

# TRI-HEALTHY LIVING

Mind, Body, Spirit



June has arrived and the next edition of *Tri-Healthy Living* is here! As we navigate through the summer months, let us do so with the earnestness to create a healthy lifestyle.

June is Alzheimer's and Brain Awareness Month and in this issue of *Tri-Healthy Living*, there will be information on what you can do to help decrease your risk in developing Alzheimer's. From music therapy to diet, learning what you can do for brain health is invaluable. Please take time to read, click on links, and watch the videos on the following pages. You *and* someone you know will benefit from this information.

Thank you for taking time to read this e-newsletter.

The Health and Wellness Ministry  
Third Baptist Church



# Music and the MIND

Written By Rev. Aimme Rogers-Jones



While attending Mercy High School in San Francisco, I was required to fulfill community service hours. I ended up completing my hours in a nursing home. One day I was introduced to an older Black woman who was unable to see or speak. I was told by the attendant on duty and that she loves music. I began singing Amazing Grace to her. As soon as I started singing her whole energy changed, it was as if I had turned on a light inside her. She began to reach out to me; I met her embrace. I continued to sing, and we both cried. This was my first encounter with the power of music and how it can stimulate the whole being.

In 2014 a beautiful documentary entitled “Alive Inside” came out. It explored the diseases that impair neurological function, such as Alzheimer and dementia and how music can help bring people back to themselves. The film illustrates the power of music therapy and proposes a treatment option that is claimed to improve a patient's quality of life. It also discusses the decline of the elderly community’s social status, and it examines how our western society neglects the aging and idealizes youth.

For years scientists have done extensive research demonstrating how music can help us. We are all aware of the usefulness of music at the beginning and early stages of life, women often play music or sing to their bellies. Children are encouraged to master an instrument as it is sure to improve their cognitive function. However, we are not as commonly aware of the usefulness of music in the later years of life. Listening and playing music can relieve stress, reduce anxiety and depression, and reduce agitation in Alzheimer patients.

If you'd like to use music to help a loved one who has Alzheimer's disease, consider these helpful tips from Dr. Jonathan Graff-Radford, a neurologist whose area of research include Alzheimer and dementia:

- Think about your loved one's preferences. What kind of music does your loved one enjoy? What music evokes memories of happy times in his or her life? Involve family and friends by asking them to suggest songs or make playlists.
- Set the mood. To calm your loved one during mealtime or a morning hygiene routine, play music or sing a song that's soothing. When you'd like to boost your loved one's mood, use more upbeat or faster paced music.
- Avoid overstimulation. When playing music, eliminate competing noises. Turn off the TV. Shut the door. Set the volume based on your loved one's hearing ability. Opt for music that isn't interrupted by commercials, which can cause confusion.
- Encourage movement. Help your loved one to clap along or tap his or her feet to the beat. If possible, consider dancing with your loved one.
- Sing along. Singing along to music together with your loved one can boost the mood and enhance your relationship. Some early studies also suggest musical memory functions differently than other types of memory, and singing can help stimulate unique memories.
- Pay attention to your loved one's response. If your loved one seems to enjoy particular songs, play them often. If your loved one reacts negatively to a particular song or type of music, choose something else.

“Alive Inside” trailer <https://youtu.be/IaB5Egej0TQ>

<https://musicandmemory.org/>

# Alzheimer's Disease

Alzheimer's disease is a progressive neurodegenerative brain disease that is the most common cause of dementia. Plaques and tangles form causing the nerve cells to deteriorate and stop functioning. Older African Americans are twice as likely to have Alzheimer's than older whites.

Please take time to watch this [\*TED talk\*](#) by Lisa Genova as she explains Alzheimer's and what you can do to decrease your risk.

Also visit [alz.org](http://alz.org) for more information.

