

Welcome to:

# healthy living for your brain and body

tips from the latest research



Presented by: Christine Spencer “Spence”  
Alzheimer’s Association Aloha Chapter

*With special thanks to:*

*Catholic Charities Hawaii and Circle of Care for Dementia*

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HAWAII  
CIRCLE OF CARE FOR DEMENTIA

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# healthy living for your brain and body

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# Program overview

- Identify the reasons for taking care of yourself as you age
- List strategies to age well in the following areas:
  - Physical health and exercise
  - Diet and nutrition
  - Cognitive activity
  - Social engagement
- Make your own plan for healthy aging using the *Healthy Living for Your Brain and Body: Tips from the Latest Research* workbook

# Aging and health

- Aging well depends on your:
  - Genes
  - Environment
  - Lifestyle
- Lifestyle choices may help keep your body and brain healthy



# The brain and how it works



- The brain is the control center of the body
- There are 100 billion nerve cells, or neurons, creating a branching network
- Signals traveling through the brain form memories, thoughts and feelings
- Alzheimer's disease destroys brain cells



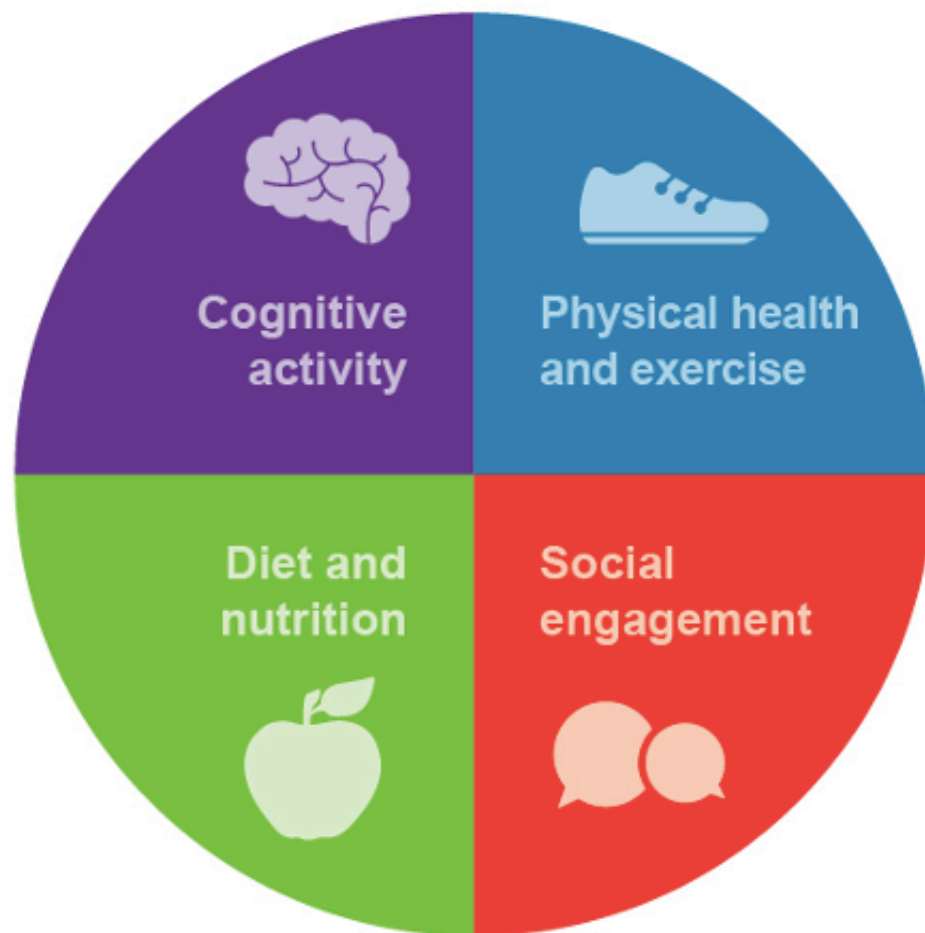
# Heart-brain connection

- Heart and brain are interrelated
  - What you do to protect your heart can also help your brain continue to operate at its best
- The brain needs blood flow
  - The brain depends on oxygen and adequate blood flow to work well
  - 25% of blood from every heartbeat goes to the brain

