

## BRAIN HEALTH RESOURCES (updated 10/2020)

It is common as we age to be concerned about maintaining our memory and thinking abilities. Here we include important information and local resources. Recent research emphasizes the negative impact of isolation, therefore staying engaged through lectures, volunteer activities, reading, and involvement in hobbies you enjoy--with groups of people you enjoy--is encouraged.

The Cleveland Clinic [6 Pillars of Brain Health](#) provides a helpful framework for individuals and caregivers to examine issues that promote one's brain health:

- Food and Nutrition
- Medical Health
- Mental Fitness
- Physical Exercise
- Sleep and Relaxation
- Social Interaction

The USC Verdugo Hills Hospital's Community Resource Center for Aging can be reached by telephone at 818.949.4033 to discuss opportunities and assist in narrowing in on steps right for you. While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost.

Services and Supports	
Agency Name	Services Offered
Administration for Community Living  Website: <a href="#">Brain Health: You Can Make a Difference!</a>	Addresses topics including: brain health basics, impacts of medicines on cognitive health, brain injury, and dementia.  Direct link to Brain Health Basics PDF: <a href="#">Talking About Brain Health and Aging: The Basics</a>  Free

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<p>Alzheimer's Los Angeles</p> <p>Website: <a href="#">Alzheimer's Los Angeles Resources</a></p> <p>Call: 844.435.7259</p>	<p>Details helpful information, resources, and support for both Dementia patients and caregivers.</p> <p>Education and care counseling available at no cost.</p>
<p>Leeza's Care Connection</p> <p>Website: <a href="#">Leeza's Care Connection: Home</a></p> <p>Call: 818.847.3686</p>	<p>Located at Providence St. Joseph's Medical Center in Burbank, they have a monthly calendar of support groups, webinars and caregiver activities</p>
<p>National Institute on Aging</p> <p>Website: <a href="#">Cognitive Health</a></p>	<p>Contains current research, educational materials, and articles concerning frequently asked questions about brain health, memory loss, and aging.</p> <p>Many materials are also offered in Spanish.</p> <p>Free</p>
<p>USC Family Caregiver Support Center</p> <p>Website: <a href="http://www.fcscgero.org">www.fcscgero.org</a></p>	<p>A secure, confidential online program which provides personalized information, support and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, TBI, and other illnesses.</p> <p>Caregiver duties may result in feelings of isolation; information here helps one feel more supported and confident, including those providing long-distance caregiving.</p> <p>Free</p>

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### Food and Nutrition

What Do We Know About Diet and Prevention of Alzheimer's Disease?

The National Institute on Aging

Website: [What Do We Know About Diet and Prevention of Alzheimer's Disease?](#)

The National Institute on Aging provides a brief description of what we know about diet and Alzheimer's prevention. This article provides links to other resources on diet as well.

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<b>Medical Health</b>	
<p>Alzheimer's Disease Research Center at USC</p> <p>Website: <a href="http://adrc.usc.edu/">http://adrc.usc.edu/</a></p> <p>Call: 323.442.7600</p>	<p>Goals are to understand the biological changes that may precede worsening memory and to assess whether new treatments including drugs may be helpful in preventing memory or improving memory loss.</p> <p>Studies include observational studies that follow participants over time while examining changes that may occur with age, and therapy studies such as exercise training, medications and vaccines.</p>
<p>Check-ups Are Important</p> <p>The Center for Disease Control and Prevention</p> <p>Website: <a href="#">Check-Ups are Important - Family Health</a></p>	<p>It is important to have a primary care physician. The CDC stresses the importance of regular health exams and tests which can help to prevent problems before they start.</p> <p>The CDC website contains information on quality, affordable health services and how individuals can connect to them.</p>
<p>Mary S. Easton Center for Alzheimer's Disease Research at UCLA</p> <p>Website: <a href="#">Patients &amp; Caregivers</a></p> <p>Call: 310.794.3665</p>	<p>A comprehensive research center focused on Alzheimer's disease (AD) and other dementias.</p> <p>In addition to medical services, they offer various dementia care support groups, including those focused on Lewy Body and Frontotemporal Dementias.</p>
<b>Mental Fitness</b>	
<p>Staying Sharp</p> <p>AARP</p> <p>Website: <a href="#">Learn More About Staying Sharp And Brain Health</a></p>	<p>A program that brings focus to the science around brain health. Choose from brain health challenges, articles, recipes, activities, videos and fun games.</p>

