



Casa de Ramana

Rehabilitation Center



MEMORY MATTERS

January 2023

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Welcome to 2023! Each time we turn the page to a new year it is an exciting time. The year 2023 lies in front of us fresh and filled with promise. This year everyone here at Casa de Ramana are going to continue to do all that we can to show up in the fight against Alzheimer's Disease and other dementias. Alzheimer's is called the "Long Goodbye" because it steals parts of those that we love little by little, day by day. So much about dealing with this can be stressful, lonely, and isolating. It is often said that if you haven't been confronted by the pain of having a loved one with dementia then you have no idea what it is like. One of the greatest strengths we have in dealing with this is each other. Our support group is an excellent place to find other people that are going through the same experience. It is a supportive way to share ideas and dialogue with people that uniquely understand what is like to live the long goodbye with their loved one. Please consider joining us on January 17th...

Casa de Ramana Rehabilitation Center

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Interesting Facts from the Alzheimer's Association

Your daily multivitamin may slow brain

aging. Research published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* found that taking a multivitamin-mineral supplement every day for three (3) years resulted in a statistically significant cognitive benefit. This is the first positive, large-scale, long-term study to show that multivitamin-mineral supplementation for older adults may slow cognitive aging. These findings have the potential to significantly impact public health — lowering health care costs, reducing caregiver burden — especially among older adults.

Wearing hearing aids may reduce risk of dementia.

Individuals with hearing loss who used hearing restorative devices had a 19% decrease in risk of long-term cognitive decline, according to research published in *JAMA Neurology* this December. This data appeared five months after the FDA announced it will allow hearing aids to be sold over the counter, greatly expanding access to 30 million Americans living with hearing loss.

Sweet tooth? Ice cream, candy and soda may raise the risk of cognitive decline.

At the Alzheimer's Association International Conference (AAIC) last summer, new research found that eating a large amount of ultra-processed food can significantly accelerate cognitive decline. The research was published in *JAMA Neurology* this December. Although ultra-processed foods (including pizza and hot dogs) make up more than half of American diets, steps can be taken to reduce risk. These include eating a balanced diet, exercising regularly, getting good sleep, staying cognitively engaged, protecting from head injury, not smoking and managing heart health.



DEMENTIA Live™

"Because it's frightening to care for someone you don't understand"

For more information and to schedule your experience, contact Lauren Gaffney, Senior Alzheimer's Program Director, MOTR/L, Dementia Live Coach, lgaffney@saintfrancisrehab.com
508-755-8605

COME JOIN OUR DEMENTIA SUPPORT GROUP!!!!

Meetings are held the third Tuesday of every month at 2:30 PM here at Casa de Ramana. Please join us to connect with others that are going through the journey of having a loved one or friend living with dementia

Next Meeting to be held:
Thursday, January 17, 2023 at
2:30 PM