



Welcome to the February Programs Newsletter! Please see this newsletter for some upcoming programs, information and resources.

Upcoming Programs

Senior Living Options with Paul Markowitz, founder of senior living specialists

Thursday, March 7th, 2024

1:00 PM - 2:00 PM

St. Jude Church

Room 401

1515 N Greenville Ave

Allen, TX 75002



Paul Markowitz, Founder Senior Living Specialist

Join us to learn more about the different types of senior living options. Offer suggestions on paying for care, tips for objectively evaluating each senior living provider, and share questions that are important to ask while touring.

Register today!
Call 24/7 Helpline at 1.800.272.3900

Alzheimer's Association's 4th Annual Caring For Our Own LGBTQ+ Seminar. This event will be presented on Zoom.

Sessions will include information on Alzheimer's, dementia, and LGBTQ+ aging needs with a focus on creating safe spaces and enhancing support systems in clinical settings, senior housing, and within faith-based communities. By working collaboratively, we can build a more compassionate and inclusive future.

Social workers, licensed professional counselors, and nurses in Texas can receive 3.0 CEUs at no cost.

Session topics include:

- Alz Aware: An Introduction to Alzheimer's, Dementia, and the Alzheimer's Association
- ABC's of LGBTQ+
- Creating Safe Spaces in Healthcare: How the VA is Transforming LGBTQ+ Healthcare
- Creating Safe Spaces in Senior Housing: A Panel Discussion
- Creating Safe Spaces in Faith Communities

Register today: alzncnct.news/LGBTQ24 or call 800.272.3900



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Click here to find a group today!" data-bbox="186 501 808 551"/>

Click here to learn more." data-bbox="186 556 808 598"/>

ALZ Talks: Taking Charge of Your Brain Health



If you missed Taking Charge of Your Brain Health last month, not to worry! You can view all archives [here](#).

Building healthy habits into your everyday routines can lower the risk of cognitive decline and dementia. Our guest speakers will share how they are prioritizing their brain health and give practical tips for keeping up healthy habits like physical activity, quality sleep, and controlling blood pressure. It's never too early or too late to take charge of your brain health! This webinar is supported by Procter & Gamble.

FEBRUARY IS AMERICAN HEART MONTH

American Heart Month, observed annually in February, serves as a crucial reminder to prioritize cardiovascular health and adopt habits that promote a strong heart. Heart disease remains a leading cause of mortality globally, and this month-long initiative aims to raise awareness about preventive measures and healthy habits. We also know that what is good for our hearts is good for our brains. Many heart healthy habits - like healthy eating, physical activity, and not smoking - are also brain healthy habits!

Here are some actionable steps individuals can take for their heart health:

- Regular Exercise: Incorporate at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise per week.
- Balanced Diet: Adopt a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins. Limit intake of saturated and trans fats, cholesterol, and sodium.
- Avoid Tobacco: Quitting smoking and avoiding secondhand smoke significantly reduces the risk of heart disease.
- Routine Check-ups: Schedule regular check-ups with healthcare professionals to monitor blood pressure, cholesterol levels, and other cardiovascular risk factors.
- Stress Management: Practice stress-reducing techniques such as meditation, deep breathing exercises, or yoga to promote mental well-being.

For more information on American Heart Month, and steps you can take for better heart health, check out the [heart health toolkit](#).



24/7 Helpline 1.800.272.3900

This free service is available around the clock, 365 days a year.

Contact the Helpline day or night to:

- Speak confidentially with master's-level specialists for decision-making support, crisis assistance, disease education, and more.
- Receive referral information to local agencies and services
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

[Visit us online at alz.org](http://www.alz.org)