

# PEAS AND CARROTS

Indiana FSSA's Division of Aging

June 2020

## Alzheimer's and Brain Awareness Month

The brain— the control center of our thinking. It controls the way we organize, plan, remember, rationalize, and a variety of other tasks.

As we get older, like other parts of the body, the brain ages and changes are seen in the ability to pay attention, the ability to multi- task, and sometimes the inability in finding words and recalling names increases.

All changes as the brain ages are not negative. For example, older adults still have the ability to improve vocabulary, learn new things, and create new memories.

### ????? Forgetfulness– Dementia– Alzheimer's ?????

What is the difference?

Forgetfulness is a normal part of aging and may include forgetting which day it is and recalling it later, sometimes forgetting which word to use, or losing things from time to time.

Dementia– defined by the Alzheimer's Association as “a general term for a decline in mental ability severe enough to interfere with daily life”. It is not a normal part of aging.

Alzheimer's– defined by the Alzheimer's Association as “a degenerative brain disease that is caused by complex brain changes following cell damage”. It is not a normal part of aging.

If you think you or a loved one is experiencing a problem, talk to your doctor.

Resources: <https://www.nia.nih.gov/health/how-aging-brain-affects-thinking>  
<https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>  
<https://www.nia.nih.gov/health/do-memory-problems-always-mean-alzheimers-disease>

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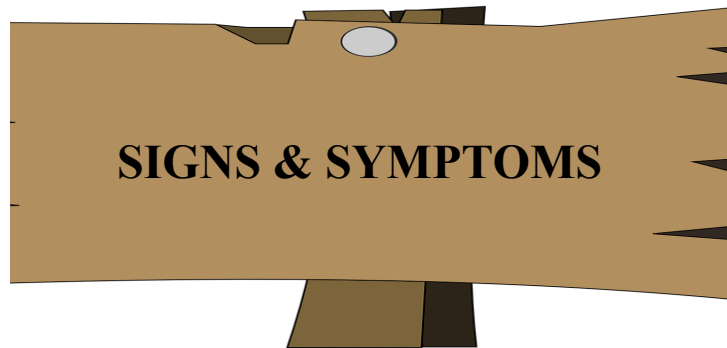
“To eat is a necessity, but to eat intelligently is an art.”

-Francois de la Rochefoucauld

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**The Alzheimer’s Association has created the  
“Ten Early Signs and Symptoms of Alzheimers” list**

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Resource: [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)

**Memory loss: 7 tips to improve your memory**

1. Include physical activity in your daily routine
2. Stay mentally active
3. Socialize regularly
4. Get organized
5. Sleep well
6. Eat a healthy diet
7. Manage chronic conditions



Resource: <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>  
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## Word Search Bank

ALZHEIMERS

BRAIN

CONFUSION

DEMENTIA

FARMERS MARKET

FORGETFULNESS

NUTRITION

PERSONALITY

ROUTINE

SOCIALIZE

STRAWBERRIES

SWISS CHARD

VEGETABLES

WALNUTS

WITHDRAWAL

## WORD SEARCH

S Y E S G W T S Y U C K S V Y  
Y W Z H E S O N I J M R F E T  
M V I H D I A G H O E O J G I  
V B L S C E R N J M R U O E L  
K K A O S W M R I G B T X T A  
X P I C N C W E E H W I U A N  
W D C V S A H T N B V N G B O  
A A O O L Z F A I T W E H L S  
X B S N L U Q Y R I I A X E R  
X Y U A L E C J P D K A R S E  
J T G N N O I S U F N O C T P  
S T E K R A M S R E M R A F S  
H S W I T H D R A W A L N M J  
S N U T R I T I O N N I A R B  
Q P E A V X W D B O B S P S O

## Farmers Market Season is Here



Senior Farmers' Market Nutrition Program provides eligible older adults (60+ years of age) meeting income guidelines with coupons that can be exchanged for fruits, vegetables, honey, and fresh cut herbs.

The coupons can be redeemed at participating farmers' markets, roadside stands, and community supported agriculture (CSA) programs.

Contact your local Area on Agency (AAA) for more information.

### Examples of Produce by Season

**Spring** (3/19-6/20)– Apples, Asparagus, Broccoli, Collard Greens, Kale, Lettuce, Spinach, Swiss Chard, Turnips, Strawberries

**Summer** (6/20-9/22)– Apples, Avocados, Beets, Bell Peppers, Blackberries, Blueberries, Cantaloupe, Carrots, Corn, Cucumbers, Garlic, Green Beans, Lemons, Okra, Peaches, Strawberries, Summer Squash

**Fall** (9/22-12/21)– Parsnips, Sweet Potatoes, Pumpkin, Peas, Mushrooms, Cabbage, Ginger

## **Benefits of Eating More Fruits and Vegetables**

Harvard T.H. Chan School of Public Health cites the following research based benefits for increasing intakes of fruits and vegetables: Lower blood pressure, reduced risk of heart disease and stroke, prevention of some types of cancers, lowered risk of eye & digestive problems, and positive effects on blood sugar.

Resource: <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

The 2015-2020 Dietary Guidelines for Americans recommend based on 1600-2000 calorie diet, that you consume the following amounts daily: Vegetables 2 cup – 2 1/2 cup equivalent and Fruit 1 1/2 cup – 2 cup equivalent.

## **Brain Power Foods**

Harvard Health Medical School list the following foods that are “linked to better brain power”: Green vegetables (think kale, spinach, broccoli), fatty fish (think salmon, cod, Pollack), berries (think strawberries, blueberries), tea & coffee, and walnuts

Resource: <https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

## **Contact Us**

**Contact the Division of Aging at**

**1-888-673-0002**

**Monday through Friday  
8 a.m. to 4:30 p.m. EST**

**or visit us online:  
[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)**

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