



Optimize Your Brain Health and Memory Wellness

Resources & Respite for Living Well with MCI & Memory Loss Since 2008

July 2021

Brain Health Matters

by Lynn Ivey, CEO and Founder of The Ivey



Have you ever walked into a room and forgotten why you were there? Have you ever spent 15-20 minutes looking for your reading glasses only to find them on the top of your head? Are you growing concerned every time you lose your keys? As these situations happen more often, you begin to worry because you have a family history of dementia or you know someone who does. You are a part of the “worried-well.”

Data now shows that what’s good for the heart is also good for the brain! For many years, scientists around the world have focused their attention on heart health because cardiovascular diseases are the number one cause of death globally. Although not irradiated, heart health has improved and rates of death from heart disease are declining. Because rates of death from Alzheimer’s Disease are increasing, scientific research is now focusing on a new frontier, brain health, and a multitude of books are being written to help us understand how to enhance our brain’s health and have a clearer, sharper mind for as long as we live, if we begin working on it early.

So, how is The Ivey embracing this new frontier for the Charlotte community? In addition to its Monday-Thursday afternoon respite program, beginning Friday, September 24 and continuing on Fridays throughout 2021 and into 2022, The Ivey is proud to announce the launch of its long-awaited new program: **Brain Health Solutions, Fridays-At-The Ivey.**

Designed for those in the Charlotte community who want to learn from experts how to age well by keeping the brain healthy and for those “worried-well” who want to do their best to avoid the cognitive and memory decline they witness(ed) in family or friends.

See more about The Ivey’s planned new program, “Brain Health Solutions, Fridays-At-The Ivey” on the next page, including dates for a choice of Information Sessions with demos of its newest brain-based technology equipment that will be a weekly part of the entire program. “SMARTfit is the only technology that may scale cognitive demand while concurrently executing a wide variety of physical movements and skills.”



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SEPTEMBER 2021



BRAIN HEALTH SOLUTIONS FRIDAYS-AT-THE IVEY

For several years, it has been Lynn Ivey's personal vision to focus on the positive, hopeful side of the *possibility of prevention* of Alzheimer's and other dementias... plus that early cognitive concern - Mild Cognitive Impairment. Dementias and cognitive decline do NOT have to be our destiny. Now science is affirming that mindset and The Ivey is set to launch its additional new program that realizes that vision!

The Ivey's program will be based, at its core, on six pillars of brain health and Lifestyle Medicine: **CONNECT** (social relationships), **DISCOVER** (learning new things), **MOVE** (exercise and movement), **NOURISH** (healthy diet), **MINDFULNESS** (stress relief) and **SLEEP**.

WHAT

A series of 4-hour workshops on Fridays, taught by experts in their respective fields, that combine the following:

- ▶ Curriculum-style education on Lifestyle Medicine that can ward off the inflammation that opens the door for amyloid plaque to build in the brain, the hallmarks of a brain with Alzheimer's
- ▶ A newly-designed "brain gym" with the latest technology and exercise equipment designed to engage the science-backed dual-tasking concept of simultaneous physical and cognitive exercise
- ▶ Focused goal-setting and accountability necessary to sustain the strategies

SPECIAL FEATURES

Beginning in July, the following features of our new Brain Health Solutions program will be an integral part of The Ivey's current onsite respite program Monday-Thursday afternoons.

- SMARTfit exercise equipment:** Featuring dual-tasking (performing a cognitive and physical task simultaneously), SMARTfit provides a powerful way to reduce fall risk, improve Activities of Daily Living (ADL) performance, and slow or prevent cognitive decline.
- PING PONG table tennis:** Like SMARTfit, ping pong is an excellent dual-tasking mechanism, and a game-based social task that promotes both cognitive stimulation and physical exercise.
- Occupational Therapist/Senior Fitness Specialist:** Seth Baird with Genesis Rehab returned to The Ivey on June 1 to lead the SMARTfit program for both the onsite respite program and the new Fridays-At-The Ivey Brain Health Solutions program.
- Wellness Coach:** New-hire, Mary Lindsay West, started June 21, as the "accountability partner" to members of the new Brain Health Solutions program.

KEY DATES

Sept 10, 17: Info Sessions and Workshop Registration + lunch, compliments of Southminster
2 sessions each date. Space limited to 25 people/session
Registration open **NOW**. Reserve your spot at theivey.com/fridaysattheivey/

Sept 24-Dec 10: Brain Health Solutions / Fridays-At-The Ivey Workshops



We are thriving in the afternoon!



If you take a walk through our building Monday through Thursday afternoons, you will experience the hustle and bustle of intentional programming that focuses on the 6 pillars of brain health, as outlined below:

Connect: Social connection is present in each activity all afternoon, whether in discussion groups, at the table with a healthy afternoon snack or weekly concerts with John Lewis.

Discover: Engaging the brain with learning new things has a tremendous positive impact on the brain. New learning experiences are especially evident in our expanded Senior Scholars lecture program, exclusive BCAT workbook cognitive exercises, travel series, and music activities.

