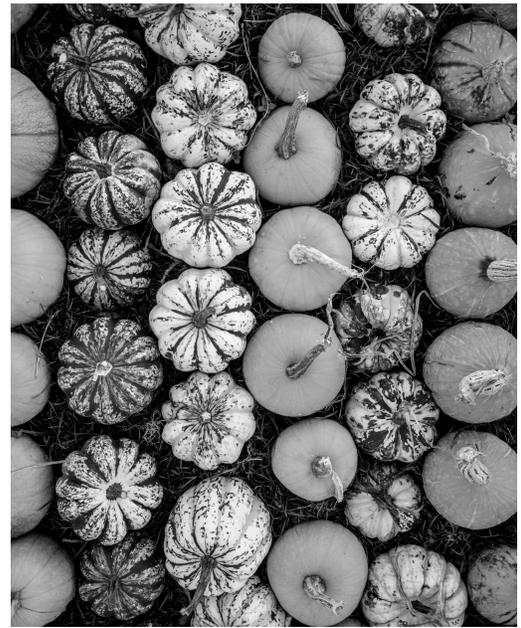
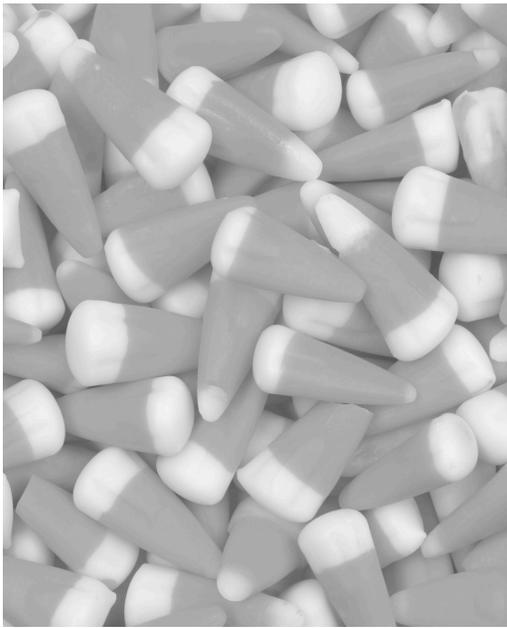




Senior Health & Wellness Newsletter



HAVE YOU HEARD OF THE MIND DIET?

There has been much research around the benefits of nutrition and how it effects on cognitive health. Through all the scientific research studies that have been conducted and reviewed, it is determined that specific dietary patterns have the potential to lower risks of developing Alzheimer's disease. This led to the development of the MIND Diet, which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. This diet is a combination between both the Mediterranean diet and the DASH diet.

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Have You Heard of the MIND Diet?

The Mediterranean diet is filled with whole foods, such as whole grains, legumes (beans, lentils, peas, etc...), fruits and vegetables, nuts and fish. This diet minimizes the meats, eggs and dairy products in small amounts. The DASH diet (the Dietary Approach to Stop Hypertension) focuses on fruits and vegetables, low-fat dairy, whole grains, poultry (chicken/turkey), fish and nuts. This diet limits red meats, foods high in sodium and added sugars. The MIND Diet is an opportunity to focus on whole foods (fruits, vegetables, and whole grains), lean meats (fish and poultry) with minimal amount of added sodium and sugar.

So, what can you eat to follow the MIND Diet? Your meal routine should follow:

- Vegetables: 2 or more servings/day- with 1 being leafy green vegetables
- Berries: minimum of 2 to 5 servings per week (does not include dried berries)
- Whole Grains: 3 or more servings per day
- Nuts/Seeds: 5 or more servings per week
- Beans: minimum 3 to 4 servings per week
- Seafood: 1 or more servings per week (Including salmon, mackerel, herring or sardines)
- Poultry: 2 or more servings per week (light meats without skin)
- Extra Virgin Olive Oil: 2 tablespoons per day (no other types of oil)

Though additional research is being conducted, preliminary results are indicating that this diet is reducing cognitive decline and the chance of Alzheimer's disease onset.

