

Mind Matters: Improving Brain Health

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RESOURCES

NUTRITION

- Meet with a Penny George Institute Integrative Nutritionist for more one on-one support
 - Request a referral from your primary care provider.
 - Call here to schedule: 612-863-3333
 - Insurance coverage for some plans/conditions
 - Prompt pay rates for visits not covered by insurance:
 - \$150 initial
 - \$100 follow-up visits
 - Preventing Diabetes - virtual group classes

SIMPLE SWAPS FOR MEALS

Meal	Adding plant foods:	Plant rich side dishes
Spaghetti & meatballs	<ul style="list-style-type: none"> - Use whole wheat spaghetti. - Add chopped greens and sauteed mushrooms into spaghetti sauce 	<ul style="list-style-type: none"> - Side garden salad with tomato, carrot, cucumber, and olive oil vinaigrette
Hamburger & fries	<ul style="list-style-type: none"> - Use a whole grain bun - Add tomato, lettuce, sauteed mushrooms & onion or avocado - Try a black bean burger patty 	<ul style="list-style-type: none"> - Homemade Sweet potato fries - Grilled veggies – zucchini, peppers, onion etc.
Tacos	<ul style="list-style-type: none"> - Serve with avocado/ guacamole, cilantro, tomato, onion - Sub black beans, grilled fish or shrimp for beef. 	<ul style="list-style-type: none"> - Corn, pepper & bean salad - Jicama sticks - fresh/canned pineapple or fresh mango
Beef and Macaroni Hotdish	<ul style="list-style-type: none"> - Add a bag of frozen peas, and chopped onion, celery, and carrot. - Add frozen chopped spinach - Use whole grain noodles or wild rice 	<ul style="list-style-type: none"> - Cucumber & tomato salad with olive oil - fresh fruit slices - raw veggies & seasoned yogurt dip

SIMPLE SWAPS FOR SNACKS

Snack	Taste	Whole food options
Chips	Crunchy	Celery and carrot sticks with almonds Apples with peanut or other nut butter Frozen grapes with walnuts Rice cakes with nut butter Raw veggies with Yogurt Dip or Bean Dip Nuts and dried fruit
Pretzels	Salty	Salted almonds Olives and fresh veggies Pickled or fermented veggies with cheese Tinned fish (salmon, tuna, sardines), olives, and crackers Steamed edamame with soy sauce Guacamole with corn chips and celery
M&M's	Sweet	Dried fruit with nuts and/or dark chocolate Roasted sweet potato wedges sprinkled with cinnamon Applesauce with pumpkin pie spice Smoothie Fresh fruit with Yogurt Sauce or nut butter
Beef jerky	Savory	Meat “roll-up” with dill pickles Seasoned almonds and bell pepper Cheese and cucumber Hard boiled eggs with radishes Bean dip with carrots

HEALTHY FOODS ON A BUDGET

A quick grocery list:

VEGETABLES

- ☐ Frozen vegetables
- ☐ Onions
- ☐ Carrots
- ☐ Cabbage
- ☐ Zucchini
- ☐ Romaine Lettuce heads
- ☐ Kale

FRUITS

- ☐ Shop in season!
- ☐ Frozen berries, on sale
- ☐ Bananas
- ☐ Mandarin oranges
- ☐ Apples

SPICES

- ☐ Look for Bulk spices or packets at international markets

WHOLE GRAINS

- ☐ Brown Rice
- ☐ Oatmeal
- ☐ Popcorn
- ☐ Lentils / Beans
- ☐ Quinoa or bulk whole grains
- ☐ Potatoes/Sweet potatoes

PROTEINS

- ☐ Eggs
- ☐ Canned or dried Beans
- ☐ Canned Tuna/salmon
- ☐ Plain Yogurt – full carton
- ☐ Milk
- ☐ Chicken breast

FATS

- ☐ Peanut butter
- ☐ Olive Oil

WHOLE FOODS SNACKS



RECIPE IDEAS

Brain Berry Smoothie – Adapted from Rebecca Katz - The Healthy Mind Cookbook

Makes 2-3 servings

- ☐ 1 C plain unsweetened yogurt
- ☐ 1C water
- ☐ 2 cups fresh or frozen mixed berries – i.e. blueberries, blackberries, cherries, raspberries or strawberries
- ☐ 1 cup of fresh spinach (or 1/2C frozen spinach)
- ☐ 3 Tbsp almond butter
- ☐ 1 Tbsp ground flaxseed
- ☐ 1 tsp grated ginger (or 1/4 tsp dried ground ginger)

