



Caregiver News – 3/2023



Exercise Keeps Your Brain from Shrinking

Robert Roy Britt

<https://elemental.medium.com/exercise-keeps-your-brain-from-shrinking-be201a7752fc>

Older people who get regular physical activity, even through relatively light pursuits like gardening or golf, have bigger brains compared to inactive older people, a new [study](#) suggests. The finding adds to a mountain of research showing that physical activity helps prevent brain shrinkage and slow the effects of brain aging that lead to cognitive decline and dementia.

In the new research, brain scans of 1,557 older people, average age 75, revealed that the most-active third of them had a brain volume 1.4% greater than the least-active third, a difference equivalent to being four years younger, the researchers say.

People in the most-active group reported getting either seven hours of low-intensity physical activity weekly (things like gardening, [dancing](#), golf, or bowling), or four hours of moderate activity (such as tennis, swimming, or hiking), or two hours of high-intensity activity (serious workouts such like jogging or handball).

“These results are exciting, as they suggest that people may potentially prevent brain shrinking and the effects of aging on the brain simply by becoming more active,” says the study’s lead author, Yian Gu, PhD, an assistant professor of neurological sciences at Columbia University.

The preliminary findings, not yet published, will be presented at the American Academy of Neurology’s annual meeting in Toronto this spring.

The study was not designed to determine if these more active people are at lower risk for dementia. But a [separate study](#) by Gu and her colleagues, published in December in the *Alzheimer’s & Dementia Journal*, found physical activity “associated with lower risk of developing Alzheimer’s disease,” she tells *Elemental*.

Other studies find dancing indeed bulks up that hippocampus, and gardening boosts levels of growth factors known to be good for the brain.

Fit body, fit mind

The devastating effects on the brain from Alzheimer’s, the most common form of dementia, develop across many years. While there are some medications that can [help curb symptoms](#), there is [no cure](#) and no known medical interventions to slow its progress.

Meanwhile, research has shown that [healthier lifestyles can lower the risk](#) of developing dementia, and [several studies have shown](#) that moderate physical activity, [including brisk walking](#), improves brain power.



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One [study](#) last year found that people who exercised moderately for six months did far better than sedentary people on tests measuring the ability to pay attention, organize tasks, and achieve goals. The effects were found for all age groups. “The people who exercised were testing as if they were about 10 years younger at age 40 and about 20 years younger at age 60,” said study leader Yaakov Stern, PhD, a professor of neuropsychology at Columbia University.

Conversely, poor cardiovascular health at age 50 [raises the risk of dementia](#) later in life, another study last year revealed.

A broad [analysis](#) of several studies, done in 2017, found aerobic exercise prevents shrinkage of the hippocampus, a part of the brain key to learning and memory. Further research published in [2018](#) and [2019](#) laid to rest the long-standing controversy over whether older people can grow new brain cells. They can, and the new cells can increase volume in the hippocampus.

Other studies find [dancing](#) indeed bulks up that hippocampus, and [gardening](#) boosts levels of growth factors known to be good for the brain.

Visible effects

The benefits of exercise can be starkly visible in the brain. A [recent study](#) took brain scans of people who did moderate physical activity on a treadmill three days a week and compared them to a sedentary control group. All the people had risk factors for Alzheimer's but were not yet showing signs of the disease.

After six months, people who had exercised had increased levels of brain glucose metabolism in a part of the brain linked to Alzheimer's — a good sign of healthy neurons. And they did better on tests of cognition for things like planning, focusing attention, and juggling multiple tasks.

Finally, a [study earlier this year](#) in the journal *Mayo Clinic Proceedings* directly supports the new work by Gu and her colleagues. Researchers used brain scans of more than 2,000 people, ages 21 to 84, to show that exercise results in a slowing of aging-related reduction in total brain volume and volume of gray matter, which they say is also associated with cognitive decline.

“There is good evidence for the value of exercise in midlife, but it is encouraging that there can be positive effects on the brain in later life as well,” says Dr. Ronald Petersen, a Mayo Clinic neurologist who co-wrote an editorial on the findings.



MONTHLY ONLINE WEBINARS

NEW TO MEDICARE

Topics include:

- Overview of Medicare Parts A, B, C and D
- Enrollment - how and when?
- Medicare Options
- How to make Medicare affordable

Registration is required, please visit:

WWW.SENIORRESOURCESEC.ORG

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Senior Resources Agency on
Aging - Eastern Connecticut



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Presented By:



Laura Crews

Senior Resources Agency on Aging
Director of Benefits Access



MONTHLY ONLINE WEBINARS

2023 DATES AVAILABLE

January 4, April 5, July 5 or October 4, 2023 @ 10:00 a.m.

