



June is  
**Alzheimer's & Brain  
Awareness Month**

**During Alzheimer's & Brain Awareness Month, join the Alzheimer's Association® in raising awareness of this devastating disease.**

Evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes. Based on this research, the Alzheimer's Association offers 10 Ways to Love Your Brain, a collection of tips that can reduce the risk of cognitive decline. Combining heart and brain healthy habits can help you achieve maximum benefit for the brain and body.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more or call 800.272.3900.

**Making time together meaningful**

A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

- **Help get the activity started.** Most people with dementia have the energy and desire to do things; they may need help to get organized and initiated.
- **Concentrate on the process, not the result.** Does it matter if the towels are folded properly? What matters is time spent together and that the person feels useful.
- **Break activities into simple, easy-to-follow steps.** Focus on one task at a time. Too many directions at once can be overwhelming.
- **Let the individual know he or she is needed.** Ask, "Could you please help me?" Give simple, clear instructions and allow processing time.
- **Don't criticize or correct the person.** If the person enjoys a harmless activity (like looking at a newspaper without reading it), even if it seems meaningless to you, encourage the person to continue.
- **Encourage self expression.** Include activities that allow the person a chance for expression. These types of activities could include painting, drawing, music or conversation.
- **Try again later.** If something isn't working, it may just be the wrong time of day or the activity may be too complicated. Try later or adapt the activity.

Every day, caregivers like you share new ideas and encourage one another. For activity ideas join ALZConnected, our message boards and online support community. Ideas and information are also available 24/7 at 800.272.3900.

Take time for yourself, too. Call Vicki at 406.234.6034 to learn about a special respite program available for Montana care providers.

 **10 WAYS TO LOVE YOUR BRAIN**



**HIT THE BOOKS**



**BUTT OUT**



**TAKE CARE OF YOUR HEART**



**BREAK A SWEAT**



**STUMP YOURSELF**



**FUEL UP RIGHT**



**BUDDY UP**



**CATCH SOME ZZZ'S**



**PROTECT YOUR HEAD**



**TAKE CARE OF YOUR MENTAL HEALTH**