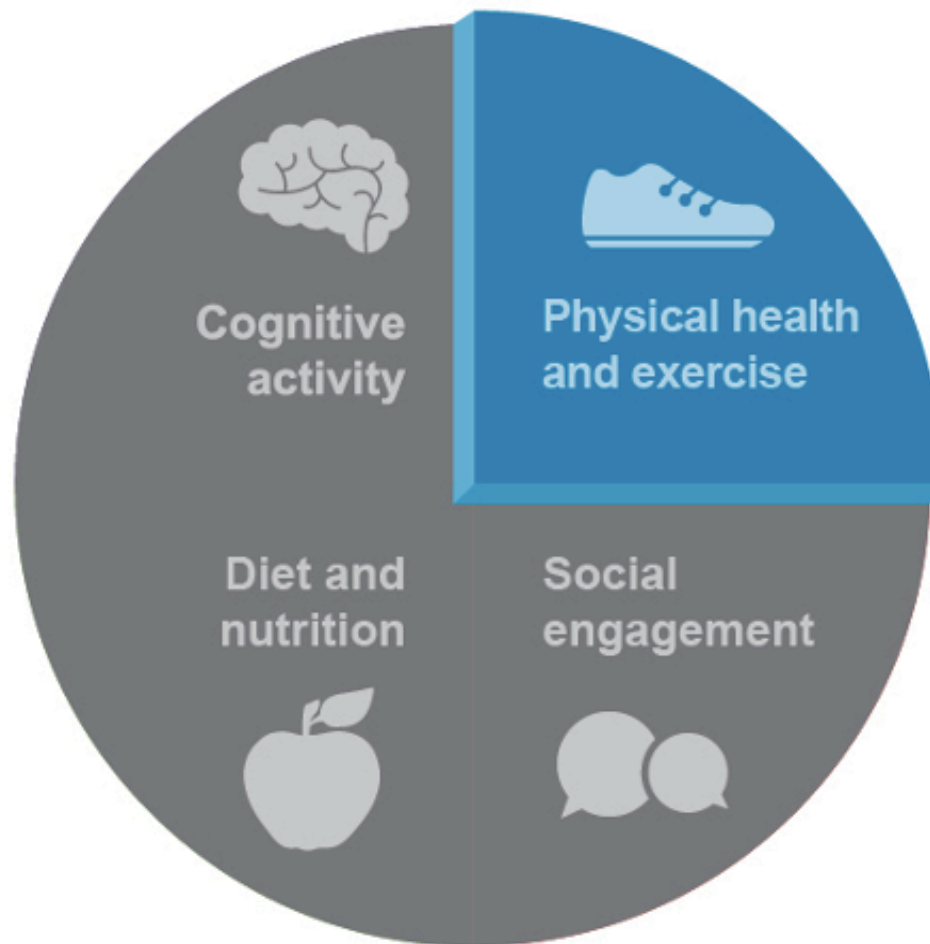
# Dementia and Alzheimer's

- Dementia is caused by many different diseases and conditions
- It is not part of normal aging
- Alzheimer's disease is most common cause of dementia
- Known risks for Alzheimer's includes age, genetics, head injury, cardiovascular factors and fewer years of formal education
- Therapies for Alzheimer's can treat symptoms, but cannot cure, prevent or even slow disease progression

# Taking care of yourself as you age



# Physical health and exercise





# Physical health and exercise

## What we know

- Cardiovascular activity may reduce your risk of cognitive decline
- Regular and vigorous exercise leads to increased blood flow – other physical activities may also yield benefits
- There is no single recipe

# Physical health and exercise

## What we can do

- Do something you like
- Start out small
- Move safely
- Get your heart rate up
- Ask friends to join you
- Check with your doctor before you start



