

Train Your Brain

How To Keep Your Brain Healthy

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



The 4 Best Ways To Train Your Brain

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!



The 4 Best Ways To Train Your Brain

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.



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3. Social Activity

- ✓ Stay connected with family and friends
- ✓ Volunteer
- ✓ Join clubs
- ✓ Travel

Socializing reduces stress and maintains connections among brain cells.



The 4 Best Ways To Train Your Brain

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



Risk Factors

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

BRAIN BOOSTING FOODS TO IMPROVE MEMORY

Nutrition plays a major role in brain health. To boost memory and brain function, you need to eat foods that encourage blood flow to the brain. Having a nutritious, well rounded diet significantly increases the chance that the brain will remain healthy longer. If you or your senior loved one is worried about memory loss, start to reduce the risk of disease by incorporating these foods into your diet.

-  Leafy greens are loaded with Vitamins K & A and help fight inflammation. Kale contains vitamin B that can stop memory loss and reduce brain aging, while spinach, Swiss chard and romaine lettuce help keep dementia away.
-  Salmon is packed with omega-3 fatty acids that help maintain the functioning of the brain as well as improving memory. It's also a rich source of DHA which may reduce the risk Alzheimer's disease and memory loss.
-  Avocados are nutrient-dense and contain healthy fat. They contain both Vitamin K and folate, which help prevent blood clots in the brain and help improve memory and concentration.
-  Blueberries are packed with antioxidants that may help protect the brain from oxidative stress. They are a rich source of flavonoids that boost memory function.

WANT TO KNOW MORE?
Community Place can help. To schedule a visit of our community, call Name today at 000-000-0000. For the complete article, go to enlivant.com/blog.

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Senior Living
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City, ST 00000
000-000-0000



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.**

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928-772-3690**