



Go Purple for National Alzheimer's Disease Awareness Month



Love Your Brain

When we think about our health, it's easy to overlook what we should be doing for our brains. Quality nutrition, regular exercise, social engagement, cardiovascular health, and mental activities are healthy habits for preserving cognitive ability and reducing risks. Challenge your mind with reading, puzzles, strategic games, and opportunities to learn.

Social well-being plays a critical role in brain health, so find ways to connect with loved ones and remain in contact with friends. Getting plenty of rest can also help with memory and critical thinking. Not only will your brain feel the love from these healthy behaviors, but the rest of your body will benefit too!

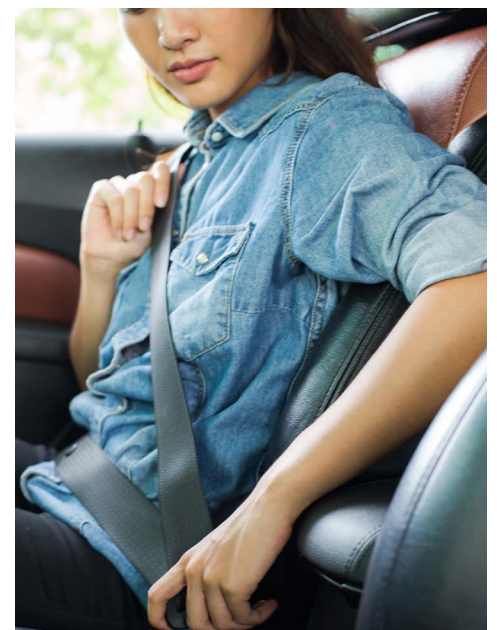


The Alzheimer's Association's mission is to eliminate Alzheimer's disease through the advancement of research, provide and enhance care and support for all affected, and reduce the risk of dementia through the promotion of brain health. If you think you or a loved one may be showing signs, use the chart to determine what is typical and what could be a larger issue. Consult your primary care doctor for more information.

Typical Age-Related Changes	Signs of Alzheimer's or Dementia
Making a bad decision once in a while	Poor judgment and decision making
Missing a monthly payment	Inability to manage a budget
Forgetting what day it is and remembering later	Losing track of the date or season
Sometimes forgetting which word to use	Difficulty having a conversation
Losing things from time to time	Misplacing things and being unable to retrace steps to find them

Healthy Tip:

Wear purple to raise awareness and reach out to your local Alzheimer's Association chapter for other ways to get involved.



Healthy Tip: Protect yourself from brain injuries by wearing your seat belt in the car.

Get Fit: No Equipment? No Problem!

Body weight exercises provide a simple way to get fit for free! Tone your muscles with strengthening moves like push-ups, squats, lunges, planks, and dips. Get a cardio workout with jumping jacks, high knees, lateral jumps, and mountain climbers. If you're a beginner, there are modifications for each move as you build strength. When all you need is your body, you can work out anytime, anywhere.

Healthy Tip:

If you are new to exercise, consult your primary care doctor when beginning a fitness routine.

Eat Fit: Tasteful Thanksgiving

Enjoy the Thanksgiving holiday with an eye of moderation. Start the day with a healthy breakfast. Don't fall into the trap of "saving room for later" — this theory rarely works and can lead to overeating. During your Thanksgiving meal, take mindful portion sizes and savor each bite.



Include plenty of vegetables, go easy on the appetizers and cocktails, and drink a lot of water. Add movement to your day by going for a walk, tossing a football around, or ending the celebration with music and dancing.

Healthy Tip:

Focus on gratitude and time with friends and family. Enjoy the day and move forward with healthy habits!

Live Fit: Stress-Free Holidays

For many of us, Thanksgiving through New Year's Day is an exciting but hectic time of year. Manage your expectations and approach this season with presence of mind and an attitude of joy. Ease some of the holiday stress with these tips:

- Do your shopping early and stick to your gift budget.
- If you're hosting, focus on just a few main foods and ask each guest to bring a dish.
- Schedule time to unwind and decompress, especially after parties.
- Maintain a nutritious diet and exercise routine to feel fueled and energized.
- Don't be afraid to ask for help — and if someone offers help, take it!
- Aim for at least seven hours of sleep at night and give yourself permission to rest.
- Consider volunteering and lifting the spirits of others in need.

Healthy Tip:

Prioritize traditions that are the most important to you and your family, and let go of commitments that aren't as meaningful. It's okay to say "no."



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Caramelized Spiced Pears

Ingredients

(makes 6 half-cup servings):

- 3 ripe but firm pears (about 1.5 pounds), cut into ¼-inch slices
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter
- 3 tablespoons granulated sugar or light brown sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- Pinch of salt

Preparation:

1. In a medium bowl, toss pears with lemon juice. Melt butter in a large deep skillet or Dutch oven over medium heat, and stir in pears. Reduce heat to medium-low, cover, and cook for 10 minutes, stirring halfway through.
2. Meanwhile, combine sugar, cinnamon, ginger, cloves, and salt in a small bowl. After 10 minutes, stir the mixture into the pears. Increase heat to medium and cook, stirring often, 4–6 minutes or until the pears are tender and glazed.
3. Serve warm. For a special treat, add a small scoop of vanilla ice cream or a dollop of fresh whipped cream.

Nutrition info:

Calories: 111 • Fat: 4g (2g saturated)

Protein: 0g • Carbs: 20g • Fiber: 3g

(Source: [eatingwell.com](https://www.eatingwell.com))