## ALZHEIMER'S DISEASE AWARENESS MONTH



## Brain Health

To maintain physical health, it has been said time and time again that one must exercise and eat a healthy diet. What does one do for optimal brain health and function? Answer: exercise and eat healthy. In order to decrease risks of dementia and Alzheimer's, please read [\*The 6 Pillars of Brain Health\*](#), to learn what you can do to improve and maintain a healthy brain. The MIND diet, which is a cross between the Mediterranean (heart healthy) and DASH diet (blood pressure healthy), has been shown to decrease the risk of Alzheimer's disease. Read, [\*Diet May Help Prevent Alzheimer's\*](#), to learn about the benefits of the MIND diet and what you should consider changing. Also read, [\*Improve brain health with the MIND Diet\*](#).

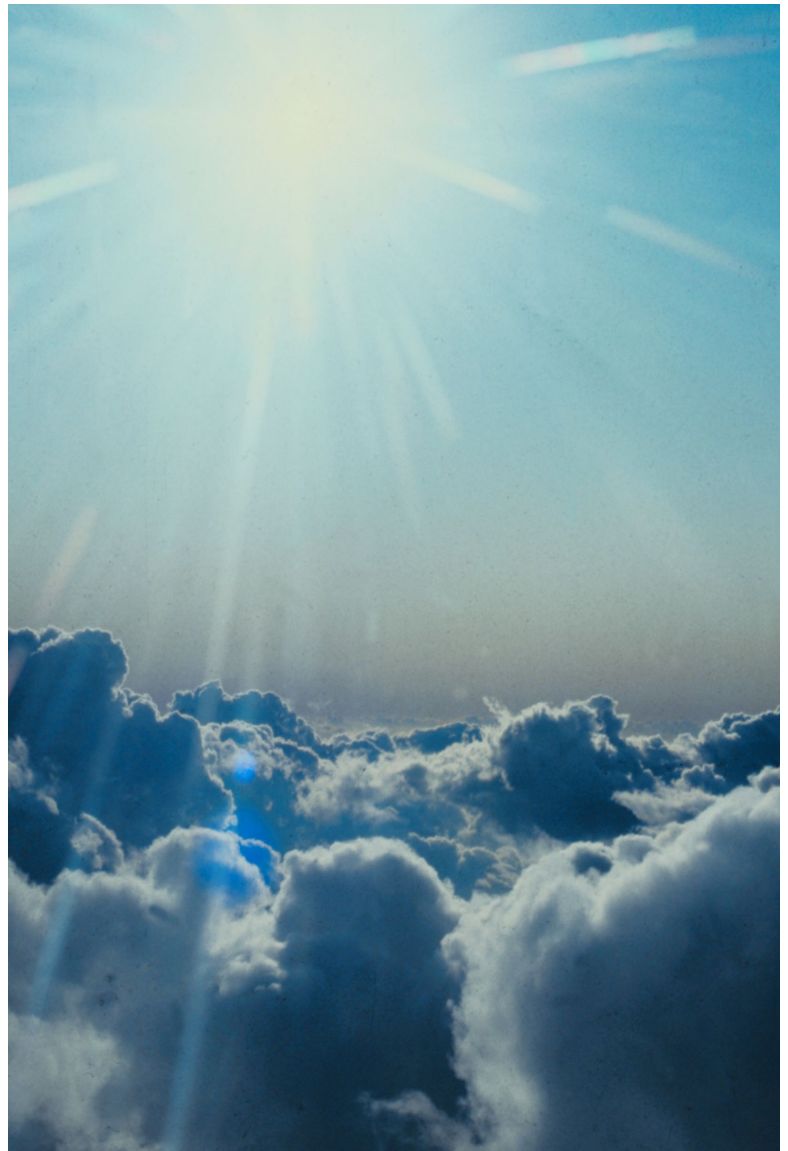


# Spirituality and Coping with Early Stage Alzheimer's disease

*Written By Naya Ross*

How one copes with the diagnosis of a debilitating, chronic, severe, and terminal condition, will differ from person to person. However, there have been several research studies that have found that spirituality is an important coping resource and this is connected to improved health and emotional well-being.

