

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips for Keeping Your Brain Mentally Sharp as You Age

Experts in brain health believe that a combination of mental, physical, social and dietary factors provide the basic essentials for promoting brain fitness and delaying the onset of memory loss for as long as possible. For the best results, follow a lifestyle routine that includes:

- **Regular Exercise and Physical Activity** – Physical activity promotes brain health. It is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It can also significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for [Alzheimer's](#) and [other dementias](#). Regular physical activity that includes an adequate cardiovascular workout is strongly encouraged. Neuroscientists recommend a variety of activities, such as dancing, gardening, knitting, more frequent use of the non-dominant hand and leg, and walking 10,000 steps on a daily basis.
- **A “Brain Workout”** – Mental decline during aging appears to be largely due to altered connections among brain cells. However, research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. It is even possible to generate new brain cells. Experts recommend taking part in activities such as reading, board games, crossword puzzles, learning a second language, taking a class, painting, bird watching, increasing exposure to classical music and acquiring new skills.
- **Social Activities and Human Interactions** – Scientific research shows that people who are regularly engage in social interaction maintain their brain vitality and reduce their risk of dementia. Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells. According to [“Your Brain Healthy Lifestyle,”](#) it is important to remain integrated in the community, to build a growing network of family and friends, to be actively engaged in life and to always have a role and purpose for getting up each day.
- **A Good Night’s Sleep** – Getting sufficient sleep is another key ingredient for brain health and overall physical health. Our sleep patterns can change as we age. Therefore, it is essential to get the amount of sleep your body needs so you have the energy to engage in activities that can keep you mentally sharp.
- **A Nutritious, Brain-Healthy Diet** – A balanced, nutritious diet is essential for both body and brain health. The latest research suggests that a diet high in cholesterol may contribute to stroke and brain cell damage, and there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells. **The Dietary Guidelines for Americans** (U.S. Department of Health and Human Services and U.S. Department of Agriculture, 2010) provides science-based advice on food choices for good health.

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Loved ones with Alzheimer's disease or other memory impairments require [specialized care](#) and support. They also deserve a lifestyle rich in dignity and fulfillment. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with *Engaging Days* and *Meaningful Moments* that [emphasize individual abilities](#), encourage [socialization](#) and promote the highest level of [independence](#) possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If, and when, the time comes to seek additional help, place your trust in **Impressions Memory Care at Bryn Mawr**. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again. For more information, please call **Sharon** at **484-380-5404**, or visit us online at <http://www.impressionsmemorycare.org>.