

Thinking About Cognitive Fitness



A healthy diet, regular exercise, and good stress management: for years, medical experts have offered this simple prescription for physical health and vitality. Now it turns out that these same lifestyle factors play a huge role in the health of the brain, or “cognitive fitness.” In fact, recent research on aging has shown that many of the brain-related problems we experience as we age, such as difficulty learning new things and loss of memory, can be the result of lifelong habits or treatable health conditions. Genetics can also affect what happens to our brains as we age. But while we can't control our genes, there's still much we can do to achieve cognitive fitness. And just as it's never too late to begin a physical exercise program, it's never too late to start working toward brain health.

TIPS FOR A HEALTHY BRAIN

Learn something new, such as a foreign language or a musical instrument. Mentally challenging activities strengthen brain cells.

Volunteer in your community. Social connections are vital for healthy aging and cognitive fitness.

Go walking with friends, or try tai chi, which can improve balance. Physical exercise helps pump blood to the brain, but check with your doctor to determine what form of exercise is best for you.

Eat well, take steps to reduce stress, get enough sleep.

Reduce your risk of a head injury: always wear your seatbelt and, when biking, a helmet. 🌿

RESOURCES FOR BRAIN HEALTH

Alzheimer's Association, www.alz.org

AARP, www.aarp.org

The Dana Foundation, www.dana.org

Alliance for Aging Research, www.agingresearch.org

A MESSAGE FROM THE CEO

Alzheimer's and Dementia Awareness Programs Coming to Sherrill House

November is National Alzheimer's Disease Awareness Month. Neurodegenerative disorders like Alzheimer's, Lewy Body Dementia, and Parkinson's Disease afflict thousands of Boston-area residents, and Sherrill House is pleased to offer a variety of programs to help family members, friends, and professionals learn more about current research and treatment.

On Thursday, November 6 we will welcome two acclaimed physicians to our facility. At 5:00 p.m., Dr. Thomas Graboys, celebrated cardiologist and author of **Life in the Balance: a Physician's Memoir of Life, Love and Loss with Parkinson's Disease and Dementia**, will join us for a book signing and presentation. At 6:00 p.m., Dr. Stephen Gomperts, M.D., Ph.D., will provide an update on current research on Lewy Body Dementia and discuss how it differs from Alzheimer's disease. Dr. Gomperts is the Assistant in Neurology at the Memory and Movement Disorder Unit at Mass. General Hospital, and Research Fellow at Picower Institute for Learning and Memory at MIT. He is an expert on the cognitive and behavior problems associated with neurodegenerative disorders.

This promises to be a most informative and inspirational evening, and I hope to see you there.

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Who's Who

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BYLINES is an official publication of Sherrill House, a not-for-profit skilled nursing and rehabilitation center dedicated to providing innovative medical and nursing care and support to residents and their families. We welcome your questions and suggestions.

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Awareness Programs, *continued from page 1*

Sherrill House is proud to sponsor the only Lewy Body Caregiver Support Group in Massachusetts. This group meets on the third Wednesday of each month at 6:30 p.m. in the Grande Room. Please contact Melissa Muccioli at 617.731.2400 or mmuccioli@SherrillHouse.org for more information. We are grateful to volunteer and leader Victoria Ruff for her dedication to this group. 🌿

Congratulations, Team Sherrill House . . .

and thanks to everyone who helped make our participation in this year's Alzheimer's Association Memory Walk a success. We raised over \$2800 for the Alzheimer's Association Mass. Chapter! 🌿



SAVE THE DATES

NOVEMBER 6

5:00 PM - Dr. Thomas Graboys discusses Parkinson's and dementia. He will also be available for a booksigning.

6:00 PM - Stephen Gomperts MD, PhD, presents an update on current research and treatment for Lewy Body Dementia.

To register for this event, call 617.731.2400 x 3017 or email mmuccioli@SherrillHouse.org.

Greater Boston Area LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP MEETINGS

3rd Wednesday of each month
6:30 PM – 8:30 PM

The Grande Room at Sherrill House

D A T E D M A T E R I A L