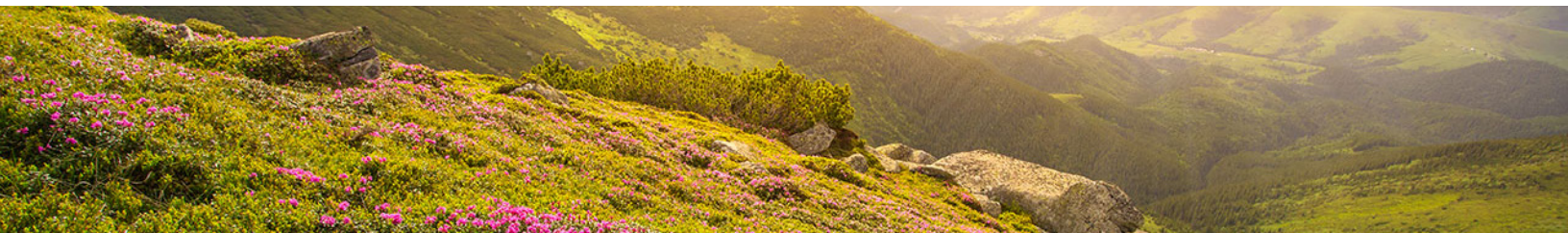


August 2024

The Empowered Care Partner



Together With You on Your Ceresti-Care Partner Journey



FEATURED ARTICLE

Ceresti Health's Online Guide, Seven Steps to a Healthier Brain

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

Brain health is about how well we 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 much to do with how well we live.

That puts us in the driver's seat, but we must know how to do it. Ceresti's Seven Steps to a Healthier Brain is a step-by-step guide through living a brain-healthy life.

Here are the steps to follow:

Step 1 – Develop a Positive Mindset

To achieve any goal, you must believe in yourself and your abilities. Moving forward in any endeavor wouldn't be possible if you don't think you can achieve it. In this lesson, you'll learn how to cultivate a positive mindset to achieve your goals.

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.

FEATURED ARTICLE

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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, putting them on the back burner is easy. Unfortunately, these conditions can quietly harm your health and 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.

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

Step 6 – Socialize and Have Fun

Your brain loves connection and socialization – 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

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

CAREGIVER CORNER

NAVIGATING CHANGES IN CARE: A GUIDE FOR CAREGIVERS

As a caregiver, you may often face changes in your loved one's needs. These changes might mean moving from a private home to home care, assisted living, a nursing home, or hospice care. Being proactive and prepared for these changes is essential to ensure your loved one is well cared for.

First, it's essential to stay open and flexible when things change. It might feel scary, but thinking of it as a normal part of the process can help ease your worries. Learn about the different care options available. Knowing what each one offers and how it fits your loved one's needs can help you make the best choice.

If possible, communicate with your loved one about what they want and need. Ensuring they feel heard and respected in the decisions made about their care is crucial. Regular communication with doctors and other caregivers is also essential to ensure everyone is on the same page.

Get organized! Keep important papers, like medical records and insurance info, in one place. This makes it easier to share with doctors and caregivers.

Build a support system. It's normal to feel sad or worried during these changes. Stress the importance of reaching out for support from friends, family, or support groups. Remember, taking care of yourself is just as important as caring for your loved one.

Lastly, be patient with yourself and your loved one as you adjust to the changes. Getting used to a new routine or setting might take some time. Remember, it's okay to ask for help when you need it.

Changes in care can be complex, but with preparation and support, you can make sure your loved one gets the care they need while taking care of yourself, too. Your Ceresti coach is trained to help you through this process. Reach out to your coach on the tablet, by text, or by phone. *As long as you're part of the Ceresti family, you're not alone on this journey.*

MEET ASHLEY!



Hello! I am Ashley Brunswick, and I have been a Ceresti Caregiver Coach since December 2023. I am honored to be a part of such an excellent team that dedicates their lives to helping people navigate dementia with comfort, support, and knowledge.

I started volunteering at a nursing home at a very young age. It did not take long to realize that helping people brought me immense joy, and I decided to be a nurse. After graduation, I continued to work in a long-term care facility in my local community for the next ten years. During those years, I made countless memories, gained incredible knowledge, and created lifelong relationships with families and caregivers.

My favorite thing about my job with Ceresti is the relationships I continue to make with the caregivers I support every day. I am so blessed to be a part of their incredible yet very challenging journey.

I live in Ohio with my two boys and two cats. We recently bought a home that we are having fun remodeling. We enjoy traveling whenever we get the chance and spending our evenings outdoors riding bikes and enjoying nature.

Seeing how life-changing *The Ceresti Caregiver Support Program* has been for so many families has been very gratifying. Empowering people with knowledge, support, and the tools needed to help them succeed during this challenging time is wonderful.

I look forward to getting to know each new caregiver. It is a pleasure to talk to each and every one of them to offer the support they need.

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

Taking a Breather: Understanding Respite Care for Caregivers

Being a caregiver is a significant responsibility, and can be both physically and emotionally demanding. Sometimes, you need a break to replenish your energy and maintain your well-being. This is where respite care becomes an important part of your resource toolkit.

Respite care entails entrusting the care of your loved one to someone else temporarily, allowing you the opportunity to take some time for yourself. It serves as a vital lifeline for caregivers, similar to a brief retreat or mini-vacation.

What types of respite care are available?

Respite care encompasses various options tailored to meet your specific needs. One such option is *adult day programs*. These programs provide a structured environment where your loved one can spend their day engaging in social activities and meaningful interactions while you take a much-needed break. Think of it as a daycare service designed for adults.

Alternatively, there's *in-home respite care*. With this option, a trained caregiver comes to your home to look after your loved one while you carve out some time for yourself. They can assist with household chores, meal preparation, and personal care tasks, affording you the peace of mind that your loved one is well-cared for in the comfort of their own home.

For those occasions when you require a more extended break, *residential respite care* is worth considering. This involves your loved one staying in a facility for a short duration, typically ranging from a few days to a week. It resembles a temporary stay in a nursing home or assisted living facility, offering a solution when you need to travel or take an extended hiatus from caregiving responsibilities.

How to find the right respite care provider for both you and your loved one.

Selecting the right respite care option for both you and your loved one is most important. Begin by having an open conversation with your loved one to understand their preferences and needs. Then, research *respite care facilities and services available in your area*. You can also speak with your loved one's healthcare provider, social worker, or local aging services.

It's essential to recognize that taking breaks is not a selfish act but rather a crucial component of self-care for caregivers. Respite care affords you the opportunity to rest and rejuvenate, ensuring you're better equipped to continue providing top-quality care for your loved one. Don't hesitate to explore respite care options and prioritize your well-being. You deserve the break.

Your Ceresti Coach is expertly equipped to assist caregivers in finding the perfect respite care solutions. Don't hesitate to reach out whenever you need guidance.

