

# healthy living for your brain and body

tips from the latest research



curriculum

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## acknowledgements

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## introduction

The *Healthy Living for Your Brain and Body: Tips from the Latest Research* program of the Alzheimer's Association is designed to provide current research and practical information on ways to help you age well. The program is intended for individuals of any age who are looking for information on ways to age as well as possible. It is not designed for individuals with Alzheimer's disease or dementia.

The foundation for this program was a result of a think tank meeting hosted by the Alzheimer's Association. Researchers in the fields of healthy aging and brain health came together to discuss current research and appropriate messages.

The program begins with an overview of how humans age and how the brain works. It is then organized to provide information about current research (what we know) and practical strategies (what we can do) in the following four areas:

- Physical health and exercise
- Diet and nutrition
- Cognitive activity
- Social engagement

The program closes with information about the combination of all four areas, things participants can do now, and how to make sense out of products and services with big health-related claims.

The *Healthy Living for Your Brain and Body: Tips from the Latest Research* program is part of the Portfolio of Common Programs and Services. It is intended to be provided by all chapters, and represents the brain health portion of our core programs.

## instructions

This program contains videos of experts and members of the public addressing a number of topics related to healthy aging. Instructions for downloading the program and maximizing playability are found on Insite at: [https://insite.alz.org/downloads/programs/programs\\_downloading\\_instructions.pdf](https://insite.alz.org/downloads/programs/programs_downloading_instructions.pdf).

The program contains the following components:

- PowerPoint
- Curriculum
- Workbook
- Handouts in 2, 3 and 6 slides per page formats
- A customizable flier
- A customizable poster
- A customizable promo card
- A sample newsletter item
- Folder containing research summaries and references

The *Healthy Living for Your Brain and Body: Tips from the Latest Research* program is offered as a one-hour program that includes time for settling and introductions at the beginning, as well time for questions at the end. To maximize flexibility for the presenter, the program Curriculum includes presenter notes outlining how the workbook may be used if the presenter has more than one hour allotted for the presentation.



# healthy living for your brain and body



## Slide 1

Welcome to the Alzheimer's Association *Healthy Living for Your Brain and Body: Tips from the Latest Research* program. This program is designed to offer you **research-based recommendations** about taking care of our brains and our bodies in order to **age as well as possible**.

NOTE: This program is intended for healthy individuals who are looking for ways to age well. If you have concerns about your memory or have Alzheimer's disease or dementia please contact the Alzheimer's Association to speak with someone and find out about other programs that are available.



## Slide 2

By the end of this program, you will be able to:

- Identify the reasons for taking care of yourself as you age
- List strategies to help you age well in the following areas:
  - Cognitive activity
  - Physical health and exercise
  - Diet and nutrition
  - Social engagement
- Make your own plan for healthy aging using the *Healthy Living for Your Brain and Body: Tips from the Latest Research Workbook*.

Throughout the course of the program, you will be able to view short videos of experts in the field of aging and people who are finding ways to make small changes that add up and help them age well.



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## Slide 3

Let's start out by talking about the factors that contribute to how human beings age.

There are some ways in which we age that we all have in common, and many of these are outside of our control. As older adults, for example, our hair typically turns gray, our skin wrinkles and our eyes tend to focus less effectively while reading. As individuals, though, we each age somewhat differently, and how this takes place depends in part on our genes. We are each genetically predisposed to age in a certain way. For example, some families tend to live a long time, aging well into their nineties or even longer. Other families tend to develop diseases that may limit the lifespan. These things are all beyond our control.

However, there are many aspects of aging over which we do have some degree of control. These aspects of aging include the lifestyle or environmental factors associated with how we age. Even in families with genetic predispositions toward particular conditions, there are lifestyle and environmental interventions that may alter the course of those conditions significantly.

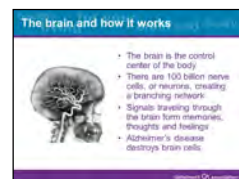
We can start by adopting habits to potentially improve overall health. These habits may help keep our bodies and our brains healthy as we age.



## Slide 4

Now, let's talk a bit about the brain and how it works.

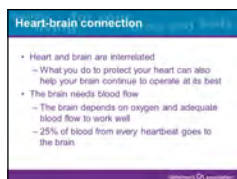
- The **brain controls all of our bodily functions**, including thought and movement. It is the control center for the entire body.



