



Six Pillars of Brain Health

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Sponsored by



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CIRCLE OF CARE FOR DEMENTIA



These caregiver workshops are made possible by the Elderly Affairs
Division of the City & County of Honolulu
through Federal Older Americans Act funding.

Disclaimer

This session is intended to be informational and educational and DOES NOT constitute medical advice, diagnosis or treatment.

You should always seek the advice of a physician or other qualified health care provider for diagnosis and treatment of your specific medical needs, for questions regarding personal health or medical conditions, and before beginning or changing any treatment, activity, program or dietary plan.

AARP is not responsible for the consequences of any decisions or actions taken in reliance upon or as a result of the information provided during this event.

Good News

Regardless of our age, there are things we can do to help mitigate age-related cognitive decline and optimize our chance of maintaining cognitive health.





Agenda

Six Pillars of Brain Health

1. Be Social
2. Engage Your Brain
3. Manage Stress
4. Ongoing Exercise
5. Restorative Sleep
6. Eat Right

Importance of Brain Health

Why is brain health more important than ever?

- Adding “life to years”
- Rethinking retirement
- Skyrocketing health care costs
- Current brain research



Be Social

Pillar 1

Pillar 1. Be Social



Stay Socially Engaged

- Stay engaged with friends, family and community
- Avoid isolation

Pillar 1. Be Social

- Alzheimer's & Dementia Support Groups
 - <https://www.alz.org/hawaii/support>
- Attend community events
- Walk with a Doc
 - <https://walkwithadoc.org/join-a-walk/locations/>
- Organize a regular or virtual game night
- Caregiver support Facebook groups