[Using Spirituality to Cope with Early Stage Alzheimer's disease](#), (click on title to read) is a study that describes how individuals with early stage Alzheimer's disease (AD) use spirituality to cope with the losses of self-esteem, independence, and social interaction.



## Healthy Caregiver

Those who care for people with dementia or Alzheimer's disease (AD) must also find ways to care for themselves. If you or someone you know is a caregiver for a person with dementia or AD, please [read here](#) about ways to be a healthy caregiver.



# Upcoming Alzheimer's Events

## Pursuing Health Equity in Alzheimer's and All Other Dementias

*Provider approved by the California Board of Registered Nursing,  
Provider # CEPI7043 for **1.5 Contact Hours** and **1.5 Contact Hours** available for  
Social Workers.*

**Thursday, June 3, 2021**

**7:00 P.M. CST - 8:30 P.M. CST**

**[Click here to register](#)**

## HEALTHY LIVING FOR YOUR BRAIN AND BODY: FEED YOUR SOUL, FEED YOUR BRAIN

Adapting the African American Cultural Diet for Better Brain Health

Friday, June 4, 2021

Noon - 1:00 P.M.

**[Click here to register](#)**

## JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



### RECURRING CLASSES

*The classes listed below will be offered on the same day and time each month.*

#### 10 Warning Signs of Alzheimer's

2nd Thursday, 3-4:30 p.m.

#### Understanding Alzheimer's and Dementia

1st Monday, 1-2:30 p.m.

#### Healthy Living for Your Brain and Body

3rd Tuesday, 1-2:30 p.m.

#### 10 Warning Signs of Alzheimer's

\*Thursday, June 10, 3-4:30 p.m.

Monday, June 21, 3-4:30 p.m.

#### Understanding Alzheimer's and Dementia

\*Monday, June 7, 1-2:30 p.m.

Wednesday, June 16, 6-7 p.m.

**[Click here for a complete list of programs and to register](#)**



## Brain Health Salad



For the Red Wine Vinaigrette:

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup unsweetened red grape juice
- 1 tablespoon lemon juice
- 1 to 3 teaspoons honey, to taste
- 1/2 teaspoon salt
- Freshly ground black pepper, to taste

For the salad:

- Dark leafy salad greens, such as baby spinach, baby kale, or other superfood greens
- Blueberries
- Walnut pieces, toasted or raw

## Brain Boosting Smoothie



- 1 Ripe banana
- 1 cup of Mix Berries (blackberries, blueberries, raspberries or strawberries),
- 1 cup of Fresh Spinach
- 1 cup of Coconut Water or Plant-based Milk

Directions

- Add all ingredients to a blender and pulse until combined and smooth. If the smoothie is too thick, add more of the water or plant-based milk. If the smoothie is too thin, add more ice

Notes

- Using frozen berries are wonderful inexpensive substitute
- Oat milk is a great plant-based milk that doesn't alter the taste
- You can also add Avocado for a more creamer shake





Third Baptist Church is a COVID-19 vaccination administration site. Please visit [thirdbaptist.org](http://thirdbaptist.org) for more information. Also visit [sf.gov](http://sf.gov) for vaccination information in the Bay Area.

# Free Covid-19 Testing

**Third Baptist Church of San Francisco**

**1399 McAllister Street SF, CA 94115**

**Main Parking Lot**

**Tuesdays  
11am to 6pm**

**Wednesdays  
1pm to 8pm**

**Saturdays  
9am to 4pm**

Register at

<http://bit.ly/aacec-thirdbaptist>





Thank you again for taking the time to read Tri-Healthy Living. If there is a health and wellness topic you would like to learn more about, please email the Health and Wellness Ministry at [tbchealthandwellness94115@gmail.com](mailto:tbchealthandwellness94115@gmail.com)