

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®



Our Vision: A world without Alzheimer's and all other dementia®

Services

Support Groups

Participants benefit from meeting together and talking about their shared experiences.

Care Consultations

Conducted by a dementia expert, individuals receive individualized support with disease education, decision-making and planning and community resources.

Community Education Programs

Weekly classes designed for families to provide skill-building and awareness.

Safety Services

MedicAlert® is a nationwide identification, support and enrollment program that provides assistance when a person with Alzheimer's or a related dementia has wandered.

Get Involved

Volunteer

Our volunteers are passionate, inspired, and making a difference in the fight to end Alzheimer's disease. We have opportunities in care and support, development and advocacy. Join us at alz.org/volunteer.

Advocacy Efforts

We advocate for public policies that increase critical research funding and support all those affected. Help persuade policymakers to make Alzheimer's a national priority.

Stay Connected

Website: www.alz.org/wi

24/7 Helpline: 800.272.3900

Hablamos Español: 414.431.8811

E-News: Weekly email - sign up at alz.org/wi

24/7 Helpline 800.272.3900

Staffed in 200 languages, our 24/7 Helpline is there for any question you might have 800.272.3900.

ALZ.org

The Association's website is a robust source for information on Alzheimer's and dementia, and also professional education resources.

ALZConnected®

Alzconnected.org, is a free online community for everyone affected by Alzheimer's or another dementia.

TrialMatch®

TrialMatch connects individuals with Alzheimer's, caregivers and healthy volunteers to clinical trials.

Strengthening Diversity and Inclusion

The Alzheimer's Association is dedicated to advancing our efforts toward diversity, equity and greater inclusion for underserved populations.

Walk to End Alzheimer's®

The nation's largest event to raise awareness and funds for Alzheimer's care, support and research. alz.org/walk

The Longest Day

The Longest Day is the day with the most light — the summer solstice. On June 20, people from across the world will fight the darkness of Alzheimer's through a fundraising of their choice.

Gala

Annually, supporters join to celebrate the mission of the Alzheimer's Association and raise awareness.



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linkedin.com/company/alzwisconsin



instagram.com/alzwisconsin



twitter.com/ALZWisconsin



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Join Us as We Go Purple in June!

June is Alzheimer's & Brain Awareness Month — an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. Alzheimer's disease is the sixth leading cause of death and impacts more than 6 million people. In Wisconsin alone, there are 120,000 living with Alzheimer's and 196,000 serving as caregivers.

During the month of June, the Alzheimer's Association® asks people around the world to wear Purple to raise awareness of Alzheimer's disease and the importance of brain health.

We encourage local business, senior communities and faith communities to organize a Go Purple campaign in June. Engage your community and workplace to pump up the PURPLE!

The Day With the Most Light is the Day We Fight!®

The Longest Day is the day with the most light — the summer solstice. On June 20, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. This is another opportunity for you to show your love during the month of June.

Show your true Purple and then promote your efforts via your social media channels! Let's put our Purple to Work to End Alzheimer's!

Your Friends at the Alzheimer's Association, Wisconsin Chapter



www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

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Wisconsin Chapter

Be the Compassion of Christ, Hands & Heart Together

Our Catholic Social Teaching reminds us that the Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need. With that in mind and heart, we are excited to announce that our Pastoral Care and Social Concerns ministry teams will join together with the Alzheimer's Association to provide education, resources, and prayer support to our St. Mary Parish Community. June is **Alzheimer's & Brain Awareness Month** and we thought this was a perfect opportunity to share this news.

Alzheimer's and dementia touch the lives of many of our parishioners: a spouse, parent, neighbor or friend. An estimated 6.2 million Americans are living with Alzheimer's or dementia and it's the 6th leading cause of death. In Wisconsin, there are more than 120,000 people living with the disease - this is roughly the amount of people that it would take to fill Lambeau Field and American Family Field COMBINED. There are also more than 196,000 Wisconsinites serving as caregivers for those on this journey. The burden of this disease is staggering.

Parishioner and St. Mary School parent, **Mary Pat Rick**, works at the Alzheimer's Association and approached the Pastoral Care and Outreach teams about creating more awareness for the free resources that are available to families in Wisconsin: education, support groups, care consultations, and 24/7 helpline support.

Parishioner, **Joyce Roesler** will help spearhead the initiative by serving as a Faith Representative, working with Alzheimer's Association staff to share educational information and our unique St. Mary Parish pastoral support. Joyce is caring for her husband Bob, who was diagnosed with Alzheimer's in November 2020.

Fellow parishioners can work together to help bring awareness for the resources that support families on a journey with Alzheimer's or dementia. In recognition of Alzheimer's & Brain Awareness Month, we will have materials in the bulletin during the month of June. All information will be available on our website, also. Finally, please note that on the weekend of June 26 - 27 there will be resources in the Gathering Space, and we will be happy to answer any questions. We extend an invitation to anyone called to join us.

If you would like to get involved or find out more, please don't hesitate to reach out to either Mary Lang or Pam Lownik (see contact information below). God Bless!

Pam Lownik
Director of Social Concerns and Outreach
lownikp@stmaryhc.org or 414-425-2174, ext. 256

Mary Lang
Pastoral Care Committee Chairperson
pastoral.care@stmaryhc.org or 414-422-3369

On the next page, you will find more information supplied to us directly from the Alzheimer's Association.

St. Vincent de Paul Food Pantry

The food pantry has been open throughout the pandemic, working through hard logistical challenges to serve with kindness all those who come. We are grateful to all volunteers who have served during this time. Currently our SVdP is preparing and providing a hot lunch, along with bananas and milk to *Repairers of the Breach* each week.

That's Amoré Italian Cafe has provided a mostaccioli and meatballs dinner with salad and bread for over 300 people once a month at the SVdP southside meal program throughout the pandemic. If you are vaccinated, you can now volunteer to help plate the dinners through a SVdP SignUpGenius that you can find on our Outreach News and Needs page.

Volunteers can now go back and help many of our partner organizations.

For more information, contact Pam Lownik at lownikp@stmaryhc.org or 414-425-2174, ext. 256.

St. Mary Blood Drives Are Back. Save the date for Sunday, **June 13!** The Veritas blood donation bus will be set up in our parking lot, allowing you to donate blood in a safe environment. More details to follow.

The Capuchin Virtual/Actual Walk for the Hungry Saturday and Sunday, June 12 and 13, 7:00 am to 7:00 pm

Join the Capuchins as we walk to provide food to our neighbors in need. **The walk supports both the St. Ben's Community Meal and the House of Peace.**

Please register **now** to walk. You can join one of forty-two teams or start your own, or walk as an individual and socially distance in your neighborhood. When you participate in the Capuchin Walk for the Hungry, you exercise your heart and your "heart". Compassion and exercise together! For more details, go to capuchinwalk.org.