Register: [https://us06web.zoom.us/j/84127581354?](https://us06web.zoom.us/j/84127581354?pwd=dlJnTWhzdzNLKzdxL3ViNjd1TnJPdz09)
[pwd=dlJnTWhzdzNLKzdxL3ViNjd1TnJPdz09](https://us06web.zoom.us/j/84127581354?pwd=dlJnTWhzdzNLKzdxL3ViNjd1TnJPdz09)

February 1, May 3 or August 2 @ 2:00 p.m.

Register: [https://us06web.zoom.us/j/82444108498?](https://us06web.zoom.us/j/82444108498?pwd=SEFTWTdhdW44Z0puN2RzUmhrb0JYUT09)
[pwd=SEFTWTdhdW44Z0puN2RzUmhrb0JYUT09](https://us06web.zoom.us/j/82444108498?pwd=SEFTWTdhdW44Z0puN2RzUmhrb0JYUT09)

March 1, June 7, September 6, or December 6 @ 5:00 p.m.

Register: [https://us06web.zoom.us/j/89077206784?](https://us06web.zoom.us/j/89077206784?pwd=UjV4a3o2ODE3ayszZ29BbVAwaXFiQT09)
[pwd=UjV4a3o2ODE3ayszZ29BbVAwaXFiQT09](https://us06web.zoom.us/j/89077206784?pwd=UjV4a3o2ODE3ayszZ29BbVAwaXFiQT09)

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Senior Resources Agency on
Aging - Eastern Connecticut



Presented By:



Laura Crews

Senior Resources Agency on Aging
Director of Benefits Access



Jump Start your life with Live Well!

Live Well & Manage Your Chronic Pain Virtual Workshop via Zoom

Join this **FREE 6-week workshop** and learn how to better manage your ongoing health condition.

****A technology training session will be provided prior to starting the workshop****

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep
- Exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day



Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs. We will meet via Zoom, once a week for six weeks, each session is 2.5 hours.

When?: Wednesdays | 1:00 pm - 3:30 pm
April 5th, 12th, 19th, & 26th, May 3rd & 10th, 2023
****Technology Training - March 29, 2023**

RSVP: Lori Rygielski at lrygielski@SeniorResourcesEC.org **OR**
860-887-3561 ext. 127



New to Medicare?

Topics:

- Medicare Parts A, B, C and D
- Enrollment - how and when?
- Medicare Options

April 10, 2023		5:30 pm - 7:30 pm		Waterford Senior Center RSVP at 860-444-5839
April 11, 2023		5:00 pm - 7:00 pm		Middletown Senior Center RSVP at 860-638-4540
April 12, 2023		5:00 pm - 7:00 pm		Thrive 55+ Active Living Center RSVP at 860-441-6785
April 13, 2023		5:00 pm - 7:00 pm		Colchester Senior Center RSVP at 860-537-3911

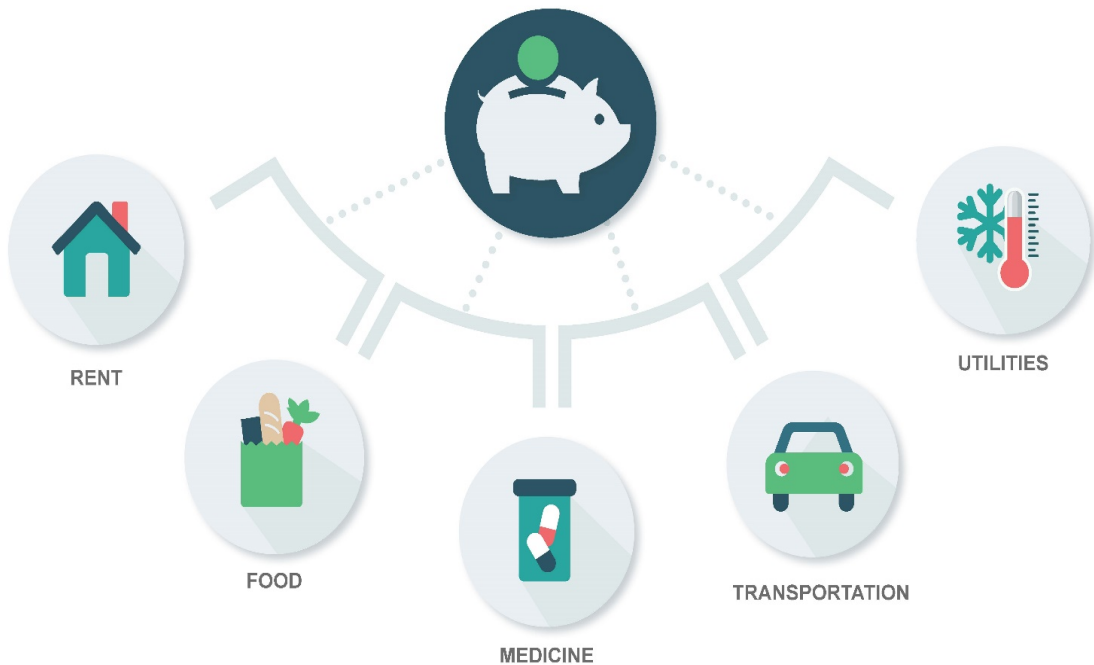


Presented By:
Laura Crews, Director of Benefits Access



Are you living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, and more. Attend a free event to see if you're eligible.