Engage Your Brain

Pillar 2

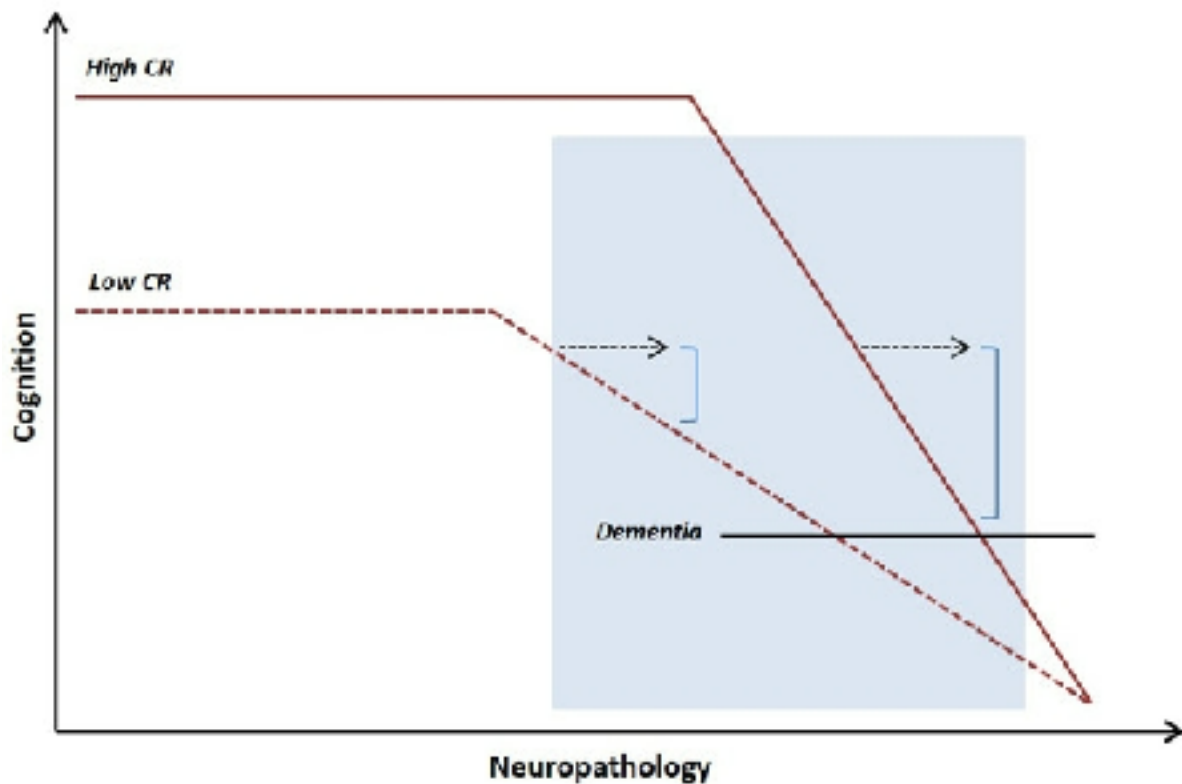
Pillar 2. Engage Your Brain



Learn New Things

- Challenge your brain in new ways
 - Pursue new interests
 - Stay curious
- Challenge your thinking

Pillar 2. Engage Your Brain



Pillar 2. Engage Your Brain

Challenge Yourself

- Take a deep dive into a subject of interest
- Learn a new language, dance or musical instrument
- Try complex arts and crafts
- Play challenging card or board games



