



# SAINT FRANCIS

REHABILITATION AND NURSING CENTER



## MENTAL WELLNESS

As we all know having a balanced diet and regular exercise keeps us healthy. Studies have shown that memory loss may be affected by our lifestyle. Moderate exercise and eating more fruits and vegetable improves our brain functioning.

Those who are experiencing mild memory impairments may see a difference with a life style change. Our brain relies on blood flow to work properly. A healthy diet and regular exercise can enhance our mental wellness.

Eating habits have an impact on the blood flow in our brain. A diet consisting of fatty foods can have a negative effect on the blood flow to our brains, as it may be a factor in developing blockages.

A diet similar to those recommended for people with high blood pressure may also be beneficial. This is a diet that includes whole grains, fruits, vegetables, healthy unsaturated fats, and low in sodium, sugar and meat.

## MEMORY MATTERS

January  
2018

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The old adage “use it or lose it” comes into play. With dementia, our ability to learn new activities can be diminished but ability to retain routine is intact.

Exercise can be physical and mental. The more we exercise our bodies physically, the easier it is for us to continue that pattern of behavior. This is the same for mental exercise.

Cardiovascular exercise elevates our heart rate which increases blood flow to the brain and body. This can reduce our risk of health related issues such as high blood pressure and high cholesterol, which can be a risk to our mental health.

*Below are examples of how to incorporate mental and physical activity into your day.*

**Mental:** reading, crossword puzzles, jig saw puzzles, trivia, and socializing in conversations.

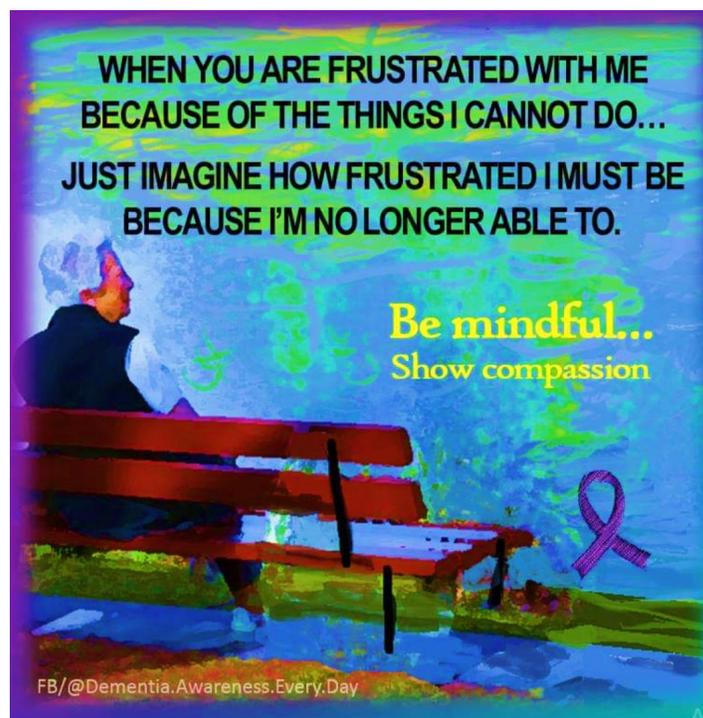
**Physical:** walking a pet, walking outside or in a mall, taking the stairs instead of an elevator, parking at a far away spot in a parking lot, gardening, golf, joining an exercise class.

### DEMENTIA CAREGIVER SUPPORT GROUPS

**Tuesday, January 15<sup>th</sup> at 9:30 am**  
Shrewsbury Senior Center,  
98 Maple Ave, Shrewsbury, Ma

**Thursday, January 17<sup>th</sup> at 9:30 am**  
Holy Family Parish at St. Joseph’s Church,  
Church Hall – behind the church  
10 Dupont St., Worcester, Ma

**Monday, January 21<sup>st</sup> at 5:00 pm**  
Adult Day Health Center  
St. Francis Rehabilitation and Nursing Center  
37 Thorne Street, Worcester, Ma



Films with storylines involving Alzheimer’s.:

“What They Had” 2018 Bridget returns home at her brother's urging to deal with her ailing mother and her father's reluctance to let go of their life together.

“Still Alice” 2014 A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

“The Notebook” 2004 A poor yet passionate young man falls in love with a rich young woman, giving her a sense of freedom, but they are soon separated because of their social differences.

“Iris” 2001 True story of the lifelong romance between novelist Iris Murdoch and her husband John Bayley, from their student days through her battle with Alzheimer's disease.

“On Golden Pond” 1981 Norman is a curmudgeon with an estranged relationship with his daughter Chelsea.