

Your Mind Matters

Preserve Your Brain Health for Your Best Life



FEATURED ARTICLE

June is Alzheimer's and Brain Awareness Month

Life is busy, but it's important to remember that brain-health is the key to our health and wellness overall.

Sometimes, all we need is a little awareness to keep us present.

June is Alzheimer's and Brain Awareness Month and it's also time for The Alzheimer's Association's annual event called *The Longest Day*. This event unites people from around the world to engage in their favorite activities while helping to raise funds for Alzheimer's research. Opportunities like this are important for building awareness of Alzheimer's Disease and the need for brain-health education.

The best thing that you can do for yourself and to honor those living with Alzheimer's disease, is to make a commitment to the health and wellness of your brain. Although Alzheimer's Disease cannot be entirely prevented, the onset of symptoms and progression of decline of memory and thinking skills can be delayed by living a lifestyle that supports the health and wellness of your brain.

You can do this by eating heart-healthy foods, exercising regularly, managing your stress, adopting healthy sleep habits, staying social, and engaging in lifelong learning.

Nothing is more important than your brain - because as always, your brain makes you, **you**.

To find out more about brain health and supporting those with brain health issues, please go to brainhealth.ceresti.com.

By Marilyn Abrahamson - Brain-Health Education Specialist at Ceresti Health.

MEMORY TIP OF THE MONTH

How to Have a *Sensational* Memory

Whenever you need to remember something, try bringing *all of your senses* together in this 6-step process by adding:

1. *A visual image* - Creating a *moving image* is even more effective than a still-image.
2. *An imaginary soundtrack* - What would you hear in that situation?
3. *Smell* - Perhaps, think about how the delicious smell of a roasting turkey brings back childhood holiday memories.
4. *Taste* - Can you also recall the taste of that delicious turkey?
5. *Touch* - Think about whether your visualized object is hot or cold, wet or dry, smooth or rough.
6. *Emotion* - Although *emotion* is not one of the five senses, adding it to your visualization will boost the likelihood you'll remember it. No matter how subtle, the presence of any type of emotion makes it meaningful - and it's the *meaning* that makes it stick in your memory.

So, next time you need to remember to:

Go to the airport at 7pm to pick up Aunt Sally at Gate 10, and you're worried you won't get to her on time... imagine the following:

- ***See yourself running through the airport. You pass by a huge clock that says 7 o'clock and you're standing under a sign with a big TEN on it.***
- ***You hear the imaginary announcement overhead calling your name and saying "It's 7pm and Aunt Sally is waiting for you at Gate 10".***

In your own mind, feel the heat of the moment and the urgency to get there on time. This will create the emotional connection you'll need to remember it.

Give it a try – it's an amazing technique that really works!



For more information about brain health or caregiver support please visit the **Ceresti Brain Health Education portal** at <https://brainhealth.ceresti.com> and enter code **BRAIN2022**.

GROW YOUR BRAIN

Grow Your Brain at the Market

Did you know you can exercise your brain at the supermarket? Here's how you can make your shopping trip more **Neurobic!*

Supermarkets organize their products so that the most popular items are placed on the shelves at eye level – where customers are sure to see them. Less popular items are placed above and below, where you're less likely to look.

Next time you're at the supermarket, explore the shelves above and below those *popular items* and consider the products you've never seen or tried before. Pick up the packages and read the ingredients, see where they are from – perhaps they are imported from another country.

You may discover something new and delicious, but even if you don't buy the new items, *you've changed your routine*. You've learned and experienced something new and different, and it's how you can naturally **grow your brain!** Changing your routine is the key to activities that are **Neurobic* - trying something new and different.

You can do **Neurobics* anywhere but the supermarket is a great place to start. Give it a try!

***Neurobics** are exercises for the brain designed to create new brain connections and to reactivate neglected brain connections by using all of the senses in unconventional ways.

***All of the Neurobic exercises in the Grow Your Brain section of the Your Mind Matters Newsletters are based on excerpts from the book "Keep Your Brain Alive" by Dr. Lawrence Katz and Manning Rubin. Workman Publishing, New York.*

BRAIN HEALTH MINUTE

DO A LITTLE DANCE FOR YOUR BRAIN

Next time you hear your favorite song, stop what you're doing and **do a little dance**.

Research has shown that dancing on a regular basis can boost your brain-health with better memory, reduced risk for dementia and preservation of motor skills, balance and cognitive abilities, and more.

Dancing causes the release of chemicals in your brain that encourage the formation of new brain cells and connections. **It's like anti-aging for your brain!**

Plus, it's so much fun!

So, even if it's only for a few minutes every day, get moving to your favorite music. Your brain will say thank you in so many ways!



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As a supplemental benefit of your health plan, you have access to a caregiver support program available through Ceresti Health at no cost to you.
To determine if you are eligible for this program, contact: (877) 222-5055.

MONTHLY BRAIN CHALLENGE

Category Loops



Let's work on word retrieval and analytical thinking. To fire-up your processing speed, set a time for two minutes as you do this puzzle!

Complete the word grid by finding a word starting with the letter on the left side of the grid in each of the three categories at the top.

	Country	Animal	Food
P			
L			
A			
N			
T			