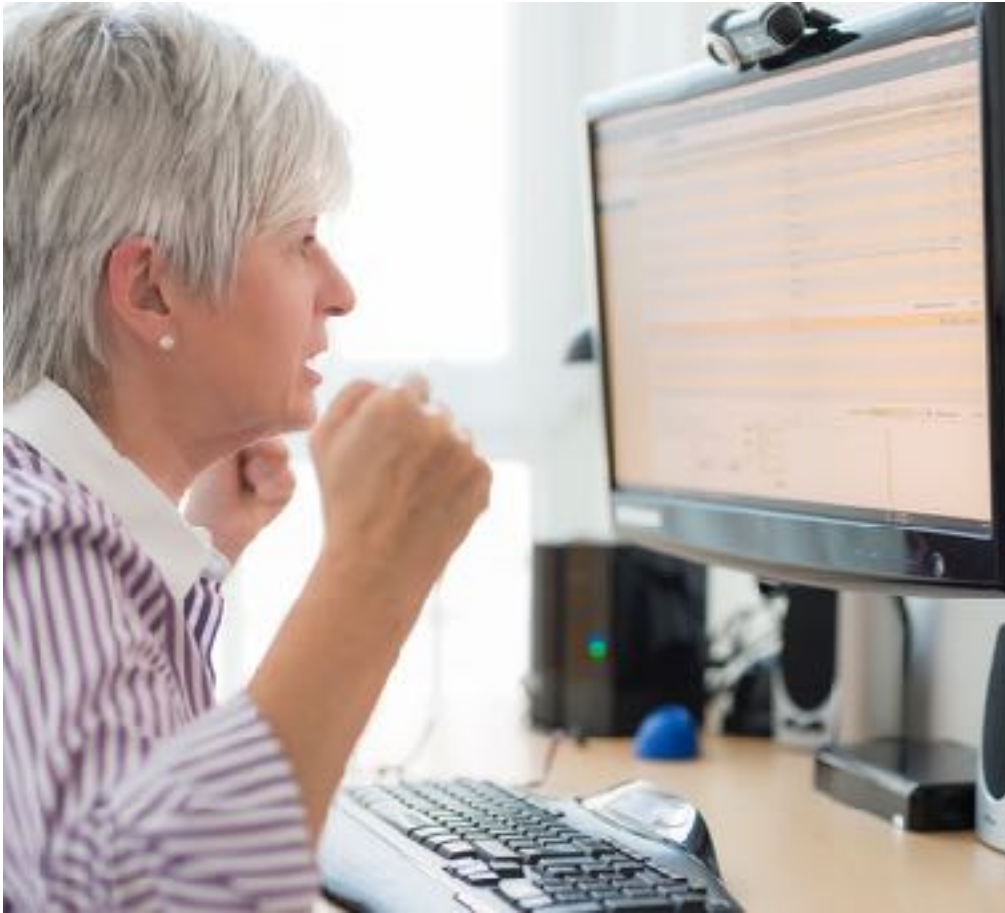
Let's Play: Stroop Effect

RED	YELLOW	BLUE	GREEN	BLACK
PINK	ORANGE	BROWN	GRAY	PURPLE
GREEN	GRAY	BLACK	BLUE	YELLOW
GRAY	BROWN	PINK	ORANGE	BLUE
YELLOW	RED	GREEN	BLACK	GRAY
BLACK	BROWN	PURPLE	ORANGE	PINK
PURPLE	BLACK	YELLOW	RED	GREEN
ORANGE	PINK	BROWN	GRAY	PURPLE



Manage Stress

Pillar 3



Pillar 3. Manage Stress

- Exercise regularly
- Smile and laugh
- Distract yourself with music and reading
- Seek out green spaces

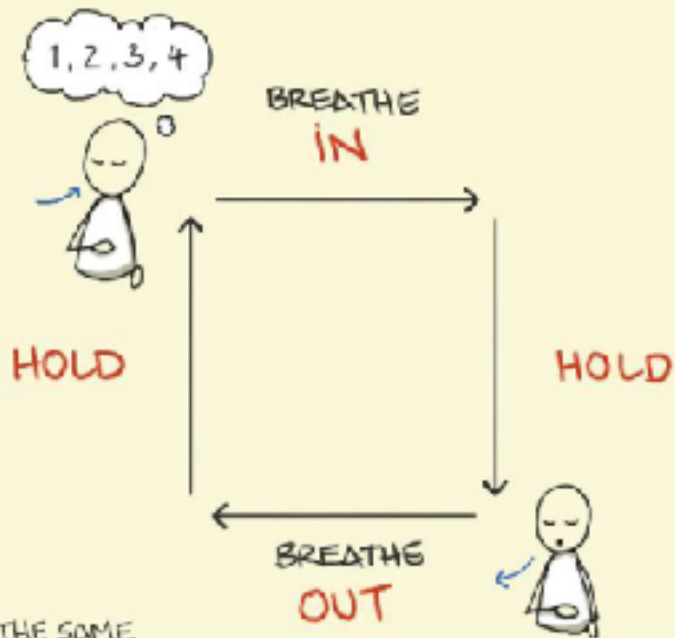


Pillar 3. Manage Stress

- Confide in friends
- Be silent and still
- Take stretch breaks
- Limit screen time
- Take deep breaths

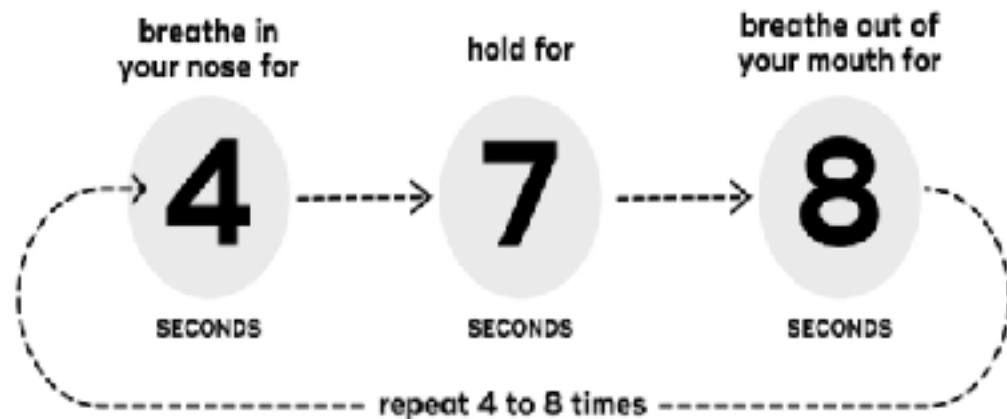
Pillar 3. Manage Stress

BOX BREATHING



DO THE SAME
COUNT ON EACH SIDE

sketchplanations





Ongoing Exercise

Pillar 4

Pillar 4. Ongoing Exercise

- Get a least 150 minutes of exercise each week
- Physical activity helps:
 - Increase circulation
 - Reduce anxiety and improve sleep
 - Reduce the risk of diabetes, heart disease, depression and stroke

Talk to a health care provider before you start a new exercise program.

