"Around the Garden" Aug 2020

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Exercising and the Brain ~L2BHealthy

stronger hippocampus and prefrontal cortex so that it takes longer for these diseases to have an effect on your daily life.

The good news from all this research is that these brain-changing effects of exercise can be achieved through a very do -able exercise regime: three or four 30-minute exercise sessions per week. Coincidently, there are **FREE Live 2 B Healthy®** classes in your very own community that will fill that need for you. We hope you will join us in strengthening your brain and your body!

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L 2B Healthy article cont.

"A Slight Misunderstanding"

In the past, July & August was full of fun and humor as the residents practiced for their production in September. Well, we've put up with a lot with this Covid—BUT, it's not taking our play away!

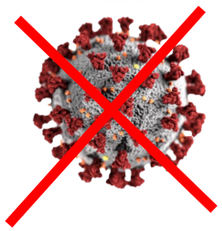
The ladies have begun their practices and we're planning to have our stage performance in September "live" on our Garden View Place Facebook Page for #NALW National Assisted Living Week.

With the casted ladies, and Shirley directing again this year—It should be a HOOT!

Don't you just wonder what sort of misunderstanding some fun-loving sassy seniors might have??

Be looking for more information next Month!

Testing Helps Communities Stay Safe



Since the onset of the COVID-19, Senior Housing Management (SHM) has been staying on the forefront of mitigating the spread of the virus. SHM worked with experts in the field and identified resources to secure a variety of COVID test processes, including a rapid read test. The rapid read test allows us to use a blood test that is minimally invasive to our staff members that gives us results in 15 minutes.

The rapid read test has been a key to keeping our residents safe as our states and counties begin to gradually reopen. Our screening process allows us to capture many people who exhibit symptoms, or have been exposed to the virus. The addition of the rapid read test allows us to identify those who are asymptomatic and take that next step in identifying the people entering our communities who could be a risk to our residents.

We can also test the residents in our communities. The test gives us the ability to help physicians and emergency rooms triage our residents and potentially keep them from going to a clinic or hospital that would present an even greater risk to their health.

We take our responsibility to keep your loved one safe very seriously. Our Clinical Quality and Operations teams will continue to follow the CDC, local health department and county guidelines to make sure that we are doing all we can to mitigate the spread of the virus into our communities.

Thank you for your continued trust and support!

RESIDENT REFERRAL

A RESIDENT REFERRAL CARD IS WORTH A FULL MONTH'S RENT!

Ask Marnie or Sara for a RESIDENT REFERRAL CARD, fill out your name and contact information on the card before passing it on to someone you know who may be interested in Assisted Living, Memory Care or Respite Care at Garden View Place.

Caring to share how much you enjoy living here is the highest compliment we could ever receive! And when you choose to share that with family and friends, well~ "Thank You! And let us show YOU how much we appreciate it!"

When your referral card is presented to someone and your referral moves in, we'll THANK YOU for your thoughtfulness with a FREE MONTH'S RENT!

by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult. There is no way to prevent, cure or even slow Alzheimer's disease.

Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 have younger-onset Alzheimer's disease.

To learn more: Risk Factors for Dementia, Symptoms of Dementia, Causes of Dementia, Diagnosis of Dementia and Treatment of Dementia; 10 Early Signs and Symptoms of Alzheimer's, Alzheimer's and the Brain, Risk Factors for Alzheimer's, Diagnosis of Alzheimer's, 3 Stages of Alzheimer's, Treatment of Alzheimer's and Alzheimer's Research and Progress ***visit the webpage below.***

alzheimer's association®

WALK TO END ALZHEIMER'S

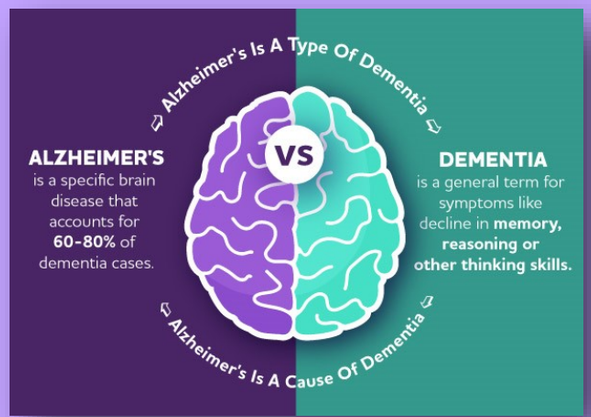
alzheimer's association

24/7 HELPLINE

800.272.3900

https://www.alz.org/homepage

What is the Difference?



Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not.

Learning about the two terms and the difference between them is important and can empower individuals with Alzheimer's or another dementia, their families and their caregivers with necessary knowledge.

Dementia overview

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings.

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Alzheimer's overview

Alzheimer's is a degenerative brain disease that is caused

Live2B HEALTHY® Aug 2020

The Brain Changing Effects of Exercise

By now, we've all heard it: *'Exercise is the most transformative thing you can do for your brain.'* According to ***The Brain Changing Benefits of Exercise*** (a recent TED talk by Dr. Wendy A. Suzuki), exercise is beneficial to brain health for the following three reasons:

1. It has immediate effects on your brain. A single workout will immediately increase levels of neurotransmitters, which boosts your mood immediately after the workout.
2. A single workout can increase your ability to focus your attention and that improvement will last for at least two hours following the workout.
3. A single workout will improve your reaction times, which can help you to prevent accidents and injuries.

These immediate effects can translate to long-term benefits by simply continuing to exercise on a regular basis. The effects are long-lasting because ***regular exercise actually changes the brain's anatomy, physiology and function***.

Regular exercise produces new brain cells in the hippocampus, which increases its' volume. Additionally, long term exercise produces improved attention function in your prefrontal cortex. And finally, those neurotransmitters that help increase your mood will continue to be produced on an ongoing basis if you continue to exercise regularly.

The most transformative effect that exercise has is in the protective effects it has on your brain. Here, you can think of your brain as a muscle. The more you are working out, the bigger and stronger your hippocampus and prefrontal cortex becomes. Which is great news, because the prefrontal cortex and the hippocampus are the two areas in the brain that are the most susceptible to neurodegenerative disease and normal cognitive decline in aging. So, with increased exercise over a lifetime, you're not going to cure dementia or Alzheimer's disease, but you are going to create a larger and

Cont. on page 8

August is National Clown Month! Are YOU feeling Happy?

Feeling Happy

PUZZLE 180

X	C	Z	L	U	F	R	E	E	H	C	V	W	D	R
I	L	U	F	E	E	L	G	A	Y	Z	B	B	B	Z
R	Y	A	C	H	U	Y	C	L	J	P	T	B	B	V
F	Q	I	D	Z	D	F	P	I	T	X	P	X	B	K
F	F	G	B	H	E	G	D	B	N	D	M	A	M	S
U	E	N	Z	M	T	F	S	E	E	E	S	X	H	P
B	S	C	E	G	A	E	U	C	T	I	T	E	L	I
M	T	R	A	E	L	S	O	S	N	F	O	T	L	R
F	I	T	D	W	E	M	Y	T	O	S	V	N	U	I
L	V	U	Y	R	D	U	O	A	C	I	U	A	C	T
U	E	N	B	A	E	J	J	T	K	T	J	L	K	E
V	L	Y	R	J	G	I	O	I	L	A	C	I	Y	D
P	E	A	C	E	F	U	L	C	L	S	L	B	G	Y
G	B	N	Z	Y	U	P	G	G	H	A	R	U	X	P
F	S	O	Y	P	L	E	A	S	E	D	I	J	M	S

CHEERFUL
CONTENT
ECSTATIC
ELATED
FESTIVE

GAY
GLEEFUL
HAPPY
JOYOUS
JUBILANT

LUCKY
PEACEFUL
PLEASED
SATISFIED
SPIRITED

Raising teenagers is like nailing JELLO to a tree.

The best way to keep kids at home is to make the home a pleasant atmosphere… and let the air out of their tires….

Middle age is when you choose your cereal for the fiber and not the toy.

Families are like Fudge~ mostly sweet, but does come with nuts.

Laughing helps; it's like jogging on the inside!

My mind not only wanders, sometimes it leaves completely.

If you can remain clam, then you clearly don't have all the facts…

There is a lot to be thankful for if you take the time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

A Priest, A Rabbi and a Minister walk into a bar. The bartender asks, "Is this some kind of a joke?"

"Oh God," sighed the wife one morning, "I'm convinced my mind is almost completely gone!" Her husband looked up from the newspaper and commented, "I'm not surprised: You've been giving me a piece of it every day for thirty years!"

Today's mighty oak is yesterday's nut that held its ground.

Q: Why can't you give Elsa a balloon??

A: Because she will "Let it Go "

Q: What do you get from a pampered cow?

A: "Spoiled milk"

Q: What do Lawyers wear to court?

A: "Lawsuits"

RELATIONSHIPS are a lot like algebra. Have you ever looked at your X and wondered Y?