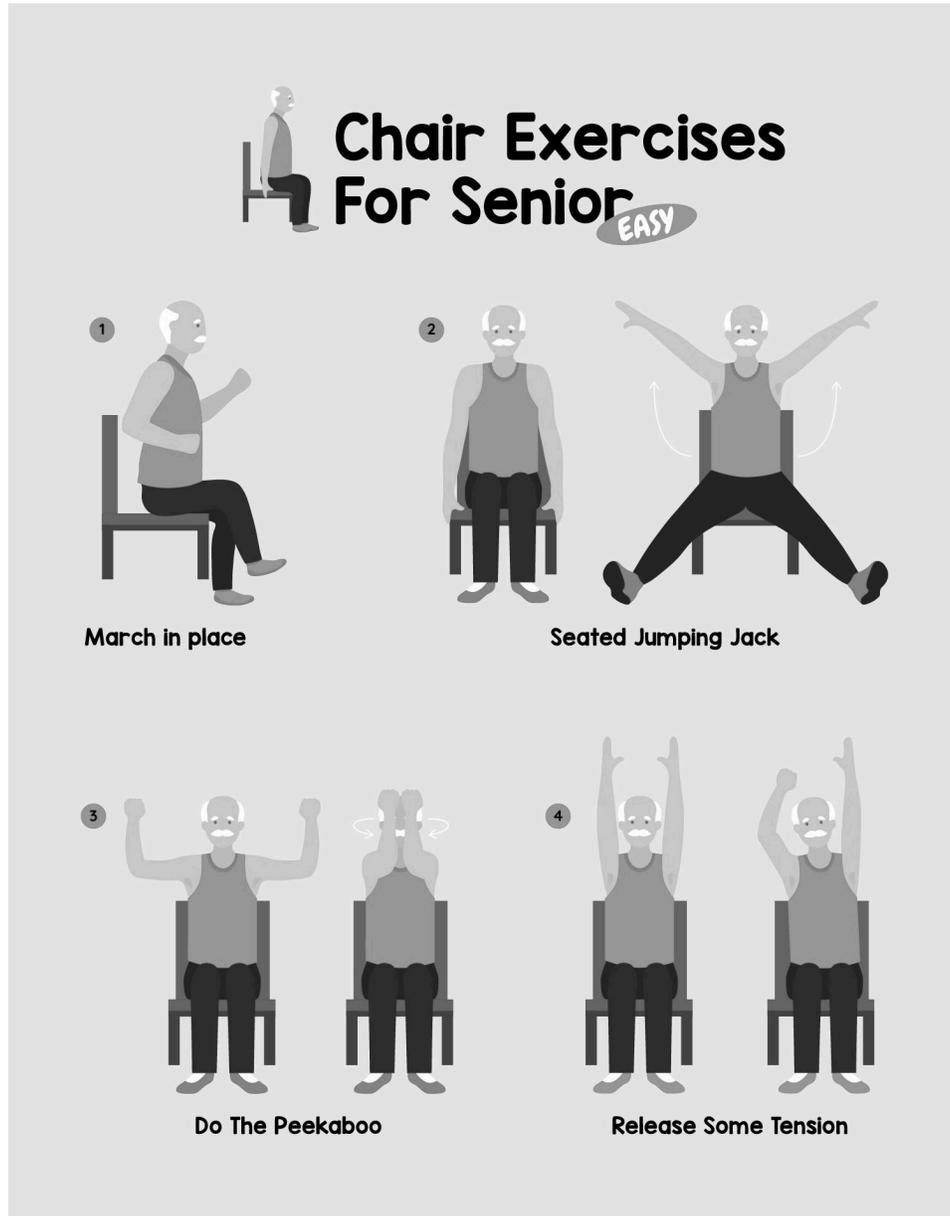
Resource: <https://www.eatrightpro.org/news-center/practice-trends/what-is-the-mind-diet>



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.