Optional add-ins:

- ☐ 1 tsp lemon juice
- ☐ 1.5 tsp maple syrup
- ☐ Pinch of sea salt
- ☐ 1 scoop of whey protein powder



Instructions:

Combine all ingredients in a blender, and blend until smooth and creamy.

Wild Salmon Scramble – adapted from Rebecca Katz, The Healthy Mind Cookbook

Makes 2 servings

- ☐ 2 ripe tomatoes, sliced
- ☐ 4 eggs
- ☐ 1 Tbsp extra virgin olive oil
- ☐ 1 1/2oz goat cheese or parmesan
- ☐ 2 Tbsp minced scallions/chives and/or dill (or 1 tsp of each, dried)
- ☐ 2 ounces smoked wild salmon – broken into ½ inch pieces (*lower cost option: canned salmon*)
- ☐ Sea salt
- ☐ Black pepper



Instructions:

- ☐ Place 2 slices of tomato on each plate, lightly salt & pepper.
- ☐ In a bowl, combine the eggs, salt, pepper, and ½ of your dill, scallions or chives, and whisk.
- ☐ Heat olive oil in a 8-10" skillet on medium heat.
- ☐ Add eggs, and lower heat to low. Fold the eggs with a spatula. When halfway set, add the goat cheese. When nearly set, add the salmon
- ☐ Spoon the eggs over tomatoes.

RESOURCES

FLEXIBILITY AND BALANCE EXERCISES

MINDFUL YOGA SEQUENCE:

Mountain Pose:

Feet firmly planted, elongate spine, draw in core, relax shoulders, soft face



Prepare for Upwards Stretch:

Interlace fingers palms facing up, above head, inhale, exhale



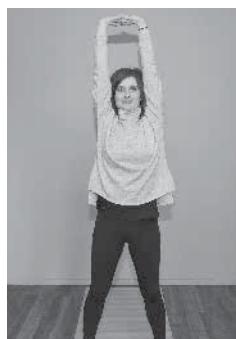
Upward Stretch:

Inhale, reach towards the sky, shoulder blades drawn back and down, exhale, bring hands down, repeat



Prepare for Lateral Stretch:

Take a wider stance, interlace fingers, inhale reaching upwards



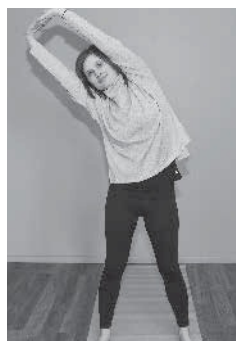
Lateral Stretch:

Exhale and lean to the right, inhale, come back to center



Lateral Stretch:

Exhale, lean to your left, inhale come back to center, repeat on both sides



Mountain Pose:

Inhale, exhale, keep spine erect. Check in with your body. Observe any sensations



Prepare for Twist:

Inhale, bring your arms out to a T



Twist:

Exhale, (arms may come down to waist) twist to right, hold for three full breaths



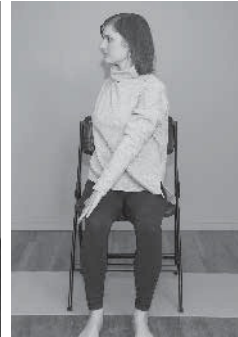
Twist:

Inhale, bring your arms out to a T



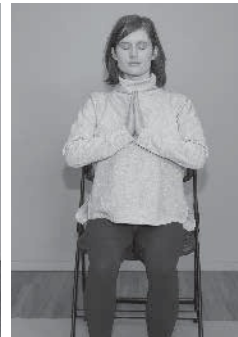
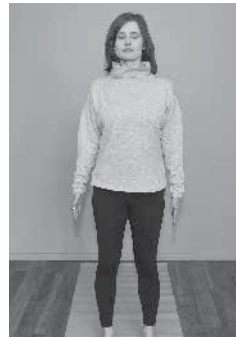
Twist:

