

**15TH ANNUAL
MIND
MATTERS
HEALTH FAIR**

**MONDAY, MAY 8
10 A.M. - 2 P.M.
KROGER FIELD**



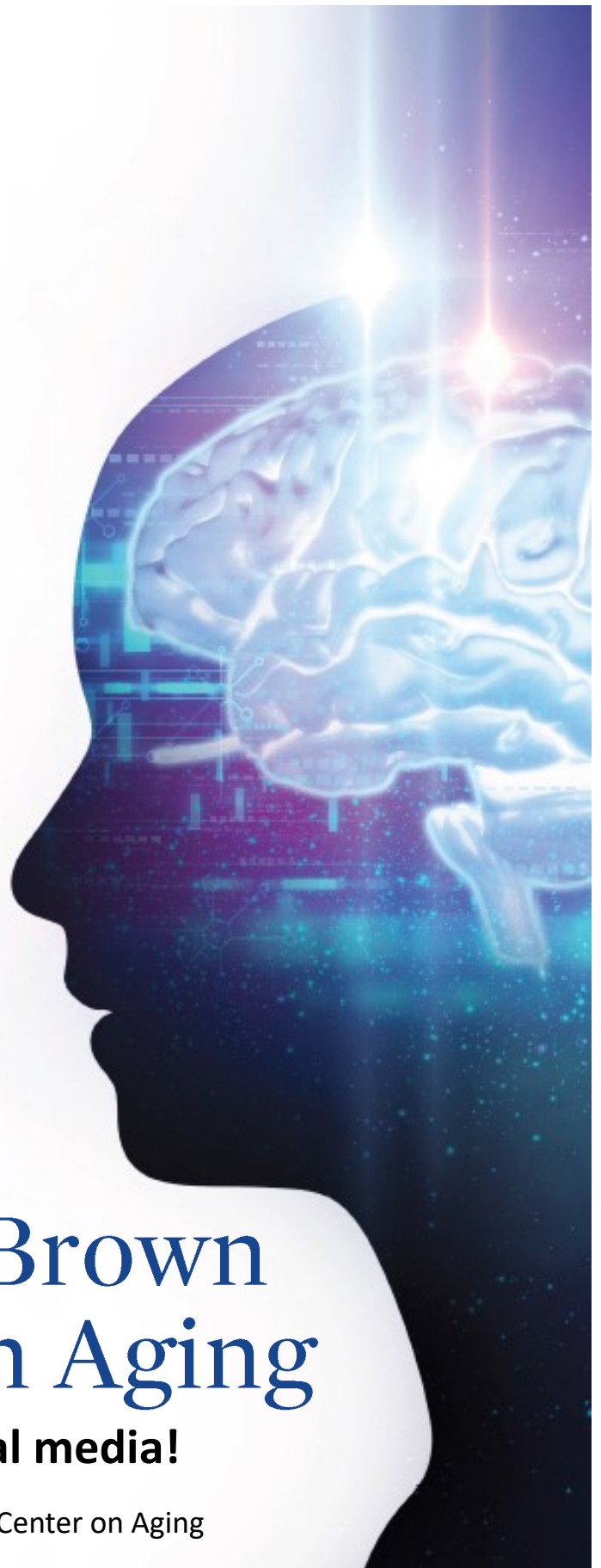
**Sanders-Brown
Center on Aging**

Follow us on social media!

Facebook: UK Sanders-Brown Center on Aging

Twitter: @UKSBCoA

Website: medicine.uky.edu/centers/sbcoa/



15th Annual Mind Matters Health Fair: Stronger Together

Schedule of Events

Time	Activity	Details
10:00a – 10:15a	Welcome and Introduction	
10:15a – 10:35a	Presentation “Healthy Lifestyle for a Healthy Brain”	Dr. T. Shawn Caudill, MD, MSPH UK Sanders-Brown Center on Aging
10:35a – 10:50a	Break	Enjoy browsing the exhibit tables
11:00a – 11:25a	Presentation “Amyloid, Dementia and Research—Exciting Developments and How You Can Help”	Dr. Gregory Jicha, MD, PhD UK Sanders-Brown Center on Aging
11:30a – 12:15p	Lunch	
12:15p – 12:45p	Presentation “Decoding the Diagnosis: How Memory and Thinking Problems are Assessed and Diagnosed”	Dr. Sheliza Ali, PhD UK Dept. of Neurology
12:45p – 1:00p	Workshop “The MIND Diet”	Dr. Karen Bryla McNeese, EdD, RD UK HR Health & Wellness
1:00p – 1:15p	Break and Exhibits	Enjoy browsing the exhibit tables
1:30p – 2:00p	Workshop “Growing Neural Connections through Sensory Engagement”	Dr. Elizabeth Rhodus, PhD, OTR/L UK Sanders-Brown Center on Aging

Feel free to visit the booths between speakers and during lunch

“Healthy Lifestyle for a Healthy Brain”



Dr. T. Shawn Caudill,
MD, MSPH



Join us in the center of the main room to learn how you
can help fight Alzheimer's!



Dr. Gregory Jicha,
MD, PhD

**“Amyloid, Dementia and Research: Exciting Developments
and How You Can Help”**

“Decoding the Diagnosis: How Memory and Thinking Problems are Assessed and Diagnosed”



Dr. Sheliza Ali, PhD

Making healthy lifestyle choices may reduce your risk of dementia.