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There are approximately **100 billion nerve cells, called neurons**, in the brain. They are structured like branches of a tree, creating a **network of pathways** through which electrochemical signals are sent to form thoughts, feelings and memories.

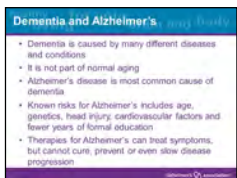
- **Alzheimer's disease progressively destroys brain cells** as it moves throughout the brain, **affecting more functions as it progresses**.



## Slide 5

We have known for years that the body and the brain are connected, and that what is good for the body may also be good for the brain. Now, science is able to tell us why this is true and what we can do to maximize health.

- Much of the body-brain connection is due to the fact that the brain is nourished by the body's richest network of blood vessels.
- The oxygen and other elements delivered to the brain through the bloodstream keep the brain nourished. Each time your heart beats, 25% of the blood being moved goes to the brain. This is why keeping the body in good working order helps keep the brain fueled to do its work.



## Slide 6

There are many benefits to aging. If you ask someone you know who is over the age of 50 or 60, you may hear discussion of increased feelings of comfort with the who the person is, and less concern with the opinions or criticisms of others. Those in their 70s and 80s may talk about the wisdom that comes with life experience, and their appreciation of this perspective.

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As we age, there are changes that take place in our bodies and out brains. Many of these are to be expected as typical age-related changes, such as some decline in the ways our brains process information. In addition, however, there are some diseases that are more common as we age, and some of these impact brain function.

Alzheimer's disease and other dementias result when the brain is compromised in some specific ways. Currently, there are no proven methods to prevent, cure or even slow the progression of Alzheimer's disease. There are **habits**, though, that help **maintain or potentially improve overall health** as we age. These habits may also help keep your brain healthy as you age.

Although this program isn't specifically about issues related to Alzheimer's disease or dementia, it's helpful to know some basic information about these conditions to understand how they relate to healthy aging and what we can do to help our brains and our bodies age as well as possible.

- Dementia is a general term that is caused by many different diseases, each with different symptoms. The symptoms of all these diseases have one thing in common: they compromise the way the brain works and **cause a decline in memory or other brain functions that are noticeable enough to affect everyday life.**
- Although dementia and the diseases under this umbrella term are associated with aging, they are **not a normal part of aging.** If they were, everyone would develop them as they age, and we know that this isn't the case.
- **Alzheimer's disease is the most common form of dementia**, accounting for 60–80% of all cases.\*

- Some of the **risks** for Alzheimer's include **age, genetics, head injury, cardiovascular factors and fewer years of formal education**. We will discuss some of these risks in more detail later in the program.
- There are some **therapies** that have been developed to **help treat symptoms** of the disease and these are effective in some people for a limited period of time. However, they do not slow the progression of the disease.

The Alzheimer's Association offers many programs and resources, both in person and online, where you can get additional information about Alzheimer's and other forms of dementia.

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\* 2016 Alzheimer's Disease Facts and Figures, Alzheimer's Association.



## Slide 7

Today we will explore four aspects of healthy aging:

These areas are:

- Physical health and exercise
- Diet and nutrition
- Cognitive activity
- Social engagement

We'll look at what the most current research tells us about changes we can make in each of these areas that can help our bodies and our brains age as well as possible.

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As we touch on each area, think about how you can apply this research to your own life. Consider how you can:

- Do what you enjoy,
- Make gradual changes, and
- Start now, regardless of your age.

Whenever possible, think about how you can make changes that affect more than one area at once to maximize the health benefits of your habits.

## Slide 8

Let's start by exploring the area of physical health and exercise.

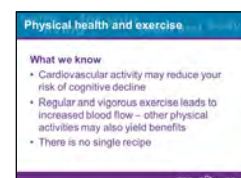


## Slide 9

There is quite a bit of research in the area of how physical activity affects brain health.

Many studies indicate that engaging in physical activity is associated with lower risk of cognitive decline, so many researchers say that if people had to choose one thing to do to improve their brain functioning, it should be exercise. Some evidence suggests that exercise may directly benefit brain cells by increasing blood and oxygen flow, and by reducing other dementia risk factors such as high blood pressure, diabetes and high cholesterol.