# Physical health and exercise



## What we can do

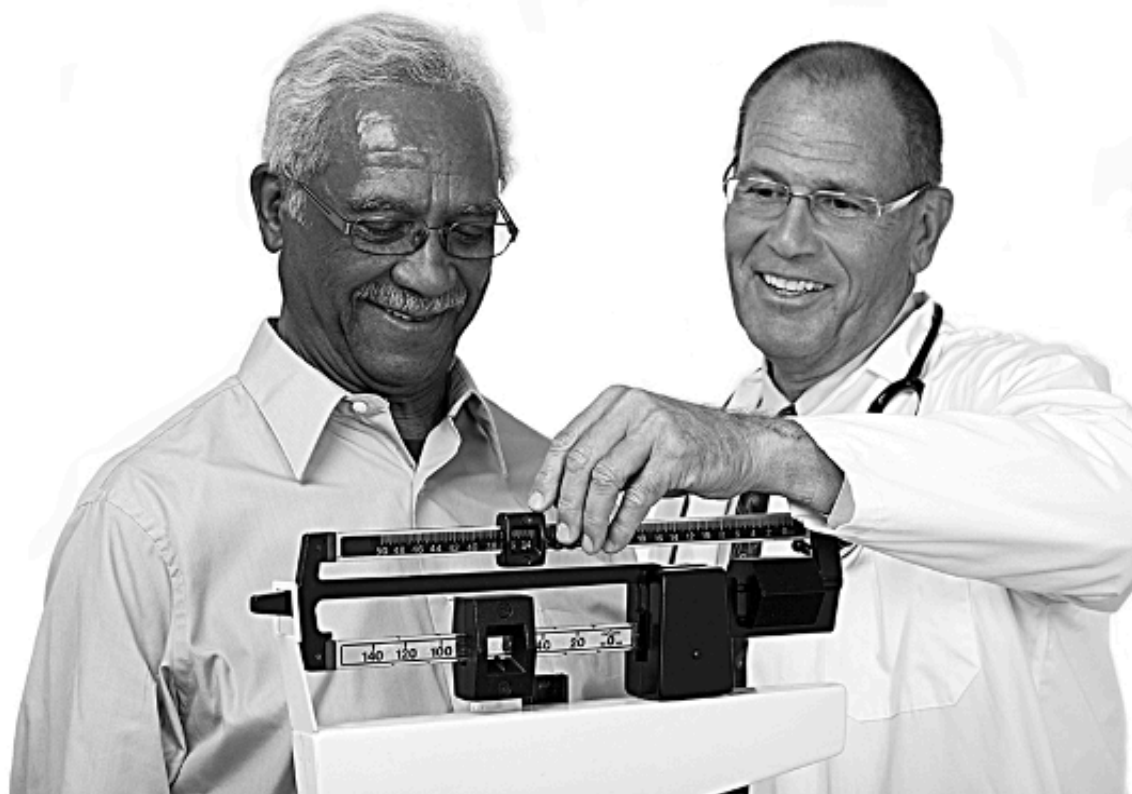
- Stop smoking
- Avoid excess alcohol
- Get adequate sleep
- Avoid head injury
- Manage stress
- Treat depression
- Visit your doctor regularly

