“Alzheimer’s And Brain Awareness Month” is declared each June by the Alzheimer’s Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer’s or another form of dementia. It’s also a time to recognize caregivers for the support they provide to those living with Alzheimer’s and other forms of dementia.

You know that exercise is good for your body, but do you know just how good it is for your brain? Regular aerobic exercise like running, biking, and swimming preserve existing brain cells while fostering the growth of new ones. In fact, a recent study published in the American Journal of Geriatric Psychiatry shows a link between long-term moderate physical activity and an increase in volume of the hippocampus — the area of the brain that deals with the formation of long-term memories. This area is the first to be damaged in Alzheimer’s disease.

Those same heart healthy foods are also healthy for your brain!

Include these in your diet:

- Green leafy vegetables
- Vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil

Try to limit:

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried or fast food

https://healthybrains.org/mind-diet-offers-food-for-thought/
5 WAYS TO LOVE YOUR BRAIN

• BREAK A SWEAT: Engage in exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

• CATCH SOME ZZZ’S: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

• STUMP YOURSELF: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

• FOLLOW YOUR HEART: Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

• FUEL UP RIGHT: Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

• TAKE CARE OF YOUR MENTAL HEALTH: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
MEDITERRANEAN SALAD WITH TUNA, TOMATOES AND CHICKPEAS

Serves 4

Ingredients

- 1 15 to 19 ounce can of chickpeas, black-eyed peas or kidney beans, rinsed
- 2 5 to 6 ounce cans water-packed chunk light tuna, drained and flaked
- 1 large red bell pepper, finely diced
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1 1/2 teaspoons finely chopped fresh rosemary
- 1/2 cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 1/4 teaspoon salt
- 8 cups mixed salad greens

Directions

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Nutrition Facts

306 calories; protein 14g; carbohydrates 28g; dietary fiber 7.5g; sugars 4g; fat 15g; saturated fat 2g; cholesterol 14mg; vitamin a iu 4960.9IU; vitamin c 96mg; folate 223mcg; calcium 114mg; iron 4mg; magnesium 72mg; potassium 751mg; sodium 467mg; thiamin 0.2mg.

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Registered Dietitian
Questions? Call me!
607-737-5529
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Source:
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Meatloaf</td>
<td>7 Orange Asian Chicken</td>
<td>8 Port Chop &amp; Gravy</td>
<td>9 Chicken Cordon Bleu</td>
<td>10 Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>13 Stuffed Cabbage</td>
<td>14 Salisbury Steak</td>
<td>15 Chicken &amp; Biscuits</td>
<td>16 Beef Cheese Steak</td>
<td>17 Ham with Raisin Sauce</td>
</tr>
<tr>
<td>20 Hamburger</td>
<td>21 Hotdog with Meat Sauce</td>
<td>22 Roast Pork with Gravy</td>
<td>23 Meatloaf</td>
<td>24 Scalloped Potatoes &amp; Ham</td>
</tr>
<tr>
<td>27 Chili Con Carne</td>
<td>28 Italian Sausage Peppers &amp; Onions</td>
<td>29 Chicken Nuggets</td>
<td>30 Bbq Pork Riblets</td>
<td></td>
</tr>
</tbody>
</table>

Menu subject to change without notice

Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up