Exhale and twist left, hold for three full breaths, inhale return to center, repeat



Mountain Pose:

Feet planted, elongate spine, draw in core, relax shoulders, soft face, stay for three full breaths



Sun Salute:

Inhale, reach arms overhead



Forward Fold:

Exhale, hinge at the hips, forward fold



Halfway Lift:

Inhale, halfway lift, keep spine straight and neck long



Forward Fold:

Exhale, forward fold



Sun Salute:

Inhale, press into soles of feet, come upright, reach arms overhead



Mountain Pose:

Exhale, mountain pose, eyes closed, take three full breaths, repeat full sun salute sequence three times



The 8 Brocades Qi Gong Ba Duan Jin

Youtube link to complete form: <http://bit.ly/2xs1vQn>

The 8 move form list:

1. Empty stance. Two hands hold up the sky.
2. Horse stance. Bending bow.
3. Empty stance. Separating the sky and earth.
4. Empty stance. Looking left and right.
5. Horse stance. Sway the head and swing the tail.
6. Empty stance. Two hands hold the feet.
7. Horse stance. Gazing at fists.
8. Empty stance. Rocking on the heels and toes 7 times.

RESOURCES

STRENGTH EXERCISES

STRENGTH EXERCISES

- [Chair Sit to Stand \(allinahealth.org\)](http://allinahealth.org)



A



B



C

STRENGTH EXERCISES

[Bridging Exercises \(allinahealth.org\)](http://allinahealth.org)



- Lie on your back with your knees bent and feet shoulder-width apart. Keep your lower abdominal (stomach) muscles tight.
- Slowly raise your buttocks.
- Hold for _____ seconds.
- Do _____ repetitions.
- Do this exercise _____ time(s) a day or every other day.

STRENGTH EXERCISES

□ Hip Abduction



- Keep your knee straight.
- Lift your leg out the side.
- Keep your toes pointing forward.

□ High Marching



- Slowly bring your knee up toward your chest.
- Slowly return your foot to the floor.

Seated Exercises

These exercises will help strengthen your legs.

Marching



- Sit in a chair.
- Slowly bring your right knee up so your foot is off the floor.
- Hold for ____ seconds.
- Return to the starting position.
- Repeat with your left leg.
- Do this exercise _____ times (repetitions)
- Do this exercise _____ times each day.

Leg Kicks



- Sit in a chair. Slowly straighten right knee
- until your foot is out straight.
- Hold for _____ seconds.
- Return to the starting position.
- Repeat with your left leg.
- Do this exercise _____ times (repetitions)
- Do this exercise _____ times each day.

(over)

Seated Exercises

These exercises will help strengthen your legs.

Heel Raises



- Sit in a chair.
- Scoot to the edge of the chair and put your feet under your knees
- Slowly raise up on your toes so your heels are off the floor.
- Hold for ____ seconds
- Do this exercise _____ times. (repetitions)
- Do this exercise _____ times each day.

Toe Raises



- Sit in a chair.
- Slowly raise your toes off the floor so your heels are the only part of your foot touching the floor
- Hold for ____ seconds
- Do this exercise _____ times (repetitions)
- Do this exercise _____ times each day.

(over)

Seated Exercises

These exercises will help strengthen your legs.

Band Exercise



- Sit in a chair.
- Put the Thera-band around your legs, just above your knees.
- Keep your feet together and separate your knees.
- Hold for ____ seconds
- Slowly return to the starting position.
- Do this exercise _____ times. (repetitions)
- Do this exercise _____ times each day.

Thigh Squeeze



- Sit in a chair.
- Put a pillow between your thighs and squeeze your legs together.
- Hold for ____ seconds
- Do this exercise _____ times (repetitions)
- Do this exercise _____ times each day.

EDUCATION

AllinaHealth 
**COURAGE KENNY
 REHABILITATION
 INSTITUTE**

Tips to Help Improve Attention and Short-term Memory

Slow Down

- Find a speed that works for you.
Find a speed where you make few or no “oops” errors — where you just weren’t concentrating.
- Ask people to slow down when they talk to you.
- Ask people to tell you one thing at a time.

