



# Newsletter

THIS MONTH

February

## Preventing Alzheimer's

**If there are things you can do now to decrease your chances of developing Alzheimer's or another form of dementia, would you consider making those life-style changes? If you wanted to improve your brain health and keep your memory sharp, would you be willing to put in the effort?**

Research shows that the average person will live to be over 80, and statistics also show a 50% probability that the average person will struggle with memory and maintaining their independence in result of it.

Some of the changes that can prevent dementia are changes you can make now. Even if you or a family member has been diagnosed with Mild Cognitive Impairment (MCI), these changes could help to keep from moving towards a more severe form of this disease.

Below are five foods that have been linked to better brain power according to research done by Harvard Health.

**Green vegetables.** Rich in vitamins, lutein, folate, and beta carotene, green veggies are great for brain power. Use them in soups, salads, or even smoothies mixed with berries. Leafy greens like kale, spinach, collard green, and broccoli help slow cognitive decline and are also anti-inflammatory.

**Fatty fish.** As great sources of omega-3 fatty acids (healthy unsaturated fats), fatty fish has been linked to lower blood levels of beta-amyloid, the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

**Berries.** Berries have flavonoids that are natural plant pigments that give them their brilliant hues and, according to research, also may help improve memory.

**Tea and coffee.** Both tea and coffee have boost more than just short-term concentration. Those who drank caffeine did better on tests of mental function. Some conditions might not be conducive to drinking caffeine

**ALCA**  
**8**  
knowledge areas



AGING (life CARE)<sup>®</sup>  
ASSOCIATION

## Get Your Questions Answered

Could you or your family need some additional support in any of the areas in the circle above? Just call the Walnut Creek office at 925-937-2018 and we will have one of our experts start you on a path to bring about peace of mind and reduce stress.

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though and it could also interfere with healthy sleep which is a big component to brain health.

**Nuts.** For an excellent source of protein and healthy fats, include nuts in your diet. Walnuts in particular may improve memory according to some studies. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid, which helps lower blood pressure and protect arteries.

### Lifestyle Changes for Brain Health:

- 1. Manage stress.** If you have constant stresses of deadlines or petty arguments that distract from your ability to concentrate and focus, the result can be extreme stress that studies have shown can lead to memory impairment. If you don't have a strategy in place for managing your stress, you might want to look into deep breathing exercises, yoga, meditation, and other "mindfulness" practices.
- 2. Sleep.** Good sleep is essential for memory. Insomnia (difficulty falling asleep or staying asleep) is common for caregivers. Medication used for insomnia can impair memory and brain function. Try some common sleep aids, such as turning off technology one hour before bed, having a dark room in which to sleep, and avoiding all caffeine after noon.
- 3. Protect your brain from injury.** Wear seat belts while in a car and use helmets when biking (all types of bikes), skating, or skiing.
- 4. Quit smoking.** Smokers have a greater degree of age-related memory loss and other memory problems than non-smokers.
- 5. Lower or eliminate alcohol.** Too much alcohol increases the risk of memory loss and dementia. One type of memory loss associated with alcohol is called Korsakoff's syndrome. In this condition, the long term vitamin B1 deficiency combined with alcohol produce a dementia that can trigger sudden amnesia, which can be permanent if not caught early.
- 6. Exercise.** Try exercising for at least 150 minutes a week. It is best if you can do 30 minutes a day of some form of aerobic exercise. Walking is the simplest and you can start with just 10 minutes.
- 7. Socialize.** Stay engaged with activities that enhance the quality of life and challenge the brain.

If you are concerned about your brain health now, our Professional Geriatric Care Managers can do a simple test with you and either put your mind at ease or determine a need for further testing. Many issues are reversible and/or treatable. **Give us a call if you have concerns at 925-937-2018.**

Call us at **925-937-2018** to learn more.  
CareManagement@eldercareanswers.com

Eldercare Services is now a division of Home Care Assistance, giving you the combination of great expansive caregiving and professional guidance.

## About our Author



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since

1984. Linda founded Eldercare Services, a fullservice care management and home care company in 1989. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 30 years. Linda is excited to be part of the Home Care Assistance family in order to expand the reach of Professional Geriatric Care Management with excellence in home care delivery.

## MONTHLY AFFIRMATION

**"I keep my brain healthy with power foods and a can-do attitude."**

### Caring for an Aging Family Member

**2nd THURSDAY of EVERY MONTH  
6:00 PM – 7:30 PM**

Addressing the fears of Alzheimer's disease & other issues associated with aging.

No Fee and No Registration Required.



Eldercare Services, 1808 Tice Valley Blvd.,  
Walnut Creek, CA 94595