However, there is no single recipe for what may work best. Most researchers believe exercise should be regular and on the more vigorous side, but other studies have shown benefits from mild activity such as walking.



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## Slides 10 and 11

### Video intro

In our first video, Woodley describes developing a new habit.

### View film clip

*Presenter's note:*

*Please insert your own comments about the video clip here.*

*Important points from the clip:*

- Developing a new habit can happen surprisingly quickly.
- Progress comes with choosing to stick with the new behavior.

Creating an exercise habit can begin with just 10-15 minutes a day of activity.



## Slide 12

The most important recommendation is to be as active as you can, and to incorporate **activity that you enjoy** so you will continue to engage in it.

If this is new for you, **start out small** — walk around your neighborhood a few times a week, take the stairs more often, or park your car farther away from your destination than usual. The little changes add up, and research shows that even 20-30 minutes of walking a few times a week can have health benefits.

**Participate in cardiovascular activity** regularly. This will increase the blood flow to your brain and your body, providing additional nourishment. Research has shown that for most people, any additional movement is a positive change that can

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have an impact on overall health.

The Centers for Disease Control and Prevention have developed recommended guidelines for physical activity. For more details about the recommendations and how you can reach them, take a look at the CDC's website: <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>.

**Move safely** to prevent injury — wear a helmet when biking to protect against head injury, and wear other protective gear when needed for other activities.

**Ask friends to join you** — this way you can make it social (a benefit for your brain and body as well) and get support for continuing with your routine.

Consider **physical activities that may also be mentally or socially engaging**, such as taking a dance class, joining an exercise group or engaging in a challenging sport, such as golfing or playing tennis.

**Check with your doctor** before beginning any new exercise program.

And finally, remember that **it's never too late (or early) to start** — no matter when you start, your body and brain can still reap benefits.

## Slide 13

- Studies have found that **smoking** increases the risk of cognitive decline, and may increase the risk of dementia. Additional benefits of stopping smoking include a lower risk of heart attacks, stroke and lung disease; better blood circulation; and avoiding exposing others to second-hand smoke.





- **Alcohol** has many effects. Although a glass or two of red wine is commonly thought to have health benefits, *you should not start drinking if you don't already do so. Also, excessive drinking of alcohol has some serious negative consequences, including:*
  - Slow or impaired communication among brain cells
  - Fuzzy memory and drowsiness
  - Long-term changes in balance, memory, emotions, coordination and body temperature
  - Can be a big contributor to falls and fall-related injuries in older adults
  - Can react negatively with many medications, leading to potentially dangerous or even life-threatening consequences.
- Get enough **sleep**. Inadequate sleep due to conditions like insomnia or sleep apnea can cause problems with memory and thinking.
- Avoid any injury to your head. **Head injuries and falls** can contribute to physical and cognitive difficulties. Be sure to wear a helmet when riding a bicycle or playing sports that could involve head injury.
- Studies have found that regular physical activity decreases stress, increases your ability to manage stress and leads to better overall mood. Monitor your level of **stress**, take action to minimize it and seek professional assistance to address anxiety, depression or other **mental health concerns**.
- Be sure that you have informed all of your doctors about all the **medications** you take, and have them reviewed by your primary doctor once a year.

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- Find a **physician** you trust, and visit him or her on a regular basis. Follow up on all recommendations. This is one of the best things you can do to maximize your health as you age.

## Slide 14

Growing evidence suggests that many factors that increase the risk of heart disease and strokes may also increase the risk of dementia. These include high blood pressure, diabetes, obesity and possibly high cholesterol. Although there is good research being done in these areas, more is needed. Here is what we know:



- Research has shown an increase in the risk of cognitive decline and dementia among individuals with **diabetes**. Although diabetes has not been shown to cause Alzheimer's disease, there is a relationship between those who have diabetes and those who get dementia.
- Studies have also found that **mid-life obesity** may be associated with an increased risk of dementia.
- Research done on treatments to reduce **mid-life hypertension** suggests that they may also reduce the risk of cognitive decline,
- Studies have shown **mixed results for the relationship between high cholesterol levels and dementia**. We do know that a good cholesterol level is good for the heart, and what's good for the heart may be good for the brain.

The best way to combat these health concerns is to get your cardiovascular factors mentioned above tested regularly and work with your doctor to understand what the results mean for your overall health. Be aware of changes from previous levels to help determine whether changes are needed to help you stay healthy.