Pillar 4. Ongoing Exercise



Get Active

- Aerobic Exercise
- Strength Training
- Neuromotor Training
 - Mind-Body Exercise
 - Open Skill Exercise

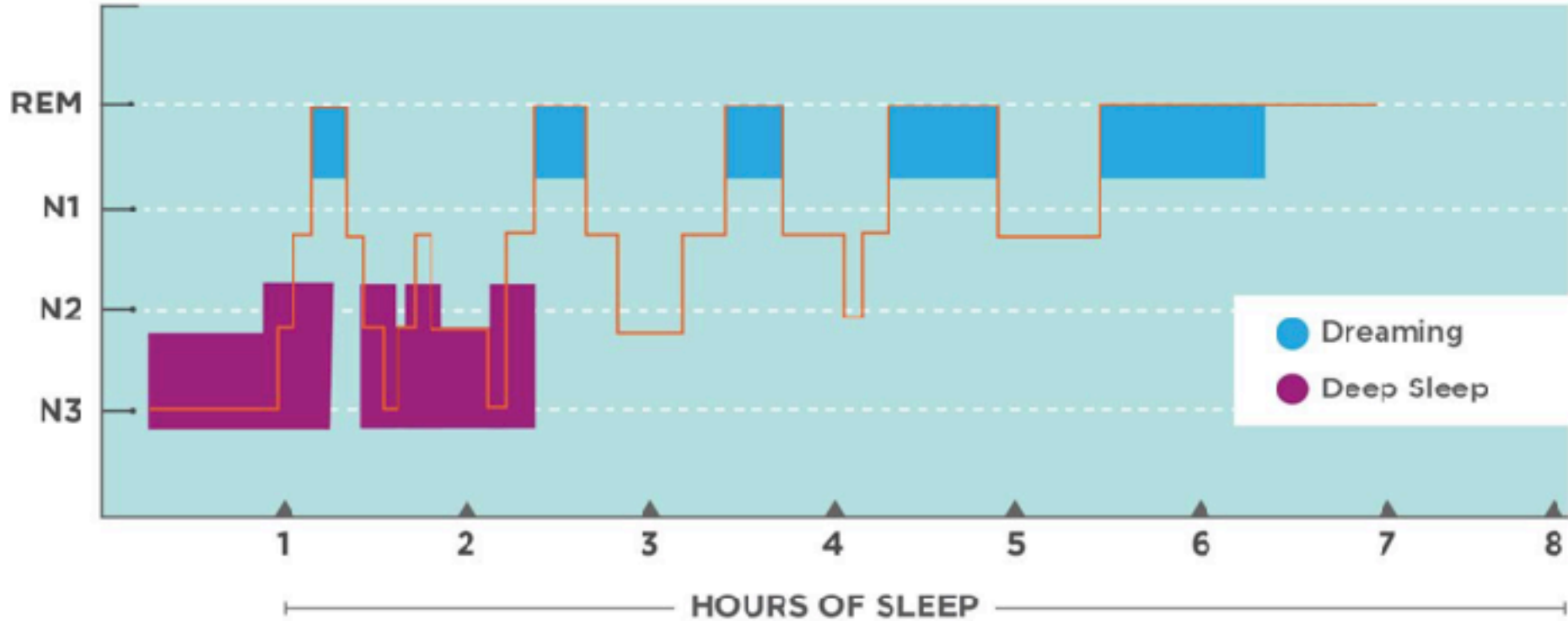


Restorative Sleep

Pillar 5

Pillar 5. Restorative Sleep

SLEEP STAGES



Pillar 5. Restorative Sleep

Sleep Better

Get enough quality sleep

- 7-9 hours in a 24-hour period (Biphasic sleep if nec.)
- Address sleep disorders

Practice good sleep techniques

- Maintain a regular sleep-wake schedule
- Expose yourself to outdoor light during the day

Accept changes

- Sleep is more easily interrupted
- The body's internal clock shifts

How Sleepy Are You?

