



Senior Health & Wellness Newsletter



ALZHEIMER'S AND BRAIN AWARENESS MONTH

June is considered Alzheimer's and Brain Awareness Month. During this month it is important to understand the different signs and symptoms of Alzheimer's Disease and dementia, but also to understand how to care for someone who may be suffering from either of these diseases. Even though June is awareness month, it is important to keep these in mind all year long. According to the Alzheimer's Association, there are nearly 55 million people across the world who are living with either Alzheimer's Disease or dementia.

Continued next page...

Inside:

Alzheimer's & Brain Awareness Month • P2

Recipe • P3

Exercise Series • P4

Dementia Corner • P5

Elder Abuse • P6

Alzheimer's and Brain Awareness

The Alzheimer's Association defines Alzheimer's diseases as "a type of brain disease, just as coronary artery disease is a type of heart disease. It is caused by damage to nerve cells (neurons) in the brain. the brain's neurons are essential to all human activity, including thinking, talking, and walking." Alzheimer's Associations outlines early signs and symptoms of Alzheimer's and Dementia are:

1. forgetting recently learned information especially if it effects daily living
2. difficulty following a plan
3. having difficulty completing daily tasks
4. struggling to remember dates, times, and occasionally where they are
5. problems with judging distance and differentiating colors
6. difficulty participating in conversations
7. misplacing items
8. difficulty making decisions
9. distance self from social opportunities
10. changes in mood

If you or someone you know may be experiencing some of these symptoms, please talk to your medical provider as soon as possible.

Resources:

<https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>

https://www.alz.org/alzheimers-dementia/10_signs

DAIL Employee Spotlight! -- Jennifer Craig

Jennifer Craig is the DAIL Office of Dementia Services (ODS) Director. She has been in this role since the opening of the ODS in 2020. She recently received the Norton Neuroscience Institute Person of the Year Award. She works hard every day to oversee programs and services, and manage policy information and resources affecting Kentuckians with dementia along with their families and caregivers. To learn more about the ODS please visit: <https://chfs.ky.gov/agencies/dail/Pages/ods.aspx>



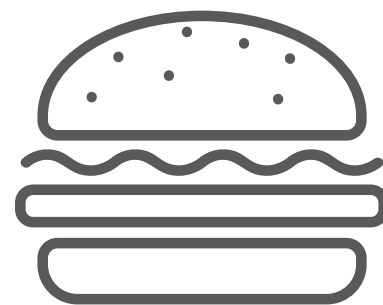
Pictured from L to R: Norton Neuroscience Institute Program Coordinator Stephanie Freeman, DAIL Office of Dementia Services Director Jennifer Craig, and Norton Neuroscience Institute Director of Memory Care Dr. Greg Cooper.

Recipe

Ground Chicken Burgers

Serves 4.

- 1 lb ground chicken breast
- 1/2 c Italian breadcrumbs
- 2 tbsp mayonnaise
- 2 tbsp minced onions
- 1 tbsp parsley
- 1 garlic clove (minced)
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- hamburger buns



1. In medium bowl, add ground chicken, breadcrumbs, mayonnaise, minced onions, parsley, garlic, paprika, salt, and pepper. Mix all ingredients together until blended, do not overmix.
2. Preheat grill to medium-high heat and oil the grates.
3. Form mixture into 4-6 patties. Press down in the middle of each patty with your thumb to ensure even cooking of the chicken burgers.
4. Cook chicken burgers on the preheated grill until the internal temperature reaches 165 degrees F, about 10 minutes total, flipping half-way through.
5. Assemble the chicken burgers with hamburger buns and toppings of choice.

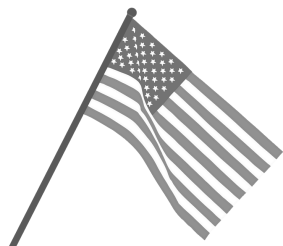
Store leftovers in fridge up to 3 days or freeze up to 3 months

Resource: <https://feelgoodfoodie.net/recipe/ground-chicken-burgers/>

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IMPORTANT DATES IN JUNE

- June 14 ... Flag Day
- June 16 ... Father's Day
- June 19 ... Juneteenth
- June 21 ... Summer Solstice



HAPPY
FATHER'S
Day

Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



LAST MONTH'S WAS LOCATED ON THE FIRST PAGE, AT THE END OF "NEWSLETTER".