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<b>Physical Exercise</b>	
<p>Get Up and Go Classes</p> <p>Website: <a href="#">USC-VHH Adult Wellness: Get Up and Go Classes</a></p> <p>Call: (818) 952-2294</p>	<p>Current research links exercise with maintaining brain health; the Get Up and Go series is specifically designed for adults of all fitness levels to:</p> <ul style="list-style-type: none"> <li>• Improve strength, balance, coordination and mobility</li> <li>• Exercise in a group setting that fosters wellness</li> <li>• Receive expert advice and instruction from a licensed physical therapist</li> </ul> <p>\$12/class OR \$88/8 classes</p>
<p>AARP Soul Steppers Walking Group</p> <p>Website: <a href="#">CA &amp; LA Soul Steppers Virtual Walking Group</a></p>	<p>The L.A. Soul Steppers Walking Group is now meeting online. If you would like to join, please RSVP by clicking register below and you will receive details on how to get connected. Please consult your physician before beginning any exercise program.</p> <p>Los Angeles, CA (meeting online)</p>
<b>Sleep and Relaxation</b>	
<p>The Brain–Sleep Connection: GCBH Recommendations on Sleep and Brain Health</p> <p>Global Council on Brain Health</p> <p>Website: <a href="#">The Brain-Sleep Connection</a></p>	<p>GCBH members come together to discuss specific lifestyle issue areas that may impact people’s brain health as they age with the goal of providing evidence-based recommendations for people to consider incorporating into their lives. This resource provides general information and tips on getting good sleep.</p> <p>Free</p>
<b>Social Interaction</b>	
<p>BasebALZ</p> <p>Website: <a href="#">BasebALZ</a></p> <p>Telephone: 323-930-6271</p>	<p>BasebALZ, also referred to as “Talking Baseball”, uses baseball as a topic for reminiscence therapy. Reminiscence therapy is an approach to improve the well-being of Alzheimer’s patients by invoking and discussing their memories of the past. At Present this program is being held virtually.</p> <p>Free.</p>

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<p>El Centro de Amistad</p> <p>Website: <a href="#">El Centro de Amistad</a></p> <p>Telephone: 818.898.0223</p> <p>566 South Brand Boulevard San Fernando, CA 91304</p>	<p>This multilingual, cross-cultural organization provides a wide range of mental health services and is currently offering virtual wellness classes for all ages on Zoom.</p> <ol style="list-style-type: none"> <li>Virtual Support Group: Wednesdays 4:00 pm</li> <li>Jazz Dance Class: Wednesdays 12:00-1:00pm</li> <li>Contemporary Dance Class: Wednesdays 12:00-1:00pm</li> </ol>
<p>GetSetup</p> <p>Website: <a href="http://www.getsetup.io">www.getsetup.io</a></p>	<p>GetSetup is described as the largest senior to senior interactive educational platform, offering classes and social opportunities to help older adults live healthier, happier, and more connected lives. With over 175 topics from how to use smartphones and iPads to how to use apps like Uber or LinkedIn, and fun activities like socializing about exercise, meditation, journaling, and more.</p> <p>Free, some with nominal fees starting at \$4.99+</p>
<p>How Social Interaction May Prevent Dementia</p> <p>Website: <a href="#">How Social Interaction May Prevent Dementia</a></p>	<p>Research shows that people who regularly engage in meaningful social interaction maintain their brain health better at all ages.</p> <p>One study conducted by the National Institute of Health determined that just 10 minutes of daily social interaction increases performance on cognitive assessments and can give an important cognitive edge as we age.</p>
<p>Memory Mornings®</p> <p><a href="#">Memory Mornings</a></p> <p>For more information contact Anne Oh: 323.930.6271</p> <p>OR</p> <p>aoh@alzla.org</p>	<p>An activities program for individuals in mid-stages of dementia (caregivers are welcome as well).</p> <ul style="list-style-type: none"> <li>● Chance to mingle</li> <li>● Light refreshments</li> <li>● Interactive presentations such as yoga, music, art, and more</li> </ul> <p>Pre-assessment and RSVP is required.</p> <p>Free</p>

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<p>Pasadena Village</p> <p>Website: <a href="#">Pasadena Village: Home</a></p> <p>Telephone: 626.765.6037</p>	<p>Virtual group provides friendship, volunteer opportunities, and practical services that allow members to remain independent and engaged in their community. Peers provide extra assistance with tasks that are no longer as easy as they once were.</p> <p>Annual membership for individuals or couples (approx. \$700/year), ask about sliding scale and scholarships</p>
<p>Senior Planet</p> <p>Website: <a href="https://seniorplanet.org/getinvolved/online/">https://seniorplanet.org/getinvolved/online/</a></p>	<p>An online resource with Zoom events, such as fitness, arts, and technology to aid in staying active and connected.</p> <p>These events are hosted by Senior Planet locations nationwide, and are open to anyone 60 and older.</p> <p>Free</p>
<p>Well Connected, Covia Corporate</p> <p>Website: <a href="#">Well Connected</a></p> <p>Telephone: 925.956.7400</p>	<p>A virtual community consisting of participants, staff, facilitators, presenters, and other volunteers who value being connected.</p> <p>Activities in English and Spanish are designed to provide laughs, intellectual stimulation, inspiration, conversation, and more.</p> <p>Groups can be accessed by phone or computer. Topics include art, zoology, music, meditation, and more.</p> <p>Free</p>

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