SCALE: 0 = would never doze 1 = slight chance of dozing 2 = moderate chance of dozing 3 = high chance of dozing	
SITUATION	SCORE
Sitting and reading	
Watching TV	
Sitting inactive in a public place, like a theater or meeting	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (when you've had no alcohol)	
In a car while stopped in traffic	
TOTAL	



Eat Right.

Pillar 6

Pillar 6. Eat Right

Consider How Diet Affects Brain Health

- Eat less meat, salt and sweets
- Instead, choose more:
 - Fish and seafood
 - Nuts
 - Grains
 - Beans
 - Leafy green vegetables
 - Healthy fats like olive oil



Pillar 6. Eat Right

Foods that May Support Brain Health

- Kale, spinach and broccoli
- Whole berries
- Vinegar, lemon, herbs and spices
- Salmon and sardines
- Walnuts and almonds



Avocado Oil



Canned Sardines



Pillar 6. Eat Right

- SMASH
 - Sardines
 - Mackerel
 - Anchovies
 - Salmon
 - Herring

Yogurt with Added Fruit



Deli Meats



Granola Bars



Granola Bar Nutrition Label



Nutrition Facts
6 servings per container
Serving size 2 bars (42g)

	2 bars	1 bar
Calories	190	100
	% DV*	% DV*
Total Fat	7g 9%	3.5g 5%
Saturated Fat	1g 4%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	140mg 6%	70mg 3%
Total Carb.	29g 11%	15g 5%
Dietary Fiber	2g 8%	1g 4%
Total Sugars	1g	0g
Incl. Added Sugar	11g 23%	6g 11%
Protein		
Iron	1mg 5%	0.5mg 2%

Not a significant source of vitamin D, calcium and potassium.

Bran Muffin



Kimchi



Instant Oatmeal



Instant Oatmeal Nutrition Label

Nutrition Facts
8 servings per container
Serving size 1 packet (40g)
Amount per serving
Calories 150

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 110mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions
With Hot Water: Pour packet into bowl. Add boiling water. Stir. For best results, let stand 1-2 minutes before eating.
Microwave: Fill microwave-safe cup with water (up to 1 cup). Stir. Microwave on high for 1 to 2 minutes. Remove hot bowl. Stir and serve.
Note: Microwave times may vary depending on appliance used. See manufacturer's instructions.