ncoa.org/Boost

When **April 11, 2023 Appointments are required**

Where **Middletown Senior Center; 61 Durant Terrace, Middletown, CT**

RSVP **Call 860-638-4540 to schedule today!**

Questions? Email Laura.Runte@MiddletownCT.Gov

Are you living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, and more. Attend a free event to see if you're eligible.



ncoa.org/Boost

When **April 12, 2023 Appointments are required**

Where **Thrive 55+ Active Living Center; 102 Newtown Road, Groton CT**

RSVP **Call 860-441-6785 to schedule today!**

Questions? Email Cindy at colsen@groton-ct.gov

Are you living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, and more. Attend a free event to see if you're eligible.



ncoa.org/Boost

When **April 13, 2023 Appointments are required**

Where Colchester Senior Center; 95 Norwich Road, Colchester CT

RSVP Please sign up by calling 860-537-3911

Questions? Email cscprograms@colchesterct.gov

Are you living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, and more. Attend a free event to see if you're eligible.



ncoa.org/Boost

When April 14, 2023

Where Waterford Senior Center, 24 Rope Ferry Road, Waterford, CT 06385

RSVP Call 860-444-5839 to schedule today!

Questions? Email Terry Wheeler at twheeler@waterfordct.org

Alzheimer's and Dementia Support Groups

Groton Senior Center

102 Newtown Road, Groton
Tomi Stanley (860)441-6785 or TStanley@groton-ct.gov
2nd Monday of every month, 10:00 – 11:00 a.m.
www.alz.org to learn more about caregiver programs

Alzheimer's Association – CT Chapter

2nd Thursday of the month, 1:30 – 2:30 p.m.
Quinebaug Valley Senior Center
69 South Main Street, Brooklyn
Kathy Demers (860)377-6416 kdemers48@gmail.com
Jean Ann Moore (860)208-2673 jamorre@snet.net

Hartford HealthCare Center for Healthy Aging

Virtual Dementia Caregivers Support Group
Call (860)972-6338 and enter 19623# when prompted
Mondays at 10:00 a.m.
Tuesdays at 3:00 p.m.
Wednesdays at 10:00 a.m.
Fridays at 2:00 p.m.
Questions email: Adrienne.DeVivo@hhchealth.org

Hartford Healthcare Windham Hospital

Alzheimer's Caregivers Group
3rd Wednesday of every month, 10:00 a.m.
Johnson Room, 3rd Floor, Windham Hospital
For information call: (860)456-6785

Chestelm Health and Rehabilitation Center

534 Town Street, Moodus
3rd Wednesday of the month, 4:00 p.m.
To register contact Marie Sola
(860)873-6555 or recreation@chestelm.com

Mind Matters, LLC

801 Poquonnock Road, Groton
2nd Tuesday of every month, 6:30 – 7:30 p.m.
Contact: robin@mindmatters@gmail.com

Griswold Senior Center

Dementia Caretaker Support Group
Every 2 weeks on Thursdays via Zoom
To register call: (860) 376-2604

LiveWell Dementia Specialists

Virtual Meetings 2nd & 4th Wednesday of the month: 3:30 – 5:00 p.m.
<https://livewell.org/project/virtual-care-partner-support-group/>

Caregiver Support Groups

Mansfield Senior Center

303 Maple Road, Mansfield

Yamil Figueroa (860)487-9875 figueroay@mansfieldct.org

2nd Tuesday of each month, 3:30 - 4:30 p.m.

Quinebaug Valley Senior Center

69 South Main Street, Brooklyn

Kathy (860)377-6414 or Jean Ann (860)208-2673

2nd Thursday of the month, 1:30 – 2:30 p.m.

VNA Caregiver Support Group

Madison Senior Center

For information contact Amanda: (203)245-5627

29 Bradley Road, Madison

3rd Tuesday of the month, 11:00-12:30 p.m.

Proof of vaccination required for this activity at time of registration

Zoom Support Group

Every Wednesday 2:00 – 3:00 p.m.

For information contact Molly: (203) 584-0051

Middlesex Health

2nd Wednesday of the month, 1:00 – 2:30 p.m.

Please contact Joan Perkins, LCSW

(860)358-2037 or joan.perkins@midhosp.org

Lawrence and Memorial Hospital

L & M Hospital, Conference Room 3

1st Tuesday of the month, 4:00 – 5:30 p.m.