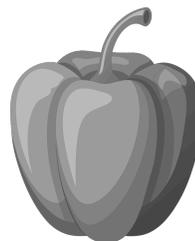
Only do exercises you are comfortable doing.





Recipe

Stuffed Peppers for One



- 1 bell pepper
 - ½ tbsp olive oil
 - ¼ c chopped onions
 - 1 clove garlic, minced
 - 5 ounces lean ground beef
 - ½ tsp italian seasoning
 - ¼ tsp kosher salt
 - ⅛ tsp coarsely ground black pepper
 - 1 small tomato, chopped
 - ½ c chopped fresh spinach
 - ½ c shredded cheddar cheese
- Preheat oven to 375 degrees F.
 - Cut ¼ inch off the stem end of the bell pepper to remove the top. Remove the seeds and membrane, rinse the inside, and slice the pepper in half lengthwise.
 - Fill a 2-qt pot halfway with water and bring to a boil. Submerge the pepper halves in the boiling water for 3 minutes. Carefully remove them with tongs and place them on a clean kitchen towel. Sprinkle 1/ tsp of salt inside each half and invert them on towel to drain.
 - Heat oil in skillet over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally. Add the garlic and cook for an additional 30 seconds, stirring occasionally.
 - Add the ground beef, italian seasoning, salt, and pepper to the skillet. Cook, breaking up the meat, until browned, about 3 minutes. Stir in chopped tomatoes and spinach. Cook for 2 minutes stirring frequently, until the spinach wilts.
 - Remove skillet from heat and stir in all but 1 tbsp of cheese. Spoon mixture into the prepared pepper halves. Place the filled peppers in a lightly greased 5x7 dish.
 - Sprinkle the remaining cheese on top of the peppers. Cover the dish with aluminum foil and bake for 15 minutes.
 - Enjoy!
-

IMPORTANT DATES IN OCTOBER

- October 13 ... Indigenous Peoples' Day
- October 20 ... World Osteoporosis Day
- October 31 ... Halloween

October is ... National Breast Cancer Awareness Month

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



LAST MONTH'S WAS LOCATED ON PAGE
I AT THE TOP OF THE & .

Dementia Corner

Fall Into Reading: Nourishing Your Brain This Season

As the leaves turn and the air grows crisp, fall reminds us of the beauty of slowing down and embracing healthy routines. Just as autumn is a season of change, it can also be a season to strengthen and refresh our brains. One of the most enjoyable and effective ways to support brain health is through reading.

Reading is more than entertainment it's a workout for the mind. Each time we open a book, we activate memory, concentration, and creativity. Research shows that regular reading can reduce stress, improve focus, and even help delay cognitive decline. Much like a walk among colorful fall trees, reading nourishes both body and spirit, making it an ideal habit for the cooler months ahead.

This season, cozy up with books that inspire, educate, and strengthen the brain. A few recommendations for adults include:

- *Keep Sharp: Build a Better Brain at Any Age* by Sanjay Gupta, MD – Practical tips for maintaining cognitive vitality.
- *The End of Alzheimer's* by Dale E. Bredesen, MD – Insightful strategies for prevention and care.
- *Healthy Brain, Happy Life* by Wendy Suzuki, PhD – A lively blend of science and personal stories about keeping the brain fit.
- *The Memory Bible* by Gary Small, MD – Easy-to-use techniques for boosting memory.
- *Spark* by John J. Ratey, MD – A powerful reminder of how exercise and movement energize the brain.
- *Still Alice* – Lisa Genova -fictional but powerful portrayal of early-onset Alzheimer's

This fall, let reading be your harvest for a healthier mind. Whether curled up with a book and a warm blanket or listening to an audiobook during a brisk walk, each page or chapter is an investment in lifelong brain health. Autumn invites us to pause, reflect, and grow—and reading is the perfect way to do just that.