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 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: sukhaminfo@gmail.com

Visit our website https://www.sukham.org

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

**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

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