Contact: Carol Vara, MSW or Mary Sweeney

(860)442-0711 x 2483 or x 2078

Grandparents Raising Grandchildren Support Groups

Senior Resources Agency on Aging

Sally Huck, Caregiver Program Coordinator
(860)887-3561 x126
Rose City Senior Center
8 Mahan Drive, Norwich
Last Tuesday of each month, 9:00 a.m.

Eastern CT Area – Mansfield

Janit Romayko (860)569-1978, Call to Register
Big Y Mansfield, 141 Storrs Road, Mansfield Center
2nd Wednesday of each month, 9:15 a.m.

United Services - Kinship Support Group

Plainfield Area
Lori Bergstrom, Prevention Services Manager
(860)412-8665 lbergstrom@usmhs.org
United Services, 303 Putnam Road, Wauregan
2nd Tuesday of each month, 5:00 – 6:30 p.m.

Bereavement Support Groups

Middlesex Hospital

Virtual/Online Session

Every 2 weeks on Tuesday, 5:30 – 7:00p.m.

Register online at <https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration>

The Estuary

Bereavement Group

Micaela Finnegan (860)388-1611 x204

Montville Senior Center

12 Maple Avenue, Uncasville

Every Friday, 3:00 – 4:00 p.m.

Sign Up at (860)848-0422

Brian's Healing Hearts

Loss of Spouse or Partner Support Group

1st and 3rd Wednesday of each month

6:30 – 8:00 p.m.

2nd and 4th Wednesday

10:00 – 11:30 a.m.

<https://brianshealinghearts.org/resources/grief-support-programs/>

or call (860)451-8354

Center for Hospice Care

Bereavement Counseling

227 Dunham Street, Norwich

(860)848-5699 Toll Free 1(877)654-4035

Day Kimball Healthcare

Evening Bereavement Group, 5:00 – 6:00 p.m.

Day Bereavement Group 12:00 – 1:00 p.m.

Registration Required

Suzon Warner (860)928-0422 x7316

Parkinson's Disease Support Groups

Windham Hospital Family Healthcare Center

5 Founder Street, Willimantic, 2nd floor conference room

2nd Wednesday of every month, 1:00 – 2:00 p.m.

1 (855) HHC-HERE to Register

A support session for patients, family, and caregivers will be followed by
30 minutes of LSVT Loud activities

CT Parkinson's Disease Working Group

Grace Evangelical Lutheran Church

1055 Randolph Road, Middletown

3rd Saturday of the month, 10:00 a.m. – 12:00 p.m.

Most meetings are virtual at this time.

Call (860) 704-9519

Email: martha.jaffe@cpwg.org

Day Kimball Healthcare

Parkinson's Disease Monthly Support Group

For information contact:

Victor Gregoire (860) 774-6143

Hartford Healthcare

Parkinson's Living Room Online Support Group

4th Friday of the month, 1:00 p.m.

For information call (860) 870-6385

<https://hartfordhealthcare.org/file%20library/services/pdfs/cfmddc-pd-living-room-flyer.pdf>

Lawrence and Memorial Hospital

Windham Fall Estates, Activity Room, Groton

3rd Wednesday of the month, 1:00 – 3:00 p.m.

Contact: Donna Weissman (860) 536-1020

Diabetes Groups

Live Well with Diabetes

6-Week Workshop

Learn how to better manage your ongoing health condition.

To register contact Lori Rygielski
(860)887-3561 x 127 or lrygielski@seniorresourcesec.org

Hartford HealthCare Windham Hospital

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1st Wednesday of every month, 1:00 p.m. or 6:00 p.m.

Call to register 1 (855) HHC-HERE

Lawrence and Memorial Hospital

Joslin Diabetes Center affiliate at L & M Hospital

For location and time contact: Joslin (860)444-3366

Substance Abuse Groups

Nar-Anon

"Steps" to Serenity" Support Group

For Information go to www.naranonctma.org

Or Contact (860)377-8309

Al-Anon

Al-Anon Face Alcoholism

For Information go to www.ctalanon.org

Or Contact 1 (888)825-2666



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Account Name: Your first and last name
 Invoice Number: Cash for Causes

Mail to: 19 Ohio Avenue, Norwich, CT 06360 - or - Contact: Erica (860) 887-3561 x 110



We hope you find this month's edition of our Caregiver of Children newsletter informative.

Senior Resources currently produces a monthly caregiver of children newsletter. We are looking for feedback on any ideas you may have for future editions.

Please contact Ishma Harris with any ideas/suggestions or if you wish to be removed from our mailing list.

Ishma Harris: IHarris@seniorresourcesec.org or 860 887-3561 x 102.

To read previous editions of this newsletter please visit:
www.SeniorResourcesEC.org/stay-informed/grandparent-newsletter