Move: A daily ritual, exercise is one of the first things we start out with each afternoon. We find other ways to incorporate movement throughout the afternoon with weekly golf putting challenges, bean bag toss, hand weights, and a 15-minute walking group.

Nourish: We emphasize the importance of healthy nutrition often and offer nutritional snacks each day.

Mindfulness: Seated yoga and other mindfulness activities designed to reduce stress are enjoyed in our updated Mindfulness room. Afternoon porch discussions bring a nice calm to the end of the day.

Sleep: Sleep is essential to our mental and physical health, and while we don't sleep at The Ivey, the mind/body/social engagement can bring about restorative sleep after an afternoon at The Ivey.

BONUS: With dual-tasking sessions in our new brain gym, we can check off Connect, Discover, and Move each time we work with SMARTfit or play ping pong!



We are so thankful for the care and attention you all have given Mom in the last 18+ months. Each and every one of you helped make her days brighter! You gave my sisters and me peace of mind knowing Mom was getting socialization with others and activities to engage her brain. She absolutely loved the walking club, trivia and the drawing.

*~Angela Owens
Daughter of former respite member*



Thanks to you for always choosing the best of the best for staff at The Ivey. In a very scary world right now, the feeling of comfort, complete support, and trust you and the team provide is truly immeasurable. This is why we support The Ivey and always will.

*~Paul Dunlap
Son of respite member*

*I didn't know how I would like it here at first but it turns out that every person here, the staff and the other members, are all **so** nice. You can't say that about many places. I have enjoyed every person I've had a conversation with.*

~Afternoon respite member





From The Experts

*Cathi Lamberti, CEO
SMARTfit, Inc., Camarillo, CA*



After extensive research by the team at The Ivey, we are excited to have been chosen to be part of their brain health program. The Ivey is among the first top 10 programs in the country to incorporate SMARTfit into an overall brain health program. We look forward to our partnership to create cutting edge programming for The Ivey's members that is highly effective while also fun and enjoyable.

SMARTfit is an interactive cognitive and motor training gym designed to measure and train brain and fitness for individuals of every ability regardless of age. SMARTfit's HIPPA compliant, cloud-based data is collected in real-time and can measure and track every aspect of a person's training progress.

SMARTfit's unique approach to improving physical, cognitive and mental health is highly effective for all people, and especially those who usually don't like to exercise. It uses gamification to immerse participants in enjoyable exercise games where the experience is more like play than hard work, all while enhancing cardiovascular fitness, functional performance, strength, and motor skills as well as cognitive and mental health. SMARTfit exercise can positively affect the whole person without being overwhelming or boring.

Congratulations to The Ivey in Charlotte, NC from all of us at SMARTfit!

*Ryan Glatt, MSC Applied Neuroscience, Brain Health Coach
Pacific Neuroscience Institute, Santa Monica, CA*



Very excited to work with the team at The Ivey in Charlotte, NC as they learn how to operate SMARTfit which incorporates the evidence-based science of dual-tasking. Dual-tasking is the concurrent performance of two tasks that can be performed independently and have distinct and separate goals.

One of the most interesting aspects of dual-tasking is that an individual is, in fact, doing *three* difficult tasks simultaneously: engaging in physical exercise, working out cognitive challenges and multitasking by attending to both tasks at once, and transferring attention between the two. Frequently, performance of one or both tasks at hand can deteriorate due to the high demands on the individual. Those high demands result in increased cognitive load, and the switching between these tasks requires a lot of effort and use of executive functions.

SMARTfit offers a solution to harnessing the synergistic effects of simultaneous cognitive and physical training. **Congratulations to The Ivey in Charlotte, NC!**



SMARTfit Exercise Can Positively Affect The WHOLE Person





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November 2020 - April 2021

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- Pledge with weekly, monthly or annual donations
- Honor a loved one with a memorial donation or remembrance on other special occasions.

2 easy ways to donate:

By check: The Ivey, 6030 Park South Drive, Charlotte NC 28210 **Online:** www.theivey.com, click on Donate



6030 Park South Drive
Charlotte, NC 28210



Lynn's Attitude of Gratitude



Always, I am grateful and humbled by each and every person who supports The Ivey with their time, talent and treasure. Thank you to all of you!

With the launch of Fridays-At-The Ivey (our new Brain Health Solutions program for the "worried well") this coming September, I am especially grateful for the scientific research on risk reduction and prevention of dementia which now supports the beliefs and practices that have guided our mission since The Ivey's inception in 2008: ***in the absence of an effective drug treatment, healthy lifestyle behaviors are the only thing we really have to reduce dementia risks and manage this epidemic.***

Over the next few years, research and trials will continue to assess the effects of diet, exercise, social & intellectual stimulation, sleep and relaxation on brain health.

Dementia prevention is possible. And for that I am grateful.

Lynn Ivey, CEO and Founder of The Ivey