# Physical health and exercise

## What we can do

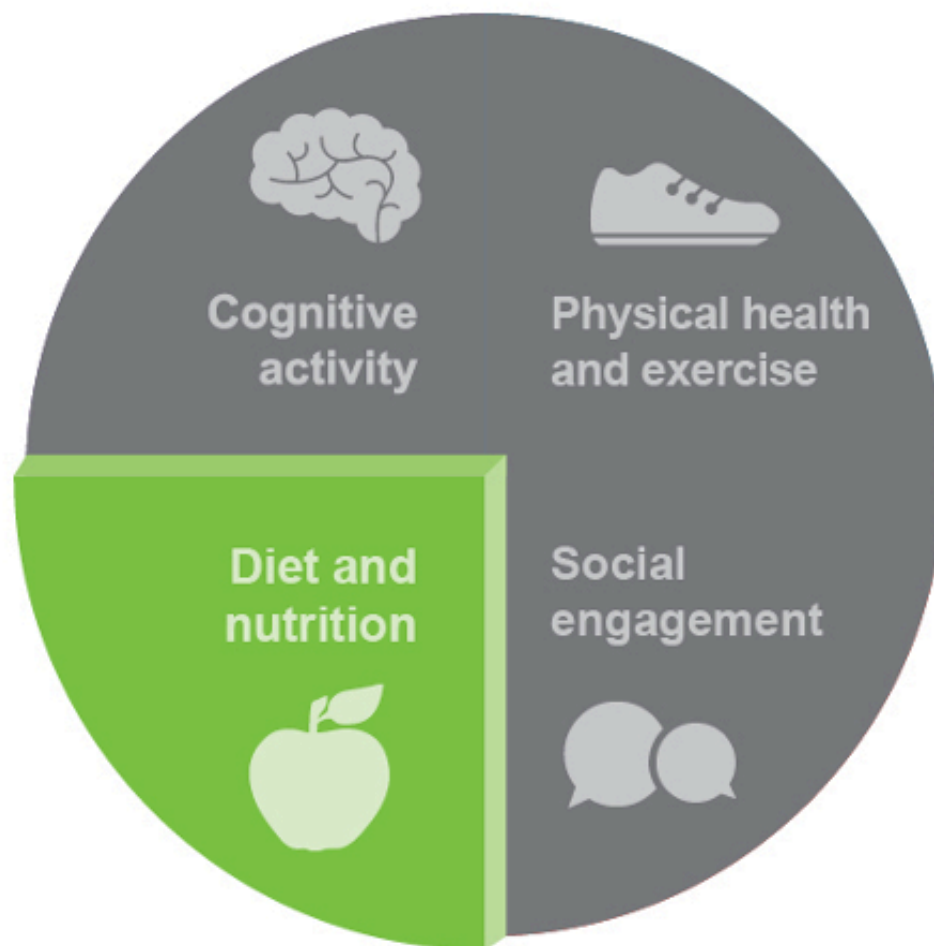
Monitor numbers and take action

- Blood pressure
- Blood sugar
- Weight
- Cholesterol





# Diet and nutrition



# Diet and nutrition

## What we know

- What's good for the heart may also be good for the brain
- Nutritious food is fuel for the brain
- Following some dietary guidelines can reduce your risk of heart disease, cancer, Parkinson's disease, Alzheimer's disease, stroke and diabetes

# Diet and nutrition

## What we can do

### EAT

- Vegetables
- Fruits
- Nuts, beans and whole grains
- Lean meats, fish and poultry
- Vegetable oils

### AVOID

- Saturated/trans fats
- Processed foods
- Solid fat, sugar and salt
- Deep-fried foods
- Unhealthy fast foods

