

Brain

HEALTH PROGRAM



Episode Guide

Health



Brain Boost



Brain Health 101

**FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND
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Program Description:

Brain Boost

Activities When Living with Early to Moderate Dementia

Brain Health 101

Activities When Living with Early to Moderate Dementia

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Hand Massage Therapy



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Keep in mind that hands and feet can be very sensitive to touch. If you or your loved one do not want a hand massage exploring other body parts that could use a massage can be helpful (shoulders, head, back, neck).

You can try different types of lotions with different scents. Calming smells like lavender and peppermint can help reduce stress and calm the body. While citrus like grapefruit, orange or lemon may help energize a person. Experiment with different scents at different times of the day.

Use this time to connect. You could play soft music in the background to help set the right atmosphere. There are many possibilities with this activity. Take your time and find ways that work best for you.



Chair Assisted Yoga



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Supplies Needed: Chair, preferably with armrests

Instructions

While seated, scoot to the edge of your chair so you can sit up tall with your feet comfortably and securely on the floor.

You can have your hands resting on your knees or on the chair.

Sit quietly for few moments. Keep your eyes open or closed (whatever is most comfortable for you).

Notice the parts of your body that are touching the floor and touching the chair. Start to draw your navel in towards your spine.

Lift the chest up. Relax the shoulders back.

Draw your chin in gently toward the chest so the back of the neck lengthens. Feel the crown of the head float up toward the ceiling. Now bring awareness to the breath.

With your next breath in, feel the breath fill the front of the chest.

The next breath feel the front and back of the chest fill with breath.

Your next breath feel the front, back, and sides of the chest fill with breath. Breath fills the chest in all directions.

Start raising and lowering your shoulders. You can do this as you take a breath. As you inhale, pull the shoulders up to the ears. As you exhale, relax the shoulders down along the back.

Inhale, lift the shoulders up. Exhale lower them down.

Turn this into a circle. Start to bring the shoulders forward. Lift them up. Draw them back. And down.

Shoulders forward. Up. Back. And down.

Reverse this. Draw the shoulders back. Up. Forward, And down. Keeping that tall spine. Shoulders back. Up. Forward. And down.

Shake it out.

Find your tall spine again. Chest is lifted.

Next is the Cat and Cow position

Place hands on your knees or chair for more support.

Inhale and lift your chest. Look up. As you exhale, draw the belly in and push your hands into your knees or chair. Round the spine. Continue.

Inhale and lift your chest. Look up. As you exhale draw the belly in and push your hands into your knees or chair. Round the spine. Do this one more time.

Inhale and lift your chest. Look up. As you exhale draw the belly in and push your hands into your knees or chair. Round the spine.

Come to a neutral position again.

Hold on to your left knee. Draw the belly in. Look up and raise your leg. You can hold on behind the thigh if this is easier. Hold. Then put the leg down.

Push hands into the knees or chair. Round the back.

Hug the right knee in or hold on behind the leg. Lift the chest and look up. Hold.

Place the foot down. Push hands into the knees. Round the back.

Come back to a comfortable seated position. Take a deep breath in and exhale.

Take another deep breath.

Hands can be on knees or the chair.

Lift and lower your heels, pressing the balls of your feet into the floor.

Raise heels up. Press them down.

Raise the heels up. Press them down.

If this is too easy, add resistance by pressing hands into knees making your legs work a little harder.

Hold left knee. Raise leg. Circle your ankle in one direction. And then reverse direction.

Put foot down.

Pick up other foot.



Hold right knee. Raise leg. Circle your ankle in one direction. And then reverse direction.

Put foot down.

Now holding on to the seat of your chair or the armrest, extend both legs out and then both legs in. Repeat.

Reach your left leg out as much as you can. Press through the heel. Draw your belly in. Lift your chest up. Take your foot and move it side to side so the entire leg is moving in and out. Bring that foot back in.

Reach your right leg out as much as you can. Press through the heel. Draw your belly in. Lift your chest up. Take your foot and move it side to side so the entire leg is moving in and out. Bring that foot back in.

Take your legs and move them out wider. You may want to move forward more in your chair. Sit up straight. Draw belly in and lift chest. Take your arms out wide, like a cactus. Lift the chest. Hands and arms are strong.

As you exhale, draw the arms together. Elbows should meet. Palms should meet.

Inhale, and open arms wide.

Exhale and close the arms so that elbows meet. Palms should also meet.

Inhale, arms open.

Exhale and close the arms so that elbows meet. Palms should also meet.

Inhale, arms open.

Exhale and close the arms so that elbows meet. Palms should also meet.

Inhale, arms open.

Shake the arms out and relax.

Put hands on knees. Press left hand on left leg.

Bring your right arm up to the ceiling. Stretch up and over. Draw the belly in to the spine. Reach through the fingertips. Lower your arm.

Press right hand on left leg.

Bring your left arm up to the ceiling. Stretch up and over. Draw the belly in to the spine. Reach through the fingertips. Lower your arm.

Return to center. Bring knees back in close together. Sit up tall.

Calming Breath Meditation

Draw the belly in. Lift the chest. Relax shoulders.

Let all of the air empty out. Breathe in. Notice the space at the top. Breathe out. Space at the bottom. Breathe in. Space out. Space. Breathe in. Space. Out. Space. Continue breathing like this finding space at the top and bottom of the breath. Gradually let your breath turn to a natural rhythm.

