

# The Empowered Caregiver

Together With You on Your Ceresti-Caregiver Journey



## FEATURED ARTICLE

### What is Ceresti Health's Seven Steps to a Healthier Brain?

Living a lifestyle that supports brain health and wellness is essential for a healthy and fulfilling life. That's important to know because brain health is not just about avoiding Alzheimer's disease or even for measuring or boosting intelligence.

Brain health is about *how well* we're able to solve problems, connect with others, make good decisions and manage our thoughts and emotions in a healthy way. Most importantly, brain health is about reducing risk factors and staying active so we can live our best lives as we age.

The best news is that how we live has a lot to do with *how well* we live. That puts us in the driver's seat, but we need to know how to do it.

Ceresti's **Seven Steps to a Healthier Brain** is just that – a step by step guide through the process of how to live a brain-healthy life. *Here are the steps to follow:*

#### Step 1 – Develop a Positive Mindset

To be successful in achieving any goal, *you must believe in yourself and your abilities*. It wouldn't be possible to move forward in any endeavor if you don't believe you can achieve it. In this lesson, you'll learn how to cultivate a positive mindset so you can achieve what you set out to do.

#### Step 2 – Exercise for a Healthier Brain

The research is solid – a regular exercise routine is fabulous for your brain – delivering blood, oxygen and glucose to your needy brain to help it work its best. In this lesson, you'll learn how to integrate a brain-healthy exercise regimen into your life for a healthier brain.

#### Step 3 – Eat with your brain in MIND

In Step 3, you'll learn how to introduce brain-healthy, delicious and easy-to-prepare foods into your daily menu so your brain can function at its best.

#### Step 4 – Less Stress. More Sleep, Better Brain

In this lesson you'll learn about the connection between stress, sleep and brain-health – and how to manage them.

#### Step 5 – Manage Medical Conditions

When you become accustomed to living with certain conditions, it's easy to put them on the back-burner. Unfortunately, these conditions can quietly do harm to your health and to the health of your brain. In this lesson, you'll learn how managing these conditions can protect your brain in the long run - and how to get them under control.

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### Step 6 – Socialize and Have Fun

Your brain loves connection and socialization – in fact, it needs these things to stay healthy and active. Learn about how social connection benefits the brain and how you can maximize it in your life.

### Step 7 – Be a Lifelong Learner

Being challenged and learning new things are your brain's favorite things to do. In this lesson, you'll learn exactly how to integrate new learning into your life. You might just realize a few undiscovered desires and even some natural talent.

You can access the Seven Steps to a Healthier Brain by exploring the **Ceresti Brain Health Education portal**. Go to [brainhealth.ceresti.com](https://brainhealth.ceresti.com) and use the code **BRAIN2022** to register.

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

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## CALMING THE CAREGIVER MIND

### LONELINESS

As a caregiver, you may feel more isolated as time passes.

Because you are no longer readily available for social outings, friends may eventually stop asking. You may be reluctant to call on friends because you feel that they no longer want to listen to your "complaints". You may even feel that your life revolves around your caregiving and you can no longer talk about anything else.

#### **How to cope with loneliness associated with caregiving.**

It's important to remember that caregiving is not a one-person job - no one can do this job on their own. So, consider asking for help from family, even distant relatives, neighbors and your faith community so you can take some time for yourself. Contact your local *Agency on Aging* to find day-care or respite programs for your loved one that can allow you a well-deserved rest. When you do have the opportunity to get out and do things that recharge and refresh, take a brisk walk, exercise or visit with friends - enjoy this time.

Then, when you return to your loved one, you'll feel ready to offer the loving and compassionate care that you know you're capable of providing.

As a caregiver in the Ceresti Caregiver Support program, you have access to a knowledgeable and compassionate Ceresti Coach who will be with you every step of the way. So, remember to reach out to your coach on the tablet whenever you need a helping hand. Your coach is there to listen and provide guidance every day.