# Diet and nutrition

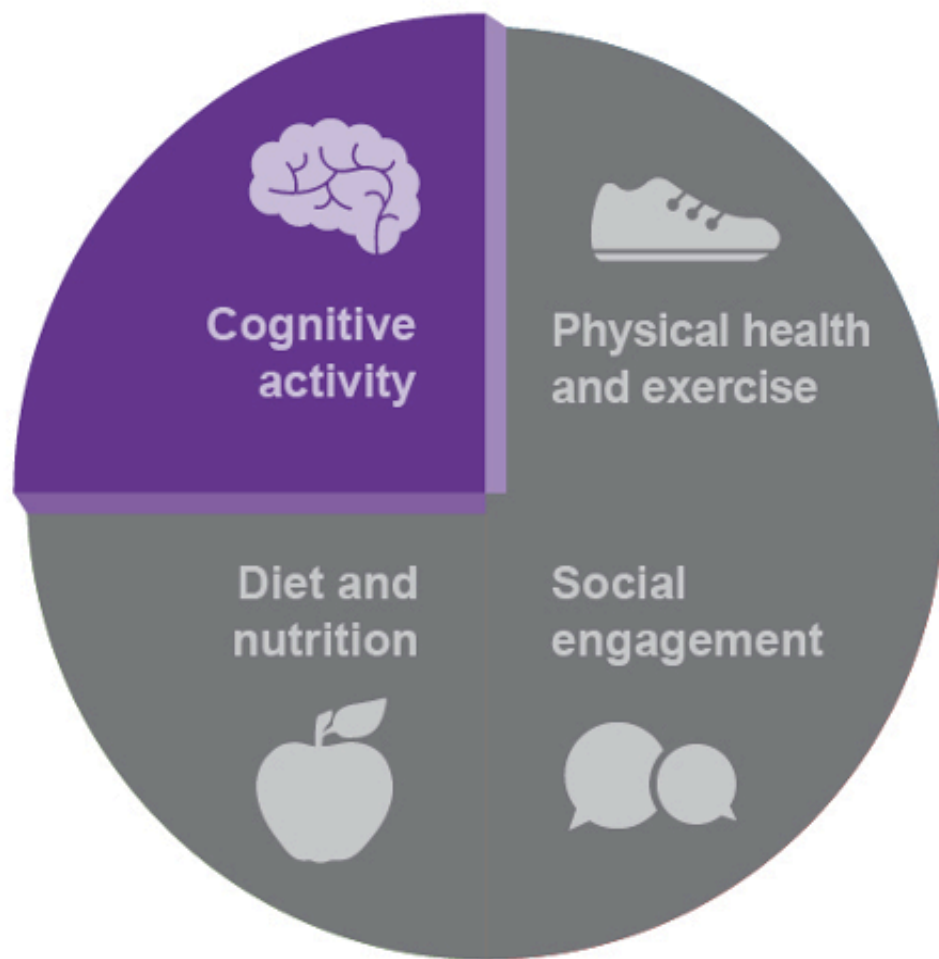
## What we can do

- Consult reputable sources about:
  - Dietary supplements
  - Vitamins
- Work with your doctor





# Cognitive activity



# Cognitive activity

## What we know

- Keeping your mind active forms new connections among brain cells
- Cognitive activity encourages blood flow to the brain
- Mentally stimulating activities may possibly maintain or even improve cognition
- Engaging in formal education will keep your brain healthy and can provide protection against developing dementia

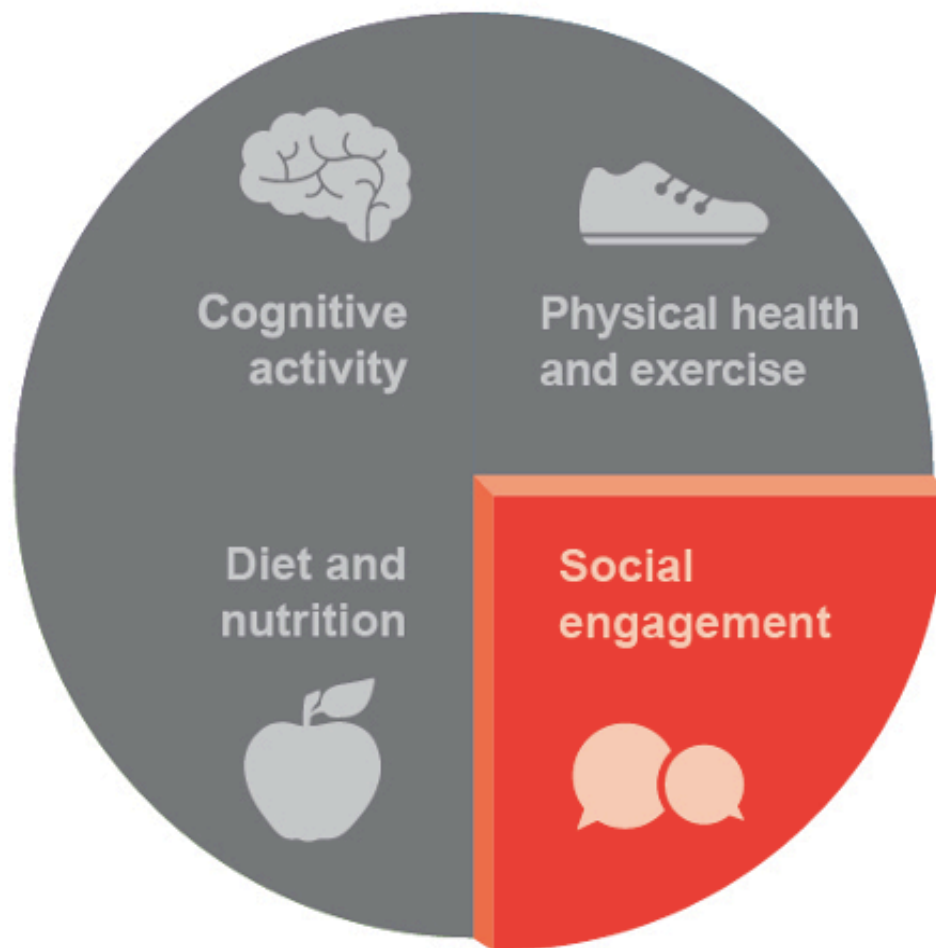
# Cognitive activity

## What we can do

- Read books and articles that challenge and inspire you
- Complete puzzles and play games that are challenging for you
- Learn new skills or hobbies
- Engage in ongoing learning