Reduce Distractions

- Turn off the TV or radio.
- Clear off a space to do your work.
- Work in a quiet room or place in your house.

Work for Short Periods of Time

- Gradually increase the time you spend concentrating as it gets easier.
For instance, start by trying to concentrate for 30 minutes.
The next time, increase your time to 60 minutes.

Check Your Work

- Ask someone you trust to look over important information, such as medicines, bills or tax forms.

Work on Important or Difficult Activities When You are Rested

- Having a clear mind will help you think and solve problems better.

Write Down Important Information

- Write down any important information you do not want to forget.
For example, write down appointments on a calendar.

Repeat Important Information

- Repeat information you want to remember, such as a phone number.
- You may read the information you write aloud.

Use Visual Reminders

- As you leave your car, look back to remember where it is and how it looks.
- Picture in your mind the milk you need to buy, or the shoes you need to get from your closet.
- Leave your medicine bottles out where you will see them when you need to take them. Make sure to keep them out of children’s reach.

(over)

- Leave the bag you need to take to the car in front of the door so you don't forget.

Organize

- Organize your grocery items by category. For example, write down all of the vegetables together.
- Use files to reduce clutter.

Keep Items in the Same Place

- Keep your keys on a hook by the door. Find a spot for your wallet or purse. Put your glasses in the same place.

What Not To Do

Until your concentration gets better, do not:

- drive, use power tools
- cook on the stove, use knives
- do anything where, if you aren't paying attention, you or someone else could get hurt.

SCHEDULING AND ROUTINE BUILDING SELF ASSESSMENT

Do you already have a calendar routine in place?

Yes No Somewhat

What does your calendar routine look like? What do you use (circle)?

Wall calendar

Day planner

Smart Phone/digital

Other:

When do you routinely check your calendar (circle)?

Morning

Throughout the day

Evening

Do you take notes/keep lists? Yes No Somewhat

Describe what this looks like for you. Where do you keep these notes? What do you use (paper, electronic)? What do you use notes for ?

What small changes would you like to make in your calendar and notes/lists routines? Remember to keep your system simple and make sure it works for you. List 1-2 ideas below:

SCHEDULING AND ROUTINE BUILDING

My Daily Routine: Write down tasks/activities that you do routinely each day at the approximate times they occur. Use the word bank for examples.		Weekly Routines: Write down tasks/activities that you engage in routinely during the week/month.	
7:00			
8:00			
9:00			
10:00			
11:00			
12:00			
1:00			
2:00		Building new routines: <ul style="list-style-type: none"> • Building new routines takes time and energy. • Planning how the new activity fits within routines you already have will help <p>Write down 1-2 changes you are wanting to make to support your cognitive health.</p> <p>1)</p> <p>2)</p> <p>Where do these changes fit within your day or week?</p> <p>Write down the action steps you would like to take within your routine template.</p>	
3:00			
4:00			
5:00			
6:00			
7:00			
8:00			
9:00			

Here are some examples you can use to help guide you:

Examples of tasks/activities that can be part of daily routines. Write down examples on your daily routine template that pertain to you:		Examples of tasks/activities that can be part of weekly routines. Write down examples on your weekly routine template that pertain to you.
Wake up time/bedtime		Social outings or groups
Getting dressed		Spiritual activities
Taking a shower/washing up		Errands
Meals-Breakfast, lunch, dinner		Grocery shopping
Medications		Exercise classes or groups
Checking calendar, making a daily plan		Phone calls
Feeding pets		Appointments
Making phone calls		Volunteering or participation in a community organization
Running errands		Paying bills
Exercise		Specific hobbies or interests
Watching the news or a favorite show on tv		Time with friends or family
Reading		Weekly chores/household activities
Phone calls with friends or family		
Chores		
Specific hobbies/interests		
Time with friends or family		
Relaxation/breaks		

MOVEMENT RESOURCES

Senior Community Education Classes

SILVERSNEAKERS

- SilverSneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.
- The program is designed for all levels and abilities and provides access to online and in-person exercise classes, over 15,000 fitness locations, and health & wellness discounts.
- If you have an eligible Medicare Plan, you might already be eligible!
- Check eligibility online here <https://tools.silversneakers.com/> or call: 877-871-7020 (TTY 711) for help getting enrolled.