# healthy living for your brain and body

African-Americans, Latinos and other ethnic groups that tend to have higher rates of high blood pressure, diabetes and cardiovascular problems need to work closely with doctors to stay on top of any medical concerns.

## *Presenter Notes:*

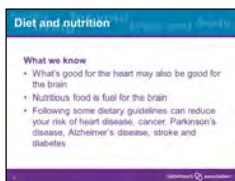
*If time permits, have participants individually complete the physical health and exercise section of the workbook and lead a group discussion about small steps, challenges/solutions and support.*

*If you have more time, consider an interactive activity involving physical exercise. Talk through some simple chair exercises or some deep breathing relaxation techniques.*



## Slide 15

The next area that we will explore is diet and nutrition.



## Slide 16

Again, we know that a healthy fueling of the body benefits brain functioning. But there are many differing opinions about what is the best way to eat to maximize health.

Research in the area of the relationship between diet and cognitive functioning is somewhat limited, but it does point to the benefits of two diets in particular: the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet.

The **Dietary Approaches to Stop Hypertension (DASH)** is a flexible and balanced eating plan. Studies show that the DASH

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diet lowers high blood pressure and improves levels of blood lipids (fats in the bloodstream), which may reduce the risk of developing cardiovascular disease. Because the DASH diet is a healthy way of eating, it offers potential health benefits beyond simply lowering blood pressure, including reducing the risk of osteoporosis, cancer, heart disease, stroke and diabetes.

**The Mediterranean diet** incorporates the basics of healthy eating along with other components characterizing the traditional cooking style of countries bordering the Mediterranean Sea. A research analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet could reduce the risk of death from heart disease and cancer, and may also reduce the incidence of Parkinson's and Alzheimer's diseases.

It's never too late to adopt a heart-healthy diet. Studies show that making these changes even in later life may have benefits for your brain health.

## Slides 17 and 18

### Video intro

Now, let's hear Dr. Martha Clare Morris talking about a diet that has been shown to help people age in a healthy way.



### View film clip

*Presenter's note:*

*Please insert your own comments about the video clip here.*

*Important points from the clip:*

- Science has shown that there are foods that can help you age well.
- Those diets can help you reduce your risk of heart disease and may also be able to reduce your risk of dementia.

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Diet and nutrition	
What we can do	
<b>EAT</b>	<b>AVOID</b>
• Vegetables	• Saturated/trans fats
• Fruits	• Processed foods
• Nuts, beans and whole grains	• Solid fat, sugar and salt
• Lean meats, fish and poultry	• Deep-fried foods
• Vegetable oils	• Unhealthy fast foods

## Slide 19

There are some simple ways to adopt a healthy diet that may benefit your body and your brain. We all probably know this, but it is a good reminder.

On this slide, you can see suggestions that incorporate principles from both the DASH and Mediterranean diets. They include:

- Incorporate vegetables into your daily diet. Eating green leafy vegetables has been shown to have health benefits.
- Eat a diet rich in fruits. Some studies indicate that certain fruits, such as berries, may be particularly helpful.
- Eat nuts, beans and whole grains.
- Eat lean meats, fish and poultry.
- Choose foods containing polyunsaturated and monounsaturated fats, which are found in nuts, vegetable oils and fish.
- Aim for a diet low in saturated and trans fats.
- Stay away from processed foods, deep fried foods, and excess sugar and salt.

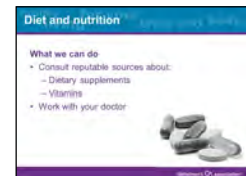
### *Presenter Notes:*

*If time permits, have participants individually complete the diet and nutrition section of the workbook and lead a group discussion about small steps, challenges/solutions and support.*

*If you have more time, consider an interactive activity involving healthy eating. Discuss the Mediterranean diet in more detail, or ask what participants had for breakfast and discuss healthy options.*

## Slide 20

A healthy diet will help increase your intake of important vitamins. Some research has shown that vitamins, such as vitamin E, or vitamins E and C together, vitamin B12 and folate may lower your risk of cognitive decline and possibly Alzheimer's. This research has resulted in some suggestions that taking dietary supplements will lower your risk.



