

## COGNITIVE VITALITY TIPS

1. **Optimize brain health** by learning a new sport, musical instrument, foreign language or other new skill.
2. **Eat a diet low in saturated fat** rich in dark fruits and vegetables, high in antioxidants and B vitamins.
3. **Control stress** which can cause poor sleep, concentration and impact your health.
4. **Manage health conditions** such as high blood pressure, diabetes, depression, and cardiac illness that impact cognition.
5. **Stay socially connected.** Social activity stimulates brain cells.
6. **Exercise.** Walking, dancing and tai-chi are all good to maintain healthy weight, improve balance and increase blood flow to the brain.

[www.nia.nih.gov](http://www.nia.nih.gov) and other sources

## OUR MISSION

To help you on *your* journey towards SUKHAM – to find fulfillment, peace, joy and contentment.



Please contact us to:

- Learn more about us
- Host a SUKHAM workshop or event
- Volunteer
- Donate to our cause

## CONTACT US

email:

[sukhainfo@gmail.com](mailto:sukhainfo@gmail.com)

Visit our website

<https://www.sukham.org>



“Live Healthy, Age Well,  
Find Peace and Joy”

**Understanding  
Cognitive Vitality  
&  
Successful Aging**

We partner with community  
and national organizations to  
educate, empower, enable

Registered California 501c(3) corporation

## DID YOU KNOW?

**Cognitive impairment** is when a person has trouble remembering, learning new things, concentrating, or making decisions that affect their everyday life.

**Dementia** is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.

**Almost 5 million** individuals in the U.S. today face cognitive impairment, dementia and related diseases.

**Individuals and families** affected by these conditions face many challenges.

**Families need help** navigating this complex disease with its accompanying changes in behavior.



## WARNING SIGNS

Age-associated changes occur in our bodies and brain as we grow older.

Consult your doctor if you notice the following in a loved one:

- \* Worsening memory problems
- \* Changes in personality or mood
- \* Difficulty with planning and everyday tasks
- \* Confusion with time or place
- \* Trouble understanding visual images & spatial relationships
- \* New problems with words in speaking or writing
- \* Misplacing things
- \* Decline in judgement
- \* Withdrawal from work or social activities
- \* Getting lost while driving in familiar places



**“Live Healthy, Age Well,  
Find Peace and Joy”**

## ABOUT US



**We are an  
*all-volunteer* organization.**

**Our dedicated team of experts  
will help you navigate access to  
resources for a dignified, healthy,  
happy life.**

**We are all-inclusive  
with a focus on South Asians.**

**SUKHAM can provide more  
information on warning signs and  
how to help those facing dementia.**

**Contact us for more information:**

**email: [sukhaminfo@gmail.com](mailto:sukhaminfo@gmail.com)**