# Social engagement



# Social engagement

brain and body

## What we know

- Social engagement is associated with living longer with fewer disabilities
- Staying engaged in the community offers you an opportunity to maintain your skills
- Remaining both socially and mentally active may support brain health and possibly delay the onset of dementia



# Social engagement

brain and body

## What we can do

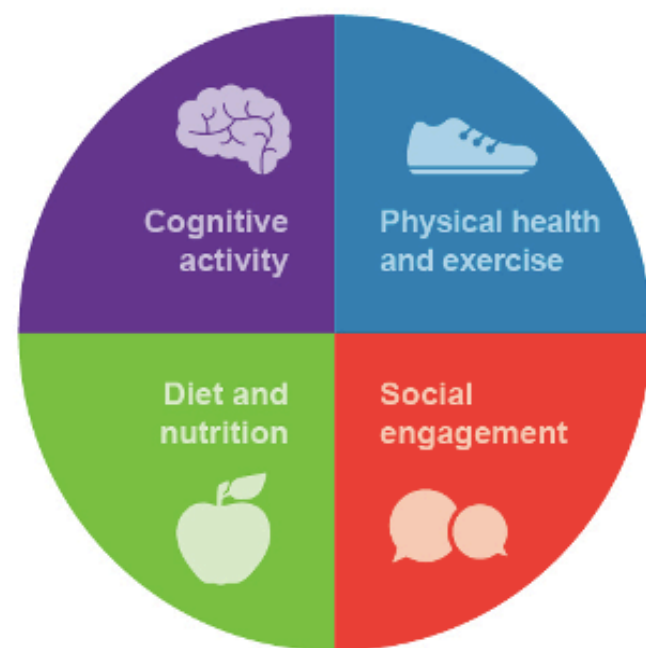
- Visit with friends and family
- Engage with others
- Stay involved in the community
- Volunteer outside the home
- Join a group or club



# Putting all four pieces together

Take care of your health

- Get moving
- Eat right
- Keep your mind active
- Stay connected with others



Combine all four to achieve maximum benefits

# What you can do NOW

- Begin today
- Start small and build
- Do what you enjoy and stick with it
- Make healthy choices
- Make a plan
- Get support from others
- Have fun



# Be a savvy consumer

- If it's too good to be true – it's probably *not* true!
- Be cautious when you hear huge promises or reports of miracle cures
- Do thorough research
- Consult trusted, reputable professionals
  - Your doctor
  - Your local pharmacist
  - The Alzheimer's Association

# Contact us – we can help



**alz.org®**

- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Center



**800.272.3900**

- 24/7 Helpline – Available all day every day



**alz.org/findus**

- Support groups, education programs and more available in communities nationwide



**training.alz.org**

- Free online education programs available at training.alz.org

## Questions?

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**Alzheimer's Association**

We're here. All day, every day.

