

BRAIN HEALTH

(Updated 8/2022)

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

The **USC-VHH 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. Here are contacts and additional information to support your needs.

Name of Service/Contact	Description	Notes
Administration for Community Living acl.gov/brain-health 202-401-4634	<ul style="list-style-type: none"> Addresses topics: brain health basics, impacts of medicines on cognitive health, brain injury, and dementia 	<ul style="list-style-type: none"> Direct link to Brain Health Basics PDF: Talking About Brain Health and Aging: The Basics Free
Alzheimer’s Los Angeles alzheimersla.org/families/resources/ 844-435-7259	<ul style="list-style-type: none"> Details helpful information, resources, and support for both dementia patients and caregivers 	<ul style="list-style-type: none"> Education and care counseling available at no cost
Leeza’s Care Connection leezascareconnection.org/ 818-847-3686	<ul style="list-style-type: none"> Located at Providence St. Joseph’s Medical Center in Burbank, they have a monthly calendar of support groups, webinars and caregiver activities 	<ul style="list-style-type: none"> Free
National Institute on Aging nia.nih.gov/health/cognitive-health 800-222-2225	<ul style="list-style-type: none"> Contains current research, educational materials, and articles about brain health, memory loss, and aging 	<ul style="list-style-type: none"> Many materials are also offered in Spanish Free
USC Family Caregiver Support Center fcsc.usc.edu/	<ul style="list-style-type: none"> A secure, confidential online program which provides personalized 	<ul style="list-style-type: none"> Caregiver duties may result in feelings of isolation; information here helps one

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800-540-4442	information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and TBI.	feel more supported and confident, including those providing long-distance caregiving <ul style="list-style-type: none"> • Free
UCLA Memory Disorders Clinic at UCLA Medical Center eastonad.ucla.edu/ 310-319-3222	<ul style="list-style-type: none"> • Provides dementia assessments 	<ul style="list-style-type: none"> • Fee may apply
USC Alzheimer's Disease Research Center adrc.usc.edu/ 213-740-7777	<ul style="list-style-type: none"> • Provides dementia assessments 	<ul style="list-style-type: none"> • Fee may apply
VA Greater Los Angeles Healthcare System va.gov/greater-los-angeles-health-care/ 818-891-7711	<ul style="list-style-type: none"> • Provides dementia assessments 	<ul style="list-style-type: none"> • Fee may apply
Loma Linda University Medical Center Department of Neurology 909-558-2880	<ul style="list-style-type: none"> • Provides dementia assessments 	<ul style="list-style-type: none"> • Fee may apply
FOOD AND NUTRITION		
What Do We Know About Diet and Prevention of Alzheimer's Disease? Website: What Do We Know About Diet and Prevention of Alzheimer's Disease? 800-222-2225	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Free
MEDICAL HEALTH		
Alzheimer's Disease Research Center at USC adrc.usc.edu/ 323-442-7600	<ul style="list-style-type: none"> • Goals are to understand the biological changes that may precede worsening memory and to assess whether new treatments may be helpful in preventing memory or improving memory loss 	<ul style="list-style-type: none"> • Studies include observational studies, and therapy studies
Mary S. Easton Center for Alzheimer's Disease Research at UCLA 310-794-3665	<ul style="list-style-type: none"> • A comprehensive research center focused on Alzheimer's disease (AD) and other dementias 	<ul style="list-style-type: none"> • In addition to medical services, they offer various dementia care support groups, including those

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		focused on Lewy Body and Frontotemporal Dementias <ul style="list-style-type: none"> • Fee may apply
MENTAL FITNESS		
AARP Staying Sharp 866-747-7512 877-342-2277 (Spanish)	<ul style="list-style-type: none"> • A program that brings focus to the science around brain health. Choose from brain health challenges, articles, recipes, activities, videos and fun games 	<ul style="list-style-type: none"> • Free
PHYSICAL EXERCISE		
AARP Soul Steppers Walking Group local.aarp.org/aarp-events/ 866-747-7512 877-342-2277 (Spanish)	<ul style="list-style-type: none"> • The L.A. Soul Steppers Walking Group is now meeting online • Please consult your physician before beginning any exercise program 	<ul style="list-style-type: none"> • Online only • Free
SLEEP AND RELAXATION		
The Brain–Sleep Connection: GCBH Recommendations on Sleep and Brain Health Global Council on Brain Health Website: The Brain-Sleep Connection	<ul style="list-style-type: none"> • GCBH members come together to discuss lifestyle issues that may impact people’s brain health as they age with the goal of providing evidence-based recommendations to consider 	<ul style="list-style-type: none"> • Free • This resource provides general information and tips on getting good sleep.
SOCIAL INTERACTION		
BasebALZ 844-435