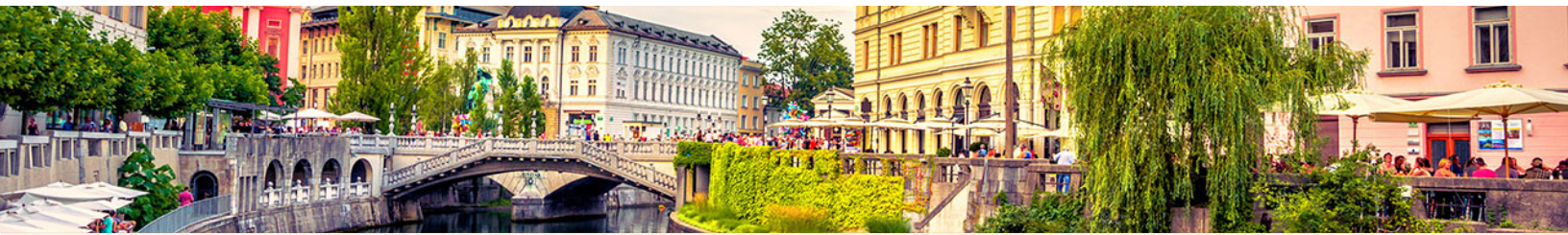


June 2024

# The Empowered Care Partner



## Together With You on Your Ceresti-Care Partner Journey



### FEATURED ARTICLE

## June is Alzheimer's and Brain Awareness Month

June is dedicated to ***Alzheimer's and Brain Awareness***. We at Ceresti Health extend our heartfelt support and gratitude to each of you for your unwavering dedication to your loved ones. Your role as a Ceresti caregiver is not just a responsibility but a testament to love, resilience, and compassion in the face of Alzheimer's disease.

***Alzheimer's and Brain Awareness Month*** poignantly reminds caregivers and their loved ones living with dementia of the challenges and triumphs they experience. We recognize the profound impact of Alzheimer's on individuals and families, which is why we are committed to providing you with the support and resources you need along this journey.

Education is paramount in empowering caregivers to navigate the complexities of Alzheimer's disease effectively. Through our approach, Ceresti equips you with accessible information and personalized strategies to better understand the disease, manage

symptoms, and enhance quality of life for both you and your loved one.

Beyond raising awareness, Ceresti Health is deeply committed to prioritizing caregiver well-being. We understand the physical, emotional, and mental toll caregiving can take, so we offer comprehensive support programs designed to nurture your resilience and self-care. From educational resources and virtual live training classes to personalized coaching, we are here to ensure you feel empowered, supported, and heard every step of the way.

As we honor ***Alzheimer's and Brain Awareness Month***, let us unite as a community to celebrate your unwavering dedication, strength, and love. Your tireless efforts do not go unnoticed, and we are grateful for your profound impact on the lives of those you care for.

## FEATURED ARTICLE

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In closing, Ceresti Health reaffirms its commitment to standing by your side, providing you with the tools, resources, and support you need to navigate the challenges of caregiving with grace and resilience. Together, let us shine a light on Alzheimer's, uplift each other, and embrace hope for a future where Alzheimer's is no longer a source of fear but a chapter of strength and resilience.

By Marilyn Abrahamson, MA,CCC-SLP - CBHC  
Ceresti Brain Health Coach

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To explore and learn more about the brain, visit **Ceresti's Brain Health Education Portal** at [brainhealth.ceresti.com](https://brainhealth.ceresti.com).  
If you're visiting the portal for the first time, use the code **GIVECARE** when registering.

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## BITE-SIZED TIPS FOR A BETTER BRAIN

### THE IMPORTANCE OF SLEEP FOR YOUR BRAIN: A MUST-HAVE FOR CAREGIVERS

In the busy life of a caregiver, taking care of yourself often gets put on the back burner. But one thing you can't ignore is sleep. It's not just about feeling rested—it's about keeping your brain healthy and staying sharp and alert, which is crucial for caregivers.

It's important to engage in lifestyle habits that support a healthy brain, such as exercising and eating a healthy diet. However, these can take time to manifest noticeable results. Sleep affects you immediately. Whether you had a good night's sleep or not, you'll feel it the next day. And for caregivers, feeling your best is key to providing great care.

Sleep does more than just help you feel awake. Deep, restorative sleep initiates the process of clearing out plaques like beta-amyloid from your brain that have accumulated throughout the day. Beta-amyloid is linked to diseases like Alzheimer's, so getting enough sleep helps protect your brain from problems down the road.

