

The Nurses Corner

6 Easy Ways to Improve Memory for Seniors

Memory loss is a common complaint among seniors and their caregivers. The good news is there are easy ways to improve memory that aren't expensive or time-consuming. Here are steps you can take to help preserve and even improve memory.

1. Sleep

Getting enough hours of sleep may not seem like much of a 'cure' for memory loss. But according to the National Sleep Foundation, sleep actually triggers changes in the brain that solidify memories. It also strengthens connections between brain cells and helps in transferring memories from short-term to long-term memory. This means the new memories your seniors make are more likely to stay with them.

How much sleep is enough? Between 6 and 9 hours of sleep is enough for most seniors. Something as simple as adequate sleep is an important part of improving memory for seniors.

Another part of sleep that helps memory in seniors is to keep their sleep time as undisturbed as possible. Studies show that if a senior's sleep is interrupted more than a few times in a night they cannot focus attention as well when awake, and therefore can't remember what they learned. Likewise, with disturbed sleep, your senior's recent memories remain fragmented. They cannot put the pieces together as well and therefore can't clearly remember what they did learn.

2. Improved Diet

According to Harvard Health Publications, foods that are high in saturated and trans fats, such as beef or steak, dairy, and fried foods, cause high levels of LDL cholesterol (the bad kind). Not only are these artery-clogging foods detrimental to the heart, but they can also cause damage to the brain. Changing a senior's diet to foods that are high in mono- and polyunsaturated fats, such as fruits, vegetables, nuts, fish, and olive oil, will increase levels of HDL cholesterol (the good kind). This will prevent blood vessels from getting clogged or damaged and reduce the risk of memory loss and stroke.

3. Less Sitting

More Moving Results from a study done by the Center for Brain Health at The University of Texas at Dallas showed that seniors who engaged in physical activities such as using a

April Birthdays

Barbara - April 17
Rosemary - April 21
Ivan - April 25

Emmylou Harris (musician) - April 2, 1947
Marlon Brando (actor) - April 3, 1924
James D. Watson (scientist) - April 6, 1928
Jackie Chan (actor) - April 7, 1954
Beverly Cleary (author) - April 12, 1916
Queen Elizabeth II (royalty) - April 21, 1926
Barbra Streisand (entertainer) - April 24, 1942
Kelly Clarkson (singer) - April 24, 1982
Jay Leno (comedian) - April 28, 1950
Duke Ellington (pianist) - April 29, 1899

stationary bike or treadmill for only 1 hour 3 times a week for twelve weeks resulted in higher resting blood flow to the brain. Improvements in mental health were seen in as few as 6 weeks as there was an increase in blood flow to areas of the brain associated with improved memory.

As a side note, physical exercise improves mood by supplying endorphins and improves appetite as well. It also may provide opportunities for social interaction which also improves memory.

4. Mental Exercise

Learning new skills — like playing a new instrument, practicing a hobby that involves hand-eye coordination, performing memory exercises for seniors, and even doing math in your head — has been found to improve cognitive function and memory. Keeping your mind active with new challenges can keep your memory strong!

5. Stay Social

Many studies have shown that it is crucial for seniors' mental health and memory to maintain social activity. Spending time with family and friends, even attending events can help maintain and improve mental functions. Research has even shown that just 10 minutes of social interaction a day can help!

April 2024

Select Senior Living

11350 Martin Street NW, Coon Rapids

Celebrating April

Staff Directory

Main Number

763 767-1127

Vanessa Nguyen
Executive Director

Patti Dufresne
Marketing Director

Buffy Reinmuth
Director of Nursing

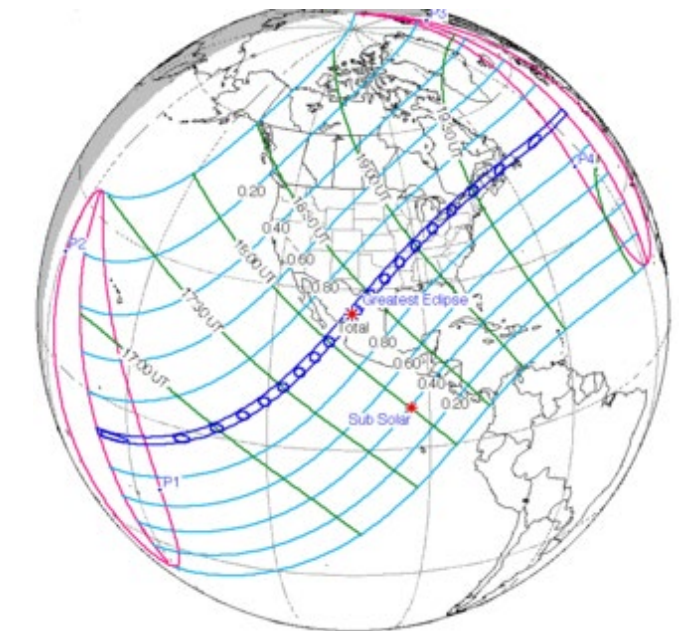
Renee Voyce
Director of Life Enrichment

Eric Gebel
Director of Maintenance

Mike Brustad
Director of Culinary

Solar eclipse of April 8, 2024

A total solar eclipse will take place at the Moon's ascending node on Monday, April 8, 2024, visible across North America and dubbed the Great North American Eclipse (also Great American Total Solar Eclipse and Great American Eclipse) by some of the media. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs only in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of kilometres wide.



Resident of the Month of April

Meet Howard our Resident of the Month. We asked him a few questions to get to know him better and here is what he said.



Where did you grow up?

I grew up in Eagle Lake, Minnesota

What subject do you like the most?

History, I still love watching history shows on TV.

What was your occupation?

I was a truck driver.

Do you have a favorite color?

Blue

What is your favorite dinner?

Sauerkraut Hotdish

What is your favorite season?

Summer

If you could be a superhero- which one, would you be?

I LOVE Chuck Norris

What do you like best about living here at Select Senior Living?

I love being able to see friends while moving up and down the halls, I also love giving the staff hugs.



Life Enrichment Updates

This month we will be talking about Scotland. I hope you come to these activities and have fun learning about these countries.

Make sure to sign up for the upcoming events that are in blue. We will be trying our hand at a Scottish desert. Yes, you will take yours home to eat!

Also, we will be going to the VFW for lunch and Bingo. It is on the 23rd and you need to sign up by the 2nd to be able to go. We most likely will be taking two buses so don't worry about not having enough room. The cost is free.

Outings- Sign up is Required

Tuesday, April 16 Walking Group to the Park 10:00

Thursday, April 18 Dollar Tree 9:45

Tuesday, April 23 -VFW Bingo (and Lunch) 11:10

Thursday, April 25 - Walmart 9:45

Happy Hour with Music at 2:00

Friday, April 12 Vinnie Rose

Friday, April 19 Bill Cagley

Crafts – Sign up is Required

Tuesday, April 9 - Dashing Scottie Dog 10:00

Thursday, April 18- Scotland's Flower – Crepe Thistles 2:00

Monday, April 22 – Painting Spring Flowers