

At Brain Camp, you will learn how to create a personal plan to build your cognitive reserve.

In recent years, doctors have made great strides in Alzheimer's research. They do not know yet why some people get Alzheimer's disease, but they have discovered why some do NOT.

During the Nun's Study which began in 1986, Dr. David Snowdon and his associates discovered that many of the elderly nuns who had been teaching right up to their deaths had severe Alzheimer's disease. They were still functioning cognitively with absolutely no symptoms of the disease.

Snowdon had chosen a religious order to study because many variables were controlled. He had access to extensive medical records and the biographies written early in life by the nuns.

After years of study, researchers concluded that most of the nuns had maintained good vascular health through exercise and nutrition, and that they were life-long learners.

Doctors examined and discussed the Nun's Study and other data for years and in 2006 Dr. Yaakov Stern published "The Theory of Cognitive Reserve."

Snowdon's book "Aging with Grace" recounts the beginning of the landmark study.

Brazoria County Gathering Place  
Interfaith Ministries, Inc.  
P.O. Box 2050  
Angleton, TX 77516



# Brain Cam

Established 2011

**Build your cognitive reserve to avoid or delay having symptoms of Alzheimer's disease.**

See:

World Alzheimer's Report 2014:  
*Dementia and Risk Reduction*

To learn more about reducing your risk, research "reduce the risk of cognitive decline" at:

[alz.org](http://alz.org)

[futuremedicine.com](http://futuremedicine.com)

[nia.nih.gov](http://nia.nih.gov)

[news-medical.net](http://news-medical.net)



## At Brain Camp, you will discover:

- What your risk factors are for Alzheimer's disease and how you can modify those risks significantly.
- What we learned from the Nun's Study.
- Why some people, upon autopsy, have been found to have advanced Alzheimer's disease with NO symptoms.
- That many types of dementia are totally reversible and why getting an early, correct diagnosis is critical if you are having memory problems.
- How memory can be adversely affected by stress or depression.
- What we have learned from the Theory of Cognitive Reserve.
- How to make time for exercise that you enjoy.

Building *optimum* cognitive reserve starts early in life. However, research indicates that it's never too late to begin the lifestyle changes that may result in delaying symptoms of dementia. Those changes also result in better physical, mental, and emotional health.

Brazoria County Gathering Place  
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## 2018-19 Brain Camp Schedule

Call 979-235-9195 to register for all classes, which are limited in size.

Covenant Evangelical Presbyterian Church  
102 Yaupon Lake Jackson  
September 4, 11, 18 & 25; 6 pm to 8 pm

St. Jerome Catholic Church  
107 N. Lazy Lane Clute  
October 4, 11, 18 & 25; 9 am to 11 am

Most Holy Trinity Catholic Church  
1713 N. Tinsley St. Angleton  
November 6, 13, 20 & 27; 9 am to 11 am

Chapelwood United Methodist Church  
300 Willow Dr. Lake Jackson  
January 8, 15, 22 & 29; 9 am to 11 am

St. John the Baptist Catholic Church  
110 E. South St. Alvin  
February 7, 14, 21 & 28; 9 am to 11 am

First Presbyterian Church  
130 S. Arcola St. Angleton  
April 2, 9, 16 & 23; 9 am to 11 am

St. Michael's Catholic Church  
100 Oak Drive S. Lake Jackson  
May 2, 9, 16 & 23; 9 am to 11 am



Alvin Spring 2018 Graduating class

Many guest instructors provide exercise demonstrations, information about nutrition, and education about various aspects of brain health.

## Introducing our trainers...

Erika Longoria, Gathering Place Education Coordinator, retired from teaching and is a Volunteer@Large for the Gathering Place and serves on the Board of Directors. Erika volunteers for all special Gathering Place and Brazoria County Alzheimer's Awareness Project events.

Dr. Dawn Logan taught P.E. in colleges and universities for 40 years. She is a Master Naturalist, Master Gardener, and sings with the Heavenly Harmonizers.

Dennis Hastings has extensive experience in public speaking around the U.S. and worldwide. He has previously worked in healthcare administration, direct patient care, clinical education, medical sales and marketing.

Brenda Maust, founder of the Gathering Place and the Brazoria County Alzheimer's Awareness Project, conceptualized and started research for Brain Camp in 2010. The first Brain Camp in April, 2011 was co-sponsored by the City of Angleton Parks and Recreation Dept. and Texas AgriLife.

Brain Camp is an educational component of Brazoria County Gathering Place Interfaith Ministries, Inc.

We offer a number of different Alzheimer's talks on prevention, risks, diagnosis and treatment, and communication with a person with a memory disorder. To book a speaker, Call Dale Libby at 979-236-5393.