## 6 Tips for Staying Safe in the Summer Heat

As the summer progresses, it's a good idea for everyone to enjoy the sunshine and spend some time outdoors. However, we're more susceptible to heat related illness and injury as we age, because our bodies no longer regulate temperature as effectively as before.

Here are a few tips that will keep you enjoying the warmer temperatures.

1. *Stay hydrated!!* Drink eight or more glasses of water a day. Avoid alcohol or caffeinated drinks as they tend to dehydrate the body. Increase the amount of fluids if the weather is particularly hot.
2. *If it is very hot outside, opt for staying inside where it's cooler!* Limit outdoor activities to the times when the sun is less intense; usually before 10 AM and after 4PM.
3. *If temperatures are hot and humid, find a place to stay that has air conditioning.* If you don't have an air conditioner at home, some options to try would be a movie theater, a mall, or with friends and family with a working AC.
4. *Protect skin and eyes.* Start with a quality sunscreen, and use enough to liberally cover all areas exposed to the sun. Also, wear a head covering and good quality sunglasses if you are going to be outside. If possible, opt for shady, cooler areas spots to sit. Dress in appropriate clothing - lighter colors in loose-fitting styles would be the most comfortable.
5. *Check the weather forecast so that you are prepared for weather that is extremely warm.* With this information, you can plan accordingly.
6. *Finally, check with your pharmacist about the medication you are taking.* Some medications make us more sensitive to sunlight and heat.

If you keep these basic tips in place, it will help you to be able to enjoy a safe and happy summer!! Stay safe and enjoy being outdoors with family and friends!!

## The Magical Power-Nap

One effective way to get a burst of energy when you need it most – usually in the middle of the day – is to take a *power nap*. It's just what the doctor ordered to give you more energy, patience and even more compassion for yourself and others. A good power nap can even reduce stress and improve health overall.

### What makes a nap a *power nap*?

A power nap is a short sleep that you take mid-day, usually lasting 15 – 20 minutes, but no more than that. Sleeping longer than 20 minutes will allow you to slip into the next phase of sleep which can last up to 90 minutes. If you wake up before finishing that last phase, you may feel groggy and irritable.

The trick is to plan your power nap sometime between 1:00 and 3:00 PM and set an alarm to ring in 15-20 minutes from the time you lie down to rest. Use an eye mask to block out light. You may even use a white noise machine to block out ambient noise so you're less likely to be disturbed.

[Research](#) has shown that if you can fit a power nap into your day, you may not only begin to notice higher levels of energy and productivity, but that it can enhance your memory as well, because of improved focus and attention.

Power naps have even been shown to reduce the risks for [heart disease and stroke](#) and to enhance your [immune system](#).

So, if you can fit it into your day, a power nap is a great way to spend 15 to 20 minutes in the afternoon. It will improve your alertness, your mood and even your memory. It will give you more patience and compassion for yourself and others and benefit your overall health.





Norwell Executive Center  
167 Washington Street  
Norwell, MA 02061

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.

## WHAT'S NEW IN CERESTI?

# Brain Health is for Everyone! Ceresti's new Caregiver Brain Health Program has Launched!

**Brain-health is an essential part of overall health**, particularly for family members caring for someone living with a memory disorder.

Brain-health education arms people with knowledge - and **knowledge is power**. Knowing how to reduce your risks for developing a memory disorder is the *first powerful step* in prevention.

To respond to this need, we are excited to introduce our brand new **Caregiver Brain Health Program!** This exciting program is now being offered on the tablet to all Ceresti caregivers. You'll learn about:

- How to reduce your risk for developing a memory disorder
- How to improve your mindset and motivation
- How to work-around typical age-related memory glitches (which can be so annoying!)
- You'll have access to a brain-health coach to answer all of your questions and support you along your journey to a healthier brain.
- And so much more, including access to your brain-health coach!

**Brain health education is for everyone!** Check your Ceresti tablet for the launch of this amazing program.