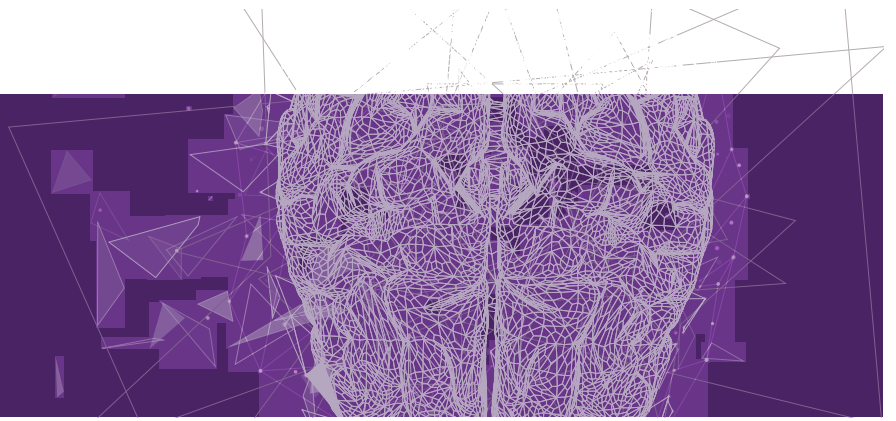


HEALTHY me, HEALTHY mind



Alzheimer's disease and dementia impacts every 1 in 10 Americans over the age of 65. The development of Alzheimer's disease and dementia occurs over many years; therefore, chances of developing the disease increases over the age of 65. While age, gender, genetics, and environment contribute to risk, **many risk factors are tied to lifestyle factors**, such as smoking, unhealthy diet, lack of exercise, and social isolation. Follow the tips below to better mental health.

EAT MINDfully

The MIND diet may reduce your risk of Alzheimer's disease, up to 53%. The MIND diet is a combination of the Mediterranean diet principles with the DASH (Dietary Approaches to Stop Hypertension) diet.

- Consume 6+ servings of leafy greens per week—think salads, sautéed greens, green smoothies.
- Berries are delicious on top of cereals, salads, or alone as a snack—aim for 2+ servings weekly.
- Eat 1–2 servings of fish per week.
- Make nuts your snack of choice.
- Substitute unsaturated oils, like olive oil for butter or margarine.
- Spare your mind from fried or fast foods and cheese—aim for less than 1x per week.
- Switch your sweets from cakes, cookies and pies to fresh fruits and berries.

LIVE HAPPILY

Being happy is critical to mental health.

- Avoid too much alone time. Stay in touch with family and friends.
- Join community organizations and clubs to reduce risk of boredom and depression.
- Make exercise a priority and perform physical activities that bring you joy.
- Strive to obtain seven to eight hours of sleep each night.
- Avoid excessive alcohol consumption.
- Spend time journaling a few times per week to keep your mind engaged with your goals.
- Use motivational daily calendars to set yourself up with positivity each day.
- Hang around friends and family that are also working to live healthfully.
- Reach out to a smoking cessation program to help live a tobacco free life.

St. Charles AAA

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
 <p>TRIO Community Meals an elior company</p>	Chicken Breast Teriyaki Sauce Rice Broccoli Fresh Apple Wheat Bread Fruit & Grain Bar	Beef Taco Salad Shredded Cheese Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Taco Sauce Sour Cream	Hot Dog with Chili Bayou Slaw Fiesta Potatoes Hot Dog Bun Hot Spiced Apples	Chicken Fettuccine Glazed Carrots Southern Green Bean Wheat Bread Pineapples Margarine
7	8	9	10	11
Smothered Chicken Whipped Potatoes Glazed Carrots Wheat Bread Star Crunch	Sausage & White Bean Brown Rice Collard Greens Pickled Beets Cornbread Grape Juice Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Mixed Fruit Crisp Ketchup Mayonnaise Mustard	Breakfast Sausage or Sliced Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Fruit & Grain Bar Jelly/Margarine	Bkd Chicken Leg Qtrr Brown Gravy Broccoli Candied Yams Wheat Bread Fresh Banana
14	15	16	17	18 Father's Day Spcl
Chicken & Sausage Jambalaya Cabbage Green Peas Wheat Bread Oatmeal Creme Cookie Margarine	Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Ketchup Mayonnaise Mustard	Red Beans & Sausage Rice Coleslaw Spinach Cornbread Fudge Round Margarine	Beef Patty Pepper & Onion Gravy Garlic Whip Potatoes Glazed Carrots Wheat Bread Fresh Banana Margarine	BBQ Chicken Leg Qtrr Broccoli Cheese Potatoes Wheat Bread Seasonal Fruit
21	22	23	24	25
Swedish Meatballs Smothered Potatoes California Blend Vegt Wheat Bread Raisin Creme Cookie Margarine	Turkey Breast Brown Gravy Whipped Potatoes Southern Green Bean Wheat Bread Lemon Blondie Bar Margarine	Chicken & Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Ice Cream	Ham & Lima Beans Rice Mustard Greens Pickled Beets Cornbread Orange Juice	Chicken Salad Tossed Salad Pasta Salad Wheat Bread (2) Seasonal Fruit Salad Dressing
28	29	30		
Creole Meatballs Green Peas with Red Peppers Chuckwagon Corn Hoagie Bun Fig Bar	Sausage & Pinto Beans Rice Spinach Cucumber Salad Cornbread Orange Juice	Tuna Salad Lettuce & Tomato Tri-Color Bean Salad Pickled Beets Wheat Bread (2) Chocolate Oatmeal Bar		Each Meal is Served with 1/2 Pint of 2% Milk