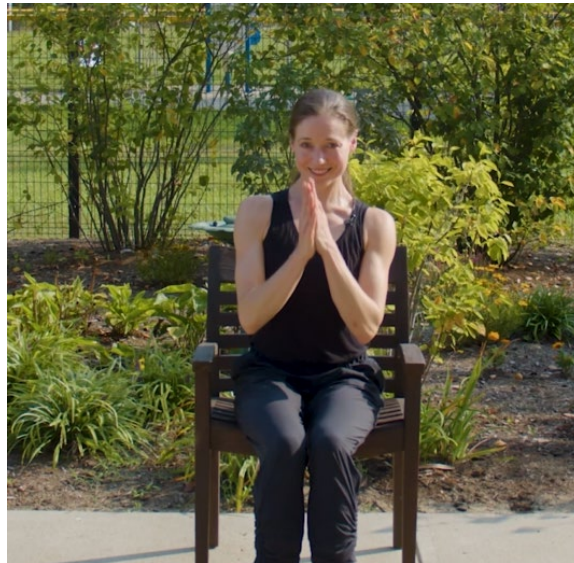
Modifications

If following along with the chair yoga instructor is difficult, you may want to choose only a few of the stretches in the video to try in one session. Each time you do it, add another type of stretch until

you get used to it. Keep building, adding more as you feel comfortable.

Do chair yoga together. It is always good to have a buddy to do things with, and chair yoga is the same! By doing it together, your loved one may watch how you do it and mimic what you do to the best of their ability.

If chair yoga isn't working in a quiet environment, make it more fun by stretching and singing some old favorites such as "Singing in the Rain," "You are My Sunshine," or "Blue Suede Shoes".





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Tools Needed

Cutting Board

Knife

Baking Tray

Large bowl

Jar with lid

Measuring cups and spoons

Salad tongs or big spoons to stir

Vinaigrette Dressing

2 teaspoons vinegar

2 teaspoons mustard

2 teaspoons onion, shallot, or garlic, minced

Salt and pepper to taste

½ Cup oil of your choice

Add all vinaigrette ingredients to a small jar with a lid. Close lid tightly and shake the jar until blended. Taste and season again if necessary. Set aside for later.

Salad Ingredients:

1 bunch curly kale, about 3 Cups packed

1 bunch beets

1 bunch radishes

½ bunch green onions (sliced thin with whites and greens separated)

1 sweet bell pepper, diced

½ Cup plus 4 teaspoons divided

Grated or crumbled cheese (optional)

Salt and Pepper as desired



Directions:

Strip kale from stems and place in a large bowl.

Drizzle with oil.

Sprinkle with salt.

Squeeze and mash greens until they darken and start to wilt, working in bunches if necessary.

Taste and see if more salt is needed.

Preheat oven to 375 degrees.

Peel beets if skin is tough.

Cut beets into eighths, or small wedges.

Cut radishes into eighths or small wedges.

Drizzle with oil. Sprinkle with salt and pepper. Spread in a single layer on a sheet pan.

Place in the oven. Roast until tender with brown edges, about 10-15 minutes.

Add white onion slices and the diced pepper to the bowl of greens.

Add the cooked beets and radishes.

Drizzle with the vinaigrette and toss.

Taste for seasoning and add cheese if desired. Sprinkle with sliced green onions and serve.

Modifications

This kale salad is a colorful treat, offering visual stimulation.

Many activities, like this one, are made of several steps. You might want to break the activity into several smaller steps. First, the activity may start with a trip to the grocery store or garden to gather ingredients. Adjust ingredients based on the foods that you or your loved one like. If a person would rather have grapes than beets, use the grapes! Be flexible. Salads can contain many different things.



If working with someone decided who will be the sous chef and who will be the chef. The sous chef can start by gathering the items needed, help with mixing, and stirring, and adding ingredients as needed. If cutting is difficult you can look for pre-cut veggies or ask a friend to help.

The vinaigrette can be made ahead of time It is always fun to

shake the jar to get it mixed up!

When cooking especially with someone else there can many task that can be helpful. Being a time keep, taste tester, or clean up crew are all important jobs. Cooking together or by yourself is suppose to be fun. Remember to enjoy the process and be okay if it does not turn out the same way each time you make it.

Granola Energy Bites



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Ingredients

- 1 cup of old fashion Oats
- ½ cup of peanut butter
- 1 Tablespoon of honey
- 1 Tablespoon of chia seeds
- ¼ cup dried cherries
- ¼ cup of mini chocolate chips

Directions

Combine 1 cup old fashioned oats, ½ cup peanut butter, 1 tablespoon honey, 1 tablespoon chia seeds, ¼ cup dried cherries, and ¼ cup mini chocolate chips in a large mixing bowl

Roll into 1 inch balls and place on a lined baking sheet

Freeze for 1 hour

Store in the fridge for 3-4 days or in the freezer for up to 3 months

Modifications

This is a great hands-on sensory recipe. Hands can be used to mix the ingredients and roll the balls. If someone does not like to get their hands messy try wearing food grade gloves, or using a spoon to mix and wax paper to help roll balls.

Have fun changing out some of the ingredients: switch up the dried fruit (try raisins, or raisins, dried strawberries or blueberries). Instead of chocolate chips try some other sweet treat like dark chocolate, white chocolate, or another sweet treat.

The possibilities are many! Use the preferences of your household to help guide your decisions.