**24/7 Helpline: 800.272.3900**

**alz.org<sup>®</sup>**

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# Get involved



  
**THE LONGEST DAY**

alzheimer's  association®



alzheimer's  association®  
trialmatch®

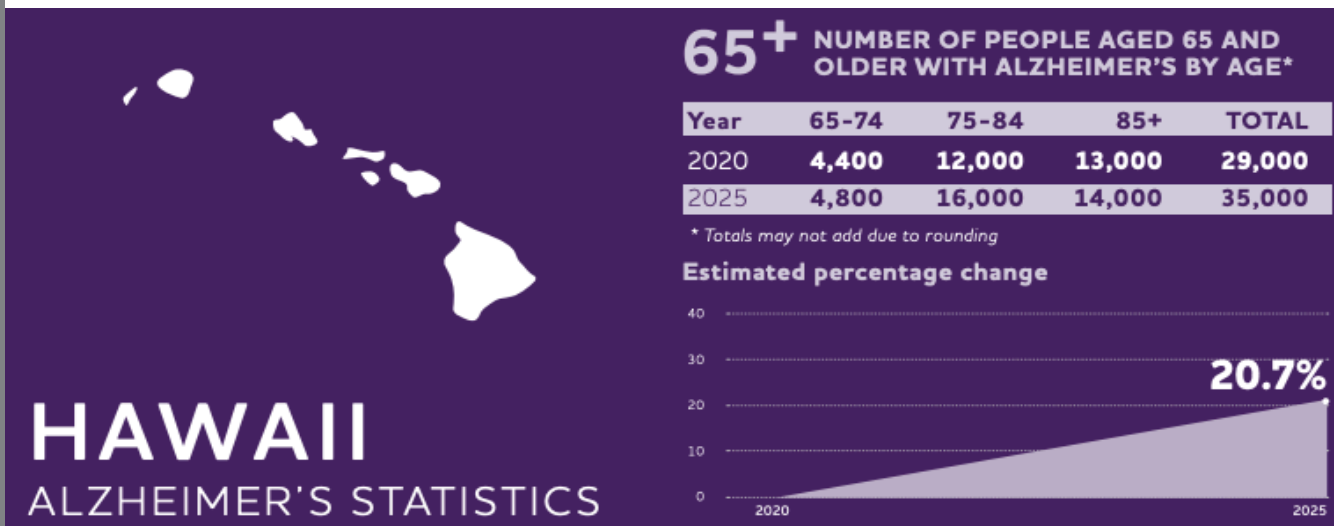
POWERED BY  EmergingMed

**65,000**  
Number  
of Caregivers

**74,000,000**  
Total Hours  
of Unpaid Care

**\$975,000,000**  
Total Value  
of Unpaid Care

# Hawaii State Statistics



## The work of the Aloha Chapter:

### PROVIDING CARE AND SUPPORT

We served 2,400 family caregivers with programs and services.



We offered 97 educational and training programs in Hawai'i.



We hosted a total of 159 support groups throughout the state.



# Core Programs



Care Consultations

24/7 Helpline (800) 272-3900

Education Programs

Support Groups

Information and Referral

# Care Consultations

*We always have the time to listen.*

This is a personalized and in-depth talk story session that can range from talking about caregiving barriers, providing emotional support, legal and financial planning, finding local resources, disease education, etc.

## How to schedule a Care Consultation

Call our local chapter office and we will call back within 24 hours.

808-591-2771



# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## OCTOBER

### Effective Communication Strategies

Tuesday, October 6, 2020, 10-11:30 a.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org)

### Understanding Alzheimer's Disease

Wednesday, October 7, 4-5 p.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammond@alz.org](mailto:tshammond@alz.org)

### 10 Warning Signs of Alzheimer's

Friday, October 9, 2-3:30 p.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Humberto Blanco at 808.518.6655 or email [hblanco@alz.org](mailto:hblanco@alz.org)

### Advancing Science and Public Policy: Updates in Research and Advocacy with Catholic Charities

Wednesday, October 21, 10-11:30 a.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammond@alz.org](mailto:tshammond@alz.org)

### Healthy Living for Your Brain and Body

Friday, October 23, 2-3:30 p.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Humberto Blanco at 808.518.6655 or email [hblanco@alz.org](mailto:hblanco@alz.org)

### COVID-19 and Caregiving: Updates and Strategies for Family Caregivers

Thursday, October 29, 4-5 p.m.

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammond@alz.org](mailto:tshammond@alz.org)

### Legal and Financial Planning for Alzheimer's Disease

Friday, October 30, 2-3:30 p.m.

[Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Humberto Blanco at 808.518.6655 or email [hblanco@alz.org](mailto:hblanco@alz.org)

**TO REGISTER, PLEASE CALL  
800.272.3900 OR  
VISIT US ONLINE AT ALZ.ORG/CRF**

- Visit [www.alz.org/hawaii](http://www.alz.org/hawaii)
  - Visit our "Events" and register for Education Programs online

- Upcoming:
- 10/2- 10 Ways to Love your Brain: Connecting to Nature
- COVID-19 and Caregiving on 9/30/2020 5:30-7:00 pm

alzheimer's  association®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# Announcing a 2020 Zoom Educational Series: Your Statewide Alzheimer's Association – Hawaii

**Alzheimer's Association - Hawaii and Catholic Charities  
Hawaii present: Connecting the Dots Series**



Understanding Alzheimer's and Dementia

10 Warning Signs

Dementia-Related Behaviors

Healthy Living for your Brain and Body

Advocacy and Research

Learn all about the Alzheimer's Association - Hawaii from your own computer via Zoom! With this 5-part series given by their Hawaii leadership team of experts, you will learn about: their services and resources in every Hawaii County; dementia basics; warning signs of dementia; dementia-related behaviors; brain health; and, the latest information on research and advocacy nationally and in Hawaii.

## SESSION 1: Wednesday, July 29, 10-11:30am

### Getting Acquainted

*Presenter: LJ R. Duenas, Executive Director*

### Understanding Alzheimer's Disease & Related Dementias

*Presenter: Tonya Hammond-Tullis, M.A.C., Program Specialist, Oahu*

## SESSION 2: Wednesday, August 19, 10-11:30am

**The Ten Warning Signs** *Presenter: Steve Tam, former Director of Development; Volunteer Sponsorship Chair for Oahu Walk to End Alzheimer's, Former Caregiver*

## SESSION 3: Wednesday, September 9, 10-11:30am

### Dementia-Related Behaviors

*Presenter: Tonya Hammond-Tullis, M.A.C., Program Specialist, Oahu*

## SESSION 4: Wednesday, September 30, 10-11:30am

### Healthy Living for Your Brain and Body

*Presenter: Christine Spencer, Maui County Regional Coordinator*

## SESSION 5: Wednesday, October 21, 10-11:30am

### Advancing the Science and Public Policy: Updates to Research and Our Work in Advocacy

*Presenters: LJ R. Duenas, Executive Director, and Ian Ross, Public Policy and Advocacy Manager*

**Please register for one or any number of sessions by contacting**

**Jody Mishan, (808) 295-2624 or at [jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)**



CATHOLIC CHARITIES  
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alzheimer's association®  
Aloha Chapter

This series is made possible by a grant to Catholic Charities Hawai'i from the Administration on Community Living/Administration on Aging for the Alzheimer's Disease Program Initiative

## Another fun brain health series with Lanakila Multi Purpose Senior Center

Join us for an educational series on brain health presented by the Alzheimer's Aloha Chapter and Lanakila Multi-Purpose Senior Center.

YOU'RE INVITED!

# 10 WAYS TO LOVE YOUR BRAIN



Learn tips for brain health, explore topics on Alzheimer's disease and related dementia.

**STARTING ON SEPT. 18TH, 2020  
1 PM - 2 PM ALL CLASSES ONLINE**



9/18/2020 10 WAYS TO LOVE YOUR BRAIN- PART 1 EXERCISE

9/25/2020 BRAIN FOOD: DIET AND NUTRITION WITH COOKING DEMO

10/2/2020 BRAIN HEALTH TIPS DURING ISOLATION: CONNECTING TO NATURE WITH GUEST SPEAKER FOREST THERAPY GUIDE, KELLY BRUCE

10/23/2020 EXERCISE YOUR BRAIN: COGNITIVE ACTIVITY TIPS

11/6/2020 THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

11/20/2020 COVID AND CAREGIVING TIPS

12/4/2020 WHAT'S THE DIFFERENCE BETWEEN ALZHEIMER'S DISEASE AND DEMENTIA?

12/11/2020 DEMENTIA CONVERSATIONS

1/15/2020 LEARN ABOUT THE MIDDLE STAGES OF ALZHEIMER'S DISEASE:FOR CARE PARTNERS

2/12/2020 LEARN ABOUT THE LATE STAGES OF ALZHEIMER'S DISEASE:FOR CARE PARTNERS

To register send your first and last name to receive the meeting links for classes on zoom email Susie at [suzanne.oakland@catholiccharitieshawaii.org](mailto:suzanne.oakland@catholiccharitieshawaii.org) or call 518-6650