

EXHIBIT E



**Dementia
Prevention
Ideas**

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**Stephenie A Cooke, Executive Director
Alzheimer's Arkansas**



Current research suggests that we have a lot of control over our brain health. We may not be able to control the fact that we are aging or our genetics, but we can do things to reduce our risk of developing dementia TODAY. Some programs even help in the development of NEW neurons in the brain!

How exciting!

Let's consider what we can do now to improve vitality and quality of life!

What do we know affects our brain in a positive way and may improve our quality of life?

Reducing Stress

Exercising

Good Rest

Eating Well

Active Brains

Social Networks

Staying Positive

Laughing

Showing Gratitude

Meditation

Managing Blood Press & other Chronic Conditions

The National Institute on Aging recommends:

health screenings, managing chronic health problems, reviewing medications, reducing risks for falls or other accidents, limiting the use of alcohol, quit smoking, and getting enough sleep.



Engage Your Brain!

Super Noggin

A brain fitness program designed to maintain and even improve brain health. It's suitable for any adult not diagnosed with cognitive decline.

The program is evidence-based, comprehensive, holistic, and community-based.

Ageless Grace

An evidenced-based seated exercise program done to music that stimulates neuroplasticity in the brain along with laughter and exercise all in one program!

Super Noggin – is a year-long commitment with weekly meetings from 13 to 18 weeks, then meetings are held monthly. Leaders are certified instructors. Classes are being formed or offered across the state of Arkansas. You might check with your local Area Agency on Aging, senior center, or healthcare provider!

Ageless Grace – these classes are lead by certified instructors and are often offered in senior centers, as part of wellness programs, and in other locations across the state.

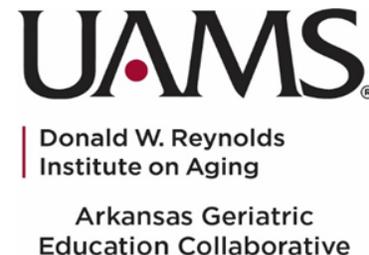
Drums Alive – a program that fosters a healthy balance physically, mentally, emotionally, and socially. Using rhythm to inspire physical movement with the brain affects of music!

A Matter of Balance Program (AMOB) – A 4-week program that meets twice a week for 2.0 hours. The program is evidenced based in regards to fall prevention and reducing someone's fear of falling!

Silver Sneakers - these interactive and fun classes are designed for Seniors and led by supportive instructors. They are offered on-line or in fitness centers around the state and can be for beginners or those more experienced.

Social Interaction & Communication With Those Living With Dementia

Find out more about how dementia affects a person and then do small things that can help every day!



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Examples of where to learn more:

- Area Agency on Aging serving your community
- Senior Centers
- Wellness centers with Certified programs
- UAMS Centers on Aging
- LifeQuest
- The Arkansas Geriatric Education Collaborative at UAMS
/ Collaborative Partners
- Independently trained/certified Instructors