Dietary supplements and nutraceuticals, or medical foods, are made for those with nutritional deficiencies, and are to be used only under the supervision of a physician. Labels for medical foods or supplements cannot make drug claims or state that they alleviate symptoms of diseases because they are not drugs as defined by the U.S. Food and Drug Administration (FDA). Many are created with little or no regulation, and may be potentially dangerous. Beware of false claims.

With all types of supplements, it's important to keep in mind that they are not without risk. They are made of chemicals that may interact with other medications in negative ways, or may upset the way that your body works naturally. Although they often cite research to back up their beneficial claims, the research has not been held to the rigorous standards required for medications by the FDA.

Even with emerging research to back up the claims, it can be difficult to understand what the research means for you. When getting information about a supplement or vitamin, check with a reputable source of information about what research has been done.

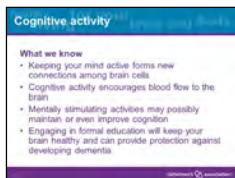
# healthy living for your brain and body

The best way to understand and address how to care for yourself best is to discuss this with your physician. Work with a trusted doctor who understands your physical issues well. He or she can provide the best advice about how medications, vitamins and dietary supplements may interact in your body. It is important to discuss any changes in medications with your doctor.



## Slide 21

Now, let's take a look at research in the area cognitive activity,



## Slide 22

Cognitive activity is the term used for keeping our minds active. Anything that uses your mind in challenging ways is a cognitive activity and can possibly have short and long-term benefits for your brain.

As you use your mind in new and challenging ways, your brain actually begins to form and nourish new pathways for connections among brain cells. The more pathways you have, the more nimble your brain is and the better able you are to guard against the effects of injuries or diseases that may compromise brain functioning.

Studies have been done in which some people engaged in cognitive activity by playing games or reading material that was challenging for them. Those who kept their brains active in these ways could recall information that was recently learned and remember it later to a much greater degree than those who did not keep their minds stimulated through mental activity. However, we do not know all the reasons why staying cognitively engaged may be beneficial. More research is taking place today to further explore these questions.



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Research has shown that engaging in formal education — classroom-based learning administered by professionally trained teachers — in any stage of life will help keep your brain healthy and can protect your brain from developing dementia. Some researchers believe that this may be due to education creating a more robust network of communication pathways between neurons in the brain. Others believe that the difference has more to do with education levels being related to socioeconomic factors, which are correlated with risk for disease in general and access to medical care.

## Slides 23 and 24

### Video intro

In this video, Dr. David Bennett, Director of the Rush Alzheimer's Disease Center in Chicago, talks about research in the area of cognitive activity.



### View film clip

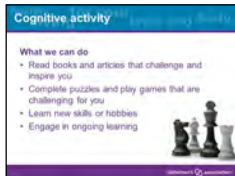
*Presenter's note:*

*Please insert your own comments about the video clip here.*

*Important points from the clip:*

- Cognitive stimulation is defined as the mental processing of information.
- Cognitive stimulation has a positive effect on maintaining cognitive abilities throughout life.
- It's important to incorporate cognitive stimulation into your life regardless of your age.

# healthy living for your brain and body



## Slide 25

So how can we exercise our brains, or keep our minds active?

You can see some ideas on this slide.

*Presenter's note:*

*Provide your own examples of each, have participants provide theirs or use examples provided below.*

Participate in mentally stimulating activities

- Build a piece of furniture, try a new cooking technique or create something artistic.
- Read books and articles that challenge and inspire you
- Focus on topics of interest that provide you with new learning or add to what you already know.
- Complete puzzles and play games that are challenging for you

This goes beyond jigsaw or crossword puzzles that you find fairly easy to do. Here, we are talking about solving a problem that has you stumped, or figuring out ways to approach a familiar task in a more effective way. It requires that you think steps ahead and make plans for adapting to changes that an opponent may make in a game like chess or bridge.

- Learn new skills or hobbies

Learn something new that interests you and that you find enjoyable. You may want to learn to play a new instrument or take up a new hobby, like water color painting or playing chess.

- Engage in ongoing learning

## healthy living for your brain and body

- Seek new opportunities for formal education. This could involve taking a class at a local college or community center that teaches about a new topic, skill or hobby. Also, encourage and help your children and grandchildren to get as much formal education as possible.
- Join a club focused on a common interest

This is of double benefit – you will keep your mind active while engaging in social interaction.

