer
- ✓ Join clubs
- ✓ Travel

Socializing reduces stress and maintains connections among brain cells.



4. Mental Stimulation

- ✓ Current events
- ✓ Puzzles, crosswords, brain teasers
- ✓ Read books, newspapers, magazines
- ✓ Plant a garden
- ✓ Write letters / emails

Stay curious and involved, because you can maintain connections among brain cells ... and actually create new ones.



So, why train your brain?

Dementia is a slow decline in memory, thinking and reasoning skills

- Alzheimer's, a type of dementia, is the most common brain disease – a fatal disorder that results in the loss of brain cells and function
 - 1 in 3 are directly affected by Alzheimer's in some way
 - There is no cure, but its progress can be slowed.

What's the difference?



| Signs of Alzheimer's/ Dementia | Typical age-related changes |
|--|--|
| Poor judgment and decision making | Making a bad decision occasionally |
| Inability to manage a budget | Missing a monthly payment |
| Losing track of the date or season | Forgetting which day it is and remembering later |
| Difficulty having a conversation | Sometimes forgetting which word to use |
| Misplacing things and being unable to retrace steps to find them | Losing things from time to time |

[•]Check out the Alzheimer's Association website: alz.com





In a long-term study of 1,500 adults*:

- Those who were obese in middle age were 2x as likely to develop dementia later in life
- Those who also had high cholesterol and high blood pressure had 6x the risk of dementia

Source: alz.org



Good News

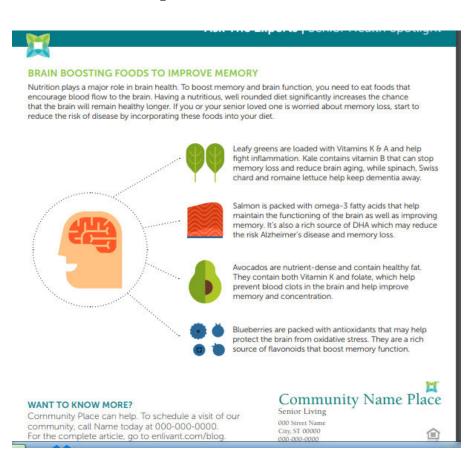
- Research suggests we can slow down the progression of Alzheimer's during midlife
- Diet, lifestyle, aerobic exercise, social connectedness all play into the success of your aging brain

Now is the best time to help ensure your brain health. Let's get started!



Enlivant.com: Ask The Experts

- Our website features articles especially for senior health and wellness
- Brain Boosting Foods
 To Improve Memory





Independent and Assisted Living communities offer a variety of amenities that typically include brain engaging activities, exercise and healthy meals.

Some communities offer special and customized programs for seniors.

At Glassford Place we offer several options for activities to get them engaged and healthy meals and snacks.

Advantages of an Assisted Living Community

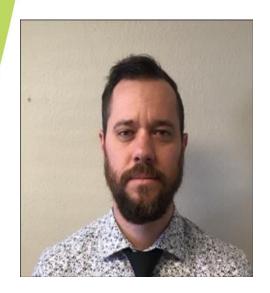


- Comforts of home + privacy without isolation
- No home maintenance for more free time with friends and family
- Social + recreational activities make each day unique
- Care services on site around the clock





We Are Here To Help



Curtis Larsen
Executive Director



Darcy Benavides RN Care Services Manager



Denice Dunker Community Relations Manager

Let us answer your questions and provide solutions.

Please contact us with any questions. **Glassford Place Assisted Living** 7509 E Long Look Drive Prescott Valley, AZ 86314 928-772-3690