Exercise Series!

Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. never hold your breath while exercising.

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SUN	MON	TUES	WED	THURS	FRI	SAT
						5 MIN
5 MIN	5 MIN	10 MIN	10 MIN	BREAK	10 MIN	10 MIN
15 MIN	15 MIN	15 MIN	BREAK	15 MIN	20 MIN	20 MIN
20 MIN	20 MIN	BREAK	25 MIN	25 MIN	25 MIN	30 MIN
30 MIN						

Take the 23 Day Walking Challenge this month! Walk for the allotted time each day, taking breaks on the days designated. Before the end of the month you'll be walking a full 30 minutes! Continue walking 30 minutes a day after you reach the end of the challenge!

Dementia Corner

Summer Fun Helps Brain Health

Going on an exciting adventure is a great way to stay active and see the world. But it can also keep your brain sharp. People travel for many reasons: to relax, explore new places, meet people, visit loved ones — the list is endless. But travel does much more than broaden your physical horizons. It can also be a boon for your brain health, especially if you're heading into your golden years.

Since physical activity helps your overall health, getting out and about is always a good thing. But other aspects of travel, such as making new memories, engaging in social interactions, participating in new experiences, and just having fun, can also be beneficial for your brain.

How travel works out your body (and your brain)

A key, brain-boosting element of travel is all that built-in exercise. If you're flying, just walking through airport terminals can give your fitness tracker a workout. A sprawling resort can also help you ratchet up your steps as you go exploring.

Then there are your day-to-day activities, such as:

- Strolling through a museum
- Touring a historical site or ruins
- Walking along the beach or nature trail

All these movements have a payoff, both for your body and your brain. According to a review published in *Neurology Clinical Practice*, exercise leads to improvements in global cognition, processing speed and attention, and executive function (those are skills that help you plan ahead, meet goals, and display self-control, among other things).

Overworking long days on a weekly basis gives you brain fatigue and eye strain, making you less productive and putting you into the summer slump. Don't be one of the 47% of Americans refusing a summer vacation this year because it's too stressful to plan a getaway. Ward off the summer slump. Time off and breaks reset your brain, and replacing screen time with occasional green time in nature is essential for brain health. It makes you more energetic and resilient and boosts your productivity. This summer make sure to unplug from the office now and then, even if it's just for a day or a few hours—even for a few minutes throughout the workday but do it because you have earned it or if for no other reason just for the health of it!

References: Forbes.com and BrainHQ.com

Elder Abuse

8,668 adults experienced an investigation of abuse, neglect or exploitation between July 1st, 2022 – June 30th, 2023, in Kentucky. This number is believed to represents a small fraction of the amount of adult maltreatment that is occurring each year in this great commonwealth.

Although there are many contributing factors to the low reporting levels of adult maltreatment, the lack of awareness of Adult Protective Services is the most identified factor. Most Kentuckians are unaware that Adult Protective Services is obligated by law to conduct investigations of abuse, neglect and exploitation and offer protective services to remedy any identified safety threats.

How do you educate yourself on abuse, neglect, and exploitation? Great question. If you have access to the internet, visit the KY Empowering Solutions To End Adult Maltreatment website at www.kyesteam.ky.gov. This site is a wealth of information about all things related to adult protective services. Here you can learn about the indicators of maltreatment, available resources, how to report, updated data and how to reach an adult protective services worker.

Now that you have established some basic knowledge about how to access information about adult maltreatment, make sure that you share this information with your friends and family. Word of mouth is one of the most effective ways to spread awareness.

If you have a passion for prevention and awareness efforts, consider joining a Local Coordinating Council on Elder Abuse (LCCEA). You can check out the map under the LCCEA tab on the www.kyesteam.ky.gov website. If you do not see a council in your community, consider starting one. (Do not be scared! We have resources to help with that as well.)

At a minimum, remember that if you suspect that an adult is being abused, neglected, or exploited, report it to the hotline or via web portal.

877-KYSAFE-1

<https://prd.webapps.chfs.ky.gov/reportabuse/home.aspx>