RELATIONSHIPS AND SOCIAL CONNECTION

Social Connectedness - Hello4Health

<https://hello4health.org/about/social-connectedness/>

Alzheimer's association resources:

Minnesota-North Dakota Chapter Alzheimer's Association

https://www.alz.org/mnnd/helping_you/support_earlystage

COGNITIVE RESOURCES

- **Free sources for cognitive exercises:**

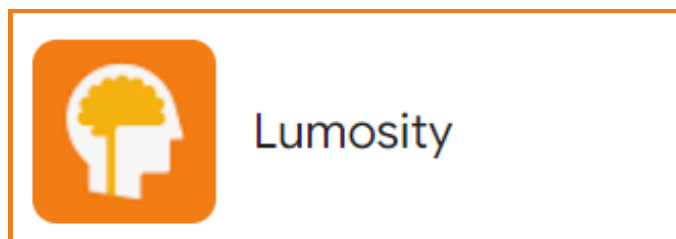
- The UCLA Longevity Center offers on-line Memory Programs including Memory Training, Brain Boot Camp, and Sharper Mind Series. Find out more at: <https://www.semel.ucla.edu/longevity>
- Dollar store crossword puzzles , word finds, sudoko
- Classes through Community Education at your local Community Center

- **Helpful books to read:**

- High-Octane Brain (2020) by Michelle Braun PhD, ABPP-CN. This book provides healthy lifestyle strategies that are based on scientific research findings
- Keep Sharp: Build a Better Brain at Any Age (2021) by Sanjay Gupta MD
- The Better Brain Book (2004) David Perlmutter and Carol Colman

- **You can look online for free and fee-based brain exercise applications.**

Here are a few examples:



GUT HEALTH

Strive for 1 serving of fermented food daily. Here is a list of good options:

Fermented Food	Daily Amount
Kefir	4-8 oz
Yogurt	$\frac{1}{2}$ -1 cup
Sauerkraut	$\frac{1}{2}$ -1 cup
Kimchi	$\frac{1}{2}$ -1 cup
Apple Cider Vinegar	1 tsp- 2 tbsps daily mixed in 8 oz of water or salad dressings
Kombucha	4-8 oz (look for low amounts of “added sugar,” ideally 6 g or less per serving)

Mental Wellbeing Stress Reduction

4 - 7 - 8 Breathing

4-7-8 Breathing helps to immediately turn off the fight or flight response and engage the relaxation response.

1. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in
2. Hold your breath, and silently count to 7
3. Breathe out completely through your mouth as you silently count to 8
4. Repeat 3 times or until you feel calm

Optimal to practice this for a few rounds twice daily for more long-term benefits.



You can watch Dr. Andrew Weil demonstrate this technique by following this link:

https://www.youtube.com/watch?v=YRPh_GaiL8s

SLEEP SUPPORT

Try using a SAD LAMP for sleep and mood support in the morning

VeriLux HappyLight Liberty 10,000 LUX Light Therapy Energy Lamp:

1. Position the box at eye level or higher. The position and distance of your light box relative to your eyes makes a difference. The light box should mimic being outside in sunlight.
2. Place the light box about 2 feet away from your eyes. If you have a weaker light box, this means that you will need to sit closer to it. If you have 10,000 lux light box, sit about 2 feet away from the box.
3. Keep the light box at an angle to the left or right – at about 2 o'clock or 10 o'clock. You should avoid putting the light directly in front of your eyes. Instead, position it about 45 degrees to the right or left from your mid-line or eyes.
4. Use the light box in the morning for 20 to 60 minutes, depending on your individual needs. Start with 20 to 30 minutes of the light box every morning to see if that it helps boost your mood and energy. If isn't making a difference, then try longer periods, for up to 60 minutes each morning. You can multitask with bright light therapy: have your morning coffee and breakfast, check your email, put on your makeup, etc.
5. Consistency is important – use the light box daily from early fall to winter. Daily use is more likely to help boost your mood and energy. If you know that you get the winter blues, start in early fall and use the light box every morning. If you're only using the light box a few times a week, it will be less effective.