While brain training activities – such as computer games that aim to improve memory and attention span – are an exciting area of research, none of these activities are proven buffers against Alzheimer’s disease. Be cautious of commercially-marketed brain games with big claims and promises.

One of the best ways to stretch your mind and help your brain be as resilient as possible is to consistently engage in activities that involve learning new things or solving problems. Be sure to choose activities that you enjoy, to increase the likelihood that you will continue to engage in them over time.

### *Presenter Notes:*

*If time permits, have participants individually complete the cognitive activity section of the workbook and lead a group discussion about small steps, challenges/solutions and support.*

*If you have more time, consider an interactive activity involving memory and/or thinking. Ask participants to come up with as many 3-6 letter words as they can in two minutes from the following letters, FRIASA. Another option would be to read a list of 17 words followed by a brief description of how memories are formed. Then, ask attendees to write down as many words as*

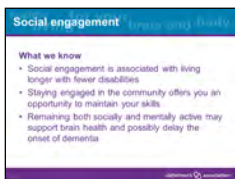
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*they can remember from the list. Discuss as a group. The list should include a word that is repeated three times (memories formed through repetition) and a word that doesn't seem to belong with the other words in the list (memories formed because of surprise factor).*



## Slide 26

The final area that we'll take a look at is social engagement, or interacting with others in a social setting.



## Slide 27

There is the least amount of research in this area. However, there is some research that indicates that connecting with others socially may benefit brain health and may actually delay the onset of dementia. Those who are engaged with other people also tend to have reduced rates of mortality and disability.

Researchers aren't sure how, why, or if social networks may help keep the brain resilient against Alzheimer's disease. Some scientists say that the traits that enable people to build and maintain friendships act as a buffer against cognitive impairment. Regardless of the reason, we know people don't do well in isolation. When people are feeling good about their social networks, they tend to make healthier choices in other areas of their lives.

There are a variety of ways to connect with others and reap the physical benefits of social interaction. As always, pursue the activities that are meaningful to you. These will provide the greatest connection with those around you and will keep you

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engaged. Sometimes you can engage in an activity that combines areas of healthy aging, such as when you take a walk with a friend, or volunteer to tutor young adults in your community.

Find a purpose in your life – an activity or connection that gives your life a sense of meaning.

## Slide 28

Staying socially active may be important in maintaining your overall health. You can engage with others without any financial cost.

When you can, choose social activities that have a cognitive or physical component as well, so you can enhance the benefits you get from your activities.

Some suggestions for social interaction include:

- Getting together with family and friends on a regular basis
- Meeting new people and forming new friendships
- Being active in your community
- Volunteering at your local library or community center
- Taking classes
- Joining a local walking club or book group

### *Presenter Notes:*

*If time permits, have participants individually complete the social engagement section of the workbook and lead a group discussion about small steps, challenges/solutions and support.*

*If you have more time, consider an interactive activity involving engaging with others. Ask participants to turn to the person next to them or someone they don't know, introduce him or herself, and share two things that make them happy or two things they enjoy doing.*



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## Slide 29

Now, let's pull all four of these pieces together.

Each of the four components we explored has potential benefits for physical and cognitive health. Recent research, however, suggests that combining activities in all four areas may have the greatest benefit in maintaining or improving brain health.



## Slides 30 and 31

### Video intro

In this video, Dr. Bill Thies, who is the Senior Scientist in Residence in the Medical and Scientific Relations Department of the Alzheimer's Association, talks about a recent study that is making a difference in what scientists are able to tell us about healthy aging.

### View film clip

*Presenter's note:*

*Please insert your own comments about the video clip here.*

*Important points from the clip:*

- A recent study in Scandinavia tells us that when exercise, diet, social engagement and mental stimulation levels were increased to a prescribed level, fewer participants experienced cognitive decline.
- Scientists are now moving toward saying that these interventions may make a difference. With more evidence emerging, they are able to say that they *probably* do — a major shift in the messaging that reflects the research.

# healthy living for your brain and body

## Slide 32

Take a **holistic approach** to wellness as you age. Consider your health across many components, including the physical, intellectual, social, spiritual, emotional and vocational areas of your life. You can make simple changes that will have a cumulative effect, helping you live as well as possible.



### **Begin today**

It's never too late or too early to start living in a more healthy way.

### **Start small and build**

- Pick one area to start with and expand from there
- Take your changes step by step

### **Do what you enjoy** and you will stick with it

- The more you enjoy the activity you've chosen, the more likely it is that you will follow up on your plan
- Do something that you can manage in the time you have available now
- Choose an activity you can stick with over time

### **Make healthy choices**

- Exercise
- Eat a nutritious diet
- Reduce stress as much as possible

### **Make a plan**

- Use your workbook to document your plan
- Keep track of your progress as well as obstacles that may hold you back and ways to overcome them
- Reward yourself for small changes and overall progress



## Get support from others

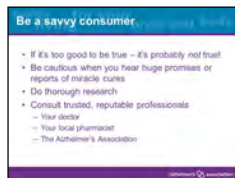
- Let other people know about the changes you are making
- Engage in activities that have a social component
- Celebrate the victories together

## Have fun

- Be sure that the activities you choose are enjoyable
- Reward yourself for your successes

### *Presenter's Notes:*

*This is the time to direct participants to the companion Workbook if you haven't already.*



## Slide 33

Aging can present health-related challenges that can take an emotional, financial and physical toll.

You can find many products on the market with medical or health-related claims that may be backed up by inaccurate or misleading research. These products and services may be expensive or time consuming, and can arouse false hope in users. Some may actually be dangerous to your health.

Don't let your desire to find a cure or a quick solution to these challenges override your good judgment. These claims should be backed up by solid research — research conducted with a large number of people, research that has been replicated and research that has been published in a peer-reviewed journal. Before trying anything new, consult with professionals who know your situation or who are reliable sources of information. Your personal physician is the best one to talk with about what your needs are and whether a product will be helpful or harmful

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to you. Local pharmacists are also great resources for information about drug and over-the-counter supplement interactions. The Alzheimer's Association website at [alz.org](http://alz.org) can also be helpful. The site offers up-to-date information on research.

## Slide 34

No matter whether you want information or support; whether you have questions about memory loss or a dementia of any kind; or whether you are a professional, a researcher, a caregiver or a person diagnosed with Alzheimer's disease or another form of dementia, the Alzheimer's Association has resources for you and is available to help.



In addition to our live programs, we have a rich website at [alz.org](http://alz.org). Visit our website to get tips about finding and providing care, read about the latest research, and find the tools for your wellbeing. Spend some time exploring all we have to offer for you at [alz.org](http://alz.org).

One of the online tools that you'll find on our website is Alzheimer's Navigator. We can help you map out a plan to approach Alzheimer's by visiting the Web page at [alzheimersnavigator.org](http://alzheimersnavigator.org). Alzheimer's Navigator helps guide you to answers by creating a personalized action plan containing information, support and local resources. You can then share your plan with you friends and family, linking them to the materials customized for your situation.

By visiting our Community Resource Finder online tool at [communityresourcefinder.org](http://communityresourcefinder.org), you can search for local community living services, day programs, medical resources and more. Whether you are in the area or across the country, you can find services to help someone living with dementia and make the contacts you all need to ensure safety and comfort.

A rich supplement to our local supportive programs is ALZConnected, our online message boards with over 50,000 members who share their thoughts, questions and ideas with each other 24 hours a day. Whether you are living with dementia or are close to someone who is, you can come on to read or post about your concerns. Let ALZConnected help you develop plans, find support and discover new coping techniques by connecting with others who are living with dementia or are partners in caring.

Our 24/7 Helpline offers dementia-trained professionals to talk with any time, day or night, every day of the year. Call us at 800.272.3900 when you need information about the disease and meeting its challenge, links to resources or a supportive ear during difficult times. We are here to help.

The Alzheimer's Association has chapters all through the country, where we offer education programs, support groups, and much more. To find a chapter anywhere in the U.S., go to [alz.org/findus](http://alz.org/findus), where you can search by state or zip code. Once on the chapter's web page, you can see what is being offered in that area.

Finally, the Training and Education Center of [alz.org](http://alz.org) is where you can access programs like this one from the convenience of home. Just go to [alz.org/training](http://alz.org/training), and you can find programs and materials that offer the most current information about dementia, treatments and care.

Please contact us and let the Alzheimer's Association partner with you to help ensure your wellbeing.

***Presenter's note:***

***Here is the spot to highlight what you are doing at your chapter, including upcoming programs, events and resources***

*specific to the location of this presentation. Flyers and brochures from your chapter can be placed on the resource table along with the Know the 10 Signs and Principles for a Dignified Diagnosis materials.*

## Slide 35

You can use your voice, your motivation, your interest and your skills to help find new treatments and to enhance services for all people affected by dementia.



Clinical trials research studies are being conducted all over the world to find treatments are safe and effective. Clinical trials are the best way for researchers to find new ways to detect, slow, treat and hopefully someday prevent Alzheimer's disease. The Alzheimer's Association's TrialMatch is a free clinical studies matching service that connects individuals with Alzheimer's, caregivers and healthy volunteers to local clinical trials seeking participants. When you join a clinical trial, you have an opportunity to participate in vital research that could change the course of Alzheimer's disease and improve the lives of all those it affects. Visit TrialMatch online at [trialmatch.alz.org](http://trialmatch.alz.org) or call our Helpline at 800.272.3900 to get started making a difference.

The Walk to End Alzheimer's and The Longest Day are opportunities for the local community to join together in the spirit of grassroots advocacy that is central to the mission of the Alzheimer's Association. Forming a team to support a friend or family member is a direct way to show your concern for the person as well as for the cause, and those who live with the impact of these diseases in their lives are tremendously grateful.

# healthy living for your brain and body

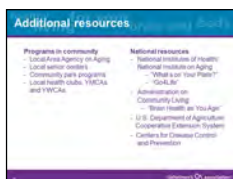
We also encourage you to join us in providing education and support programs to families in your area who are living with Alzheimer's and other forms of dementia. Whether you are a person with the disease, a care partner or caregiver, or a professional in the field, you can volunteer to use your knowledge and compassion to have a profound impact on those whose lives are affected by the disease.

*Presenter's note:*

*This is the time to highlight volunteer activities at your chapter and to circulate recruitment materials.*

You can also join us to speak up for the needs and rights of people with Alzheimer's and their families, and to help persuade state and federal Congress to increase funding for research and programs. Many caregivers and people with the disease find the experience of advocating to be therapeutic, and it puts a human face on complex policy issues for our legislators.

We need you to help us change the course of Alzheimer's disease for everyone affected, and we welcome you to join us in making a difference.



## Slide 36

There are many other reputable organizations that can help you learn more about aging as well as possible.

Many programs and services are also offered through your local **Area Agency on Aging office**. This organization provides services for older adults and people with disabilities to help them live in their homes and communities for as long as possible, including Meals on Wheels and transportation services.

## healthy living for your brain and body

Local senior centers are another source of programs and services for older adults. For people of all ages, community park programs, YMCAs and YWCAs, and local gyms offer ongoing programs directed toward being active and aging well. Your local health department can also keep you abreast of health-related issues affecting those in your community.

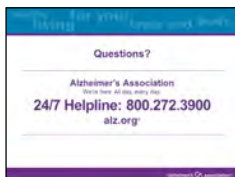
The National Institutes of Health's National Institute on Aging offers some free and thorough information on their website. You can find the web address in your workbook.

- "What's on Your Plate?" provides guidelines for nutrition and help with making healthy choices.
- "Go4Life" offers insights about getting moving and staying physically fit, and includes information about how to get started.

Whether you live in a rural or urban area, the U.S. Department of Agriculture has Cooperative Extension System offices near you. Each state and territory has a state office at its land-grant university and a network of local or regional offices. The staff at these offices can provide you with research-based information on topics such as consumer issues, food safety, nutrition, hunger and health. Visit their website to find an office near you.

Today's *Healthy Living for Your Brain and Body: Tips from the Latest Research* program was created as part of the Alzheimer's Association public health efforts, which include work with the Centers for Disease Control and Prevention's Healthy Aging Program and Healthy Brain Initiative. The CDC offers reliable information about diseases and living well. Their website, [cdc.gov](https://www.cdc.gov), offers health education podcasts, resource lists and toolkits for anyone wanting reliable information about aging as well as possible.

# healthy living for your brain and body



## Slide 37

Let's take a few minutes for questions.

### ***Presenter's note:***

*Distribute CSQEI questionnaires and pens. Collect when finished.*



## Slide 38

(No text)