Suggested Serving
Creamy Fruit & Sweetener

Sunflower Seeds



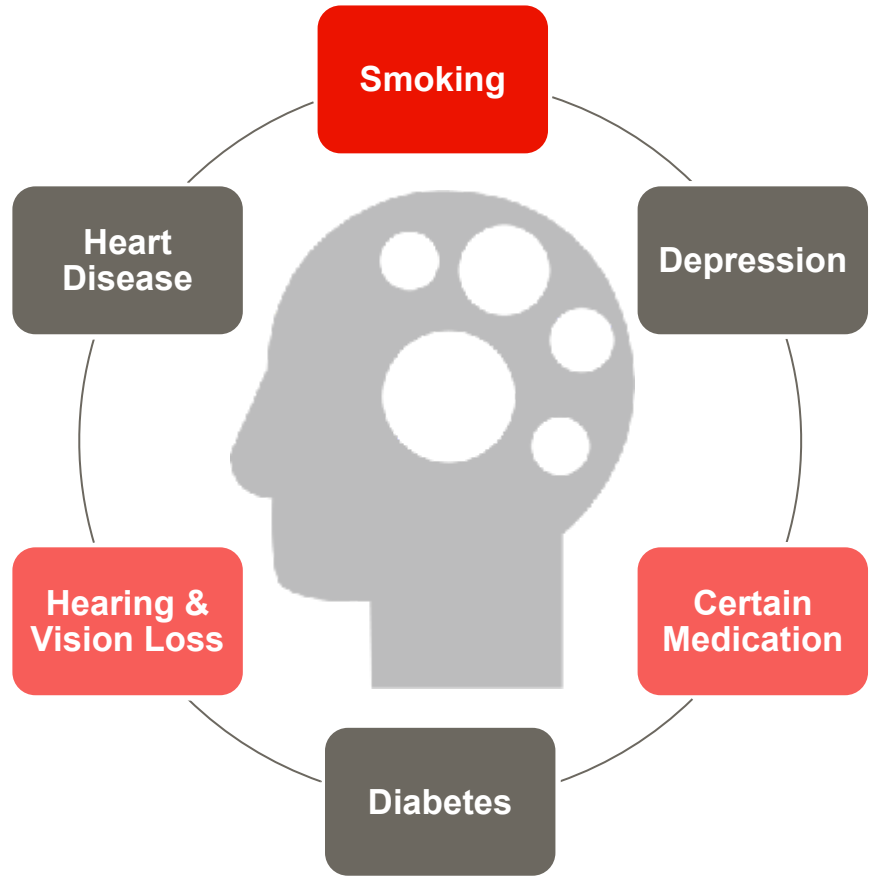
Spam Musubi





Risks or Threats to Brain Health

Risks or Threats to Brain Health



Tips That May Help with Memory



Pay attention



Repetition



Association



Emotional resonance



Novelty

Grocery List

- Eggs
- Blueberries
- Salmon
- Walnuts
- Spinach

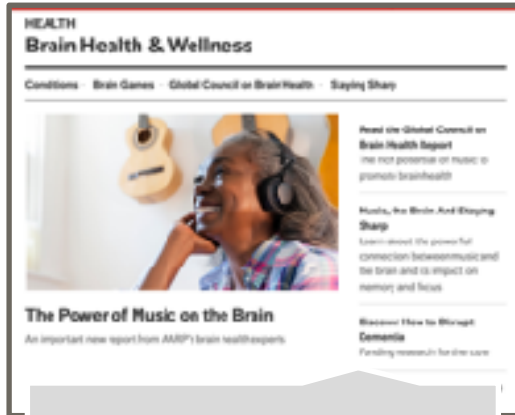
What is 'Normal' Forgetfulness?

Normal Aging	Signs of Cognitive Impairment
Sometimes forgetting names or appointments but remembering them later.	Memory loss that disrupts daily life.
Sometimes having trouble finding the right word.	New problems with words in speaking or writing.
Making occasional errors when balancing a checkbook.	Challenges in planning or solving problems.
Confused about the day of the week, but recalling it later.	Confusion with time or place.
Needing occasional help to use the settings on a microwave or to record a TV show.	Difficulty completing familiar tasks at home, at work, or at leisure.

What Can You Do Today?

- Is there something you want to change about your lifestyle?
- Think of small, first steps such as:
 - Take a 10-minute walk
 - Add one serving of vegetables
- Write down what you will do and when
- Get support from family, friends or community groups

Resources



aarp.org/brainhealth



stayingsharp.aarp.org



globalcouncilonbrainhealth.org

Resources

REACH Community

(Resources for Enhancing Alzheimer's Caregiver Health in the Community)
is a proven dementia caregiving intervention that focuses on:

-  Information & Safety
-  Caregiver health and emotional well-being
-  Patient behavior management

The 4-session training is FREE and personalized to your needs.
Sessions are provided by Certified REACH Community Coaches
and can be done remotely or in-person.

Call Catholic Charities Hawaii Senior Intake Line at 527-4777

Or email info@catholiccharitieshawaii.org

<https://www.catholiccharitieshawaii.org/caring-for-persons-living-with-dementia-webinars-and-presentations/>



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