

Adult Day Self-Care Newsletter

June 2022

June is Alzheimer's and Brain Awareness Month

Adult Day Centers are on the front lines supporting people who have Alzheimer's Disease and related dementias and providing respite and help for caregivers. You already know that brain diseases cause a financial, emotional, and practical strain on individuals, their families, the healthcare system, and local communities. While you may not be aware of the exact numbers, you know the toll it takes. The CDC estimates that [5.8 million people](#) in the US are living with dementia and projects that this number may increase by the year 2060 to as many as 14 million, with the greatest increases among people of color. More than two-thirds of New Jersey residents say they know someone with dementia. [Alzheimer's New Jersey](#) has programs and resources available to help you spread the word through social media. Our own [website](#) includes free information on many topics that are relevant for your program and to share with caregivers, and we are always developing new training and resources. If you have resources to share, or resources you need, we'd love to hear from you! Let us know how we can help and what's happening at your program, including things you're doing in June to boost brain awareness.

Risks to Brain Health

You can take steps to protect your brain health!

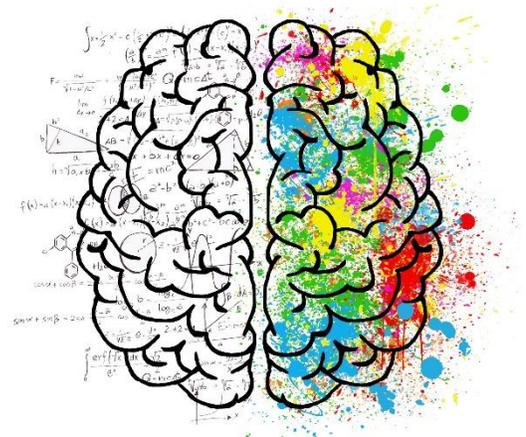
Did you know that sleep problems are associated with developing dementia? It's hard to know which problem develops first, but we do know that too little sleep causes difficulties in concentration, attention, thinking, and memory. Lack of sleep also puts you at risk for accidents. If you have ongoing sleep problems, talk to your doctor.

Medical problems like diabetes, high cholesterol, COVID-19 infections, and high blood pressure can have direct and indirect effects on your brain health.

You may not realize that hearing difficulties can add to your risk of dementia! If you don't hear well, it's hard to maintain conversations and connect with others. Getting a hearing aid can help.

Protect your brain by reducing your risk of head injury. Wear your seat belt, use a helmet for sports and home maintenance, and prevent falls on slippery surfaces.

See page 2 for more tips on keeping your brain healthy!



Staff Training Videos Available

As noted in past newsletters, we are developing training videos for you to use at your program. These provide a new way to train your staff and match our free downloadable Adult Day services manual, *Foundations of Dementia-Enabled Care*. Video 2 describes the most common changes in brain functions to help staff recognize that many behavior challenges and other difficulties have a biological basis.

Brain Health Tips

From the [Georgia Department of Public Health](https://www.dph.ga.gov/)

<p>Break a sweat Engage in regular cardiovascular exercise. Elevating your heart rate increases blood flow to the body + the brain. Physical activity can reduce risk of cognitive decline.</p>	
<p>Follow your heart and your brain just might follow. Risk factors for cardiovascular disease + stroke, like obesity, high blood pressure + diabetes, negatively impact your cognitive health.</p>	
<p>Fuel up right Eat a healthy + balanced diet. A diet that is lower in fat and higher in vegetables + fruit will help reduce your risk for cognitive decline.</p>	
<p>Catch some Zzz's Get enough sleep. Problems with memory + thinking arise without enough sleep.</p>	
<p>Butt out Smoking increases risk. Quitting smoking can reduce your risk for cognitive decline to levels comparable to those who have not smoked.</p>	
<p>Get mental about taking care of your mental health. A history of depression can increase risk for cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.</p>	
<p>Heads up! Wear a seat belt + use a helmet when playing contact sports or riding a bike. Brain injury can increase your risk for cognitive decline + dementia.</p>	
<p>Stump yourself Challenge + activate your mind. Complete a jigsaw puzzle. Do something artistic. Challenging your mind may have short + long-term benefits for your brain.</p>	
<p>Hit the books Take a class. Formal education at any stage in life will help reduce your risk for cognitive decline + dementia.</p>	
<p>Buddy up Stay socially engaged. Pursue social activities that are meaningful to you. Find ways to be part of your local community. This supports brain health.</p>	

For More Information

June is PRIDE month! Show your Center's support for the LGBTQ+ community, whose older members have faced years of benign neglect, harassment, and discrimination in the healthcare system.

The [National Resource Center on LGBTQ Aging](https://www.nrcra.org/) has an amazing collection of resources to share, raise awareness, and use when training your staff.

Order a rainbow sign or window cling that says "All are Welcome" from [The Welcoming Project](https://www.thewelcomingproject.org/).



As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education 2022

Brain Health: Strategies for Staying Well While Caring for a Loved One with Memory Loss
June 22, 2022 1:00pm
Click [HERE](#) to register

"I Can't Make One More Decision!" Preventing and Managing Caregiver Decision Fatigue
July 27, 2022 1:00pm
Click [HERE](#) to register

For more info email Mary Catherine:
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or call Care2Caregivers at 890-424-2494



visit our website www.care2caregivers.com for information on caregiver support groups

1-800-424-2494