We don't yet know for certain what, if anything, can prevent dementia, but there may be steps you can take to help reduce your risk.



Control high blood pressure



Sleep well



Eat a healthy diet



Keep physically active



Connect with family and friends

Learn more about these steps and other healthy lifestyle changes you can make at www.alzheimers.gov/can-i-prevent-dementia.





Did you know that there are known risks for **Alzheimer's disease and related dementias** ?

not enough aerobic physical activity

cigarette smoking

excessive alcohol use

obesity

hypertension

diabetes

depression

hearing loss

Keep your brain healthy!



Talk to your health care provider about things you can do to reduce your risk

bit.ly/mm7120a2

MAY 20, 2022

MMWR

Tips To **BOOST** Your Health as You Age

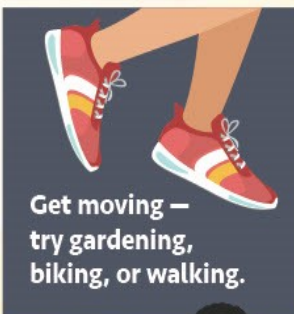
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress — try yoga or keep a journal.



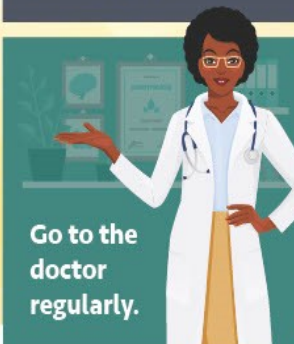
Learn something new — take a class or join a club.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



Workshop: The MIND Diet



Workshop: Growing Neural Connections through Sensory Engagement”



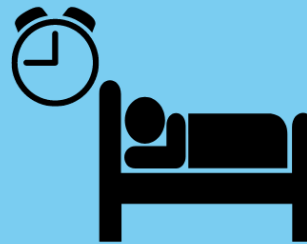
IMPORTANCE OF A GOOD NIGHTS SLEEP

Research shows that sleep can help with cardiovascular health, hormone regulation, your immune system and brain health!

Healthy Sleep Habits

HAVE A SLEEP ROUTINE

Try to go to bed at the same time each night and wake up at the same time each morning.
Keep a consistent schedule.

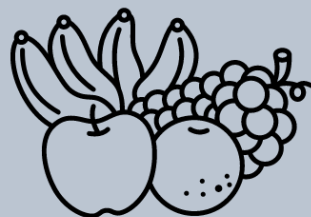


BEDTIME ROUTINE AND ENVIRONMENT

Try to develop a nightly bedtime routine that can help you relax and get you ready to sleep. Your environment is important too. Try to find ways to block out light and noise, keep the room at a comfortable temperature. Use your bed for sleep and not for other activities like watching tv.

EXERCISE AND SUNLIGHT

Try to move your body during the day (ideally a moderate workout) and avoid naps in the late day. Having an active day can help with sleep at night. Find ways to get some sunlight. Open blinds/shades and let some light in, spend time outside.



EATING WELL

A healthy diet can help you sleep! Try to avoid stimulants (caffeine, alcohol). When you enjoy your meal make sure it is a few hours before you plan to go to sleep.

RELAX

Find ways to set aside your worries of the day. Try writing your thoughts down as part of a bedtime routine, doing breathing exercises or enjoying a cup of warm tea.



Thank you to our exhibitors...



SENIOR CENTER



WHO MAKE US STRONGER TOGETHER!

SPECIAL THANK YOU TO OUR LUNCH TIME ENTERTAINMENT

"These 4 Guys" is a barbershop quartet that performs all over Lexington/Central Kentucky. They also can be seen on the Lexington Opera House stage during their annual summer show on June 17, 2023.



These 4 Guys

www.facebook.com/these4guys



SUPPORT GROUPS

Alzheimer's Association

Fayette County- last Thursday of the month 12-1pm
Alzheimer's Association
2808 Palumbo Dr Ste 205
Lexington, KY 40509
859-214-6106

Lexington Public Library Beaumont Branch

2nd Friday of the month 3:30-4:30
3080 Fieldstone Way, Lexington, KY 40513

Christ the King Cathedral

2nd Monday of each month 6:30-8pm
299 Colony Blvd, Lexington, KY 40502
Contact Ron: 859-699-9033

Jessamine County Support Group

4th Tuesday of the month 2:30
Bridgepoint at Ashgrove Woods
5220 Gray Oak Lane
Nicholasville, KY 40513
859-214-6106

*The Beaumont Branch Library is under construction and that support group is meeting at Bluegrass Care Navigators PACE Center through May.



Take Care of Yourself as a Caregiver



Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.





UK Sanders-Brown Center on Aging

For more information on clinical trials or
other studies that you can be a part of
contact us at 859-323-5550

Follow us on social media!



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Website: medicine.uky.edu/centers/sbcoa/



*Help us make next year's health fair even better!
Please rate the items below using the following scale:*

	5= Excellent	4=Good	3=Average	2= Fair	1=Poor
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Overall Conference	5	4	3	2	1
Information learned	5	4	3	2	1
Quality of the speakers	5	4	3	2	1
Location of event	5	4	3	2	1
Quality of the food	5	4	3	2	1



What did you like most about the event?

What topics would you like to hear about next year?

How can we improve next year?

Other Comments?

Thank You!

Thank you for your feedback!

Please tear off this page and
return it to the welcome desk