Not getting enough good quality sleep doesn't just make you tired the next day. It adversely affects your memory, makes it harder to pay attention and focus, and can make you feel more emotionally sensitive. That's not ideal when you're taking care of someone else.

So, don't skimp on sleep. It's not just about feeling good—it's about keeping your brain in top shape so you can be the best caregiver possible. Tonight, tuck in early and give your brain the rest it needs to keep you going strong.



## CERESTI CAREGIVER RESOURCE SPOTLIGHT

### BRAIN-HEALTH IS FOR EVERYONE!

***Brain health is an essential part of overall health.***

Knowing how to reduce your risk of developing a memory disorder is the first powerful step in prevention. Studies show that engaging in the right activities can help stave off age-related cognitive decline.

***That's where Ceresti's brain health education and courses come in... and they're available right now on your tablet!***

*There are a variety of courses available.*

In the comprehensive **Caregiver Brain-Health** course, you'll learn how to:

- Live a lifestyle that supports your healthy brain
- Increase happiness and productivity
- Compensate for age-related memory glitches
- *And much more!*

For caregivers who would rather have a quick, weekly memory strategy, ask your Ceresti coach about the **Memory Mastery Series**.

**Additional brain health education includes content created to help you navigate caregiving for a loved one living with:**

- Parkinson's disease
- Stroke

**Along with these topics, education is available on symptoms related to these medical conditions, such as:**

- Voice disorders
- Speech and language impairment
- Cognitive impairment
- Swallowing disorders
- Depression and stress management

If you're looking for a daily brain-challenge session, **BrainHQ** is available on your tablet. Talk to your Ceresti Coach if you'd like to give it a try.

For caregivers with loved ones living with dementia, the **Weekly Recreational Activities** provide fun and friendly inspiration each week for bonding with your loved one.

For more information about brain health, explore Ceresti's **Brain Health Education Portal** for more information about the brain and how to keep it healthy. If this is your first time, go to [brainhealth.ceresti.com](https://brainhealth.ceresti.com) and register using the code **CAREGIVE**.

***If you want to have any of the educational courses above added to your Daily Plan on the tablet, ask your Ceresti coach.***

## Embracing Self Care

As summer inches closer and the days grow longer, self-care for caregivers is crucial. Caring for others is undoubtedly rewarding, but it's essential to remember that caregivers need nurturing too. This season, take some time to prioritize your well-being with activities that replenish your spirit and reignite your compassion.

### *Here are some suggestions to consider:*

- 1. Nature Retreats:** There's something inherently therapeutic about immersing oneself in nature. Consider planning a weekend getaway to a serene destination surrounded by lush greenery or calming ocean waves. Whether it's a camping trip, a hike through scenic trails, or simply lounging by a tranquil lake, spending time outdoors can rejuvenate your mind, body, and soul.
- 2. Creative Expression:** Engage in activities that spark your creativity and bring you joy. Whether painting, writing, gardening, or crafting, allow yourself the freedom to express your inner thoughts and emotions. Creative outlets serve as a form of self-expression and can provide a sense of fulfillment and relaxation.
- 3. Wellness Workshops:** Explore local workshops or online classes focusing on holistic wellness practices such as yoga, meditation, or mindfulness. These sessions offer valuable tools for managing stress, enhancing self-awareness, and promoting inner peace. Investing time in your well-being fosters resilience and equips you with the strength to navigate the challenges of caregiving with grace.
- 4. Cultivate Connections:** Nurture meaningful connections with friends, family, or fellow caregivers. Organize a picnic in the park, host a game night, or simply enjoy a leisurely coffee date. Surrounding yourself with supportive individuals who understand your journey can provide comfort, laughter, and a sense of camaraderie.
- 5. Pamper Yourself:** Treat yourself to a day of pampering and self-indulgence. Schedule a massage, indulge in a spa day, or create a cozy oasis at home complete with candles, soothing music, and a luxurious bubble bath. Prioritize relaxation and self-care to replenish your energy reserves and promote overall well-being.
- 6. Cultivate Gratitude:** Take a moment each day to reflect on the blessings in your life and cultivate an attitude of gratitude. Keep a gratitude journal where you can jot down moments of joy, acts of kindness, or things you're thankful for. Focusing on the positive aspects of life can shift your perspective and cultivate a sense of contentment.

By embracing self-nurturing activities this season, caregivers can replenish their spirits and return home with renewed energy and compassion. Remember, caring for yourself is not a luxury—it's a necessity. Prioritize your well-being and honor your invaluable role in the lives of those you care for.