

Resident Spotlight



Sara Jean, assisted living resident and volunteer, meets with a family member, Carol, to coordinate and conduct a weekly Bible Study for our Journey Residents.

Follow your heart.

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right.

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean may contribute to risk reduction.

Catch some Zzz's.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health.

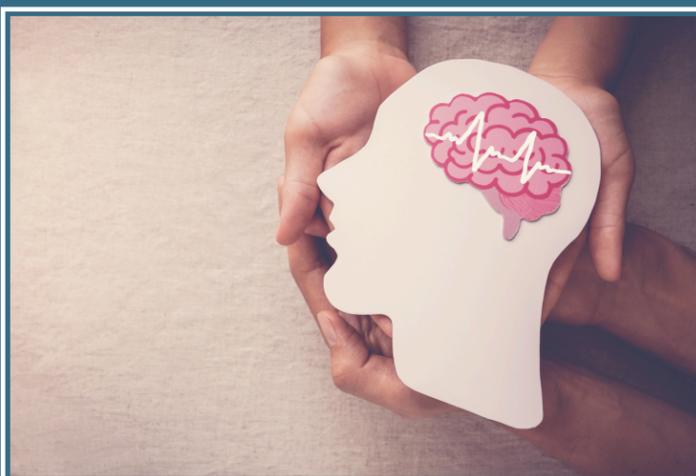
Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.

Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program.

Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



Alzheimer's and Brain Awareness Month

10 Ways to Love Your Brain

Break a sweat.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

June 2021

Sabal Palms News & Events



SABAL PALMS
ASSISTED LIVING & MEMORY CARE
A Protea Senior Living Community

2125 Palm Harbor Parkway
Palm Coast, FL 32137

Special Events to Promote Brain Health

June 1st - Raising Flowers of Awareness

June 8th - Organ of Intelligence

June 18th - Eating for Brain Health

June 20th - Plantathon

June 21st - Alzheimer's Walk

Every Saturday in June
11:00 AM - Activities Room
American Sign Language

Alzheimer's & Brain Awareness Month

Join us on June 21st as we walk to raise awareness about Alzheimer's disease and show support for the more than 5.8 million American's living with it.

See the concierge for more information

Optimism

Promote happiness
Buffer negativity
Prevent chronic disease
Increase longevity
Improve coping skills

Stop by my office and I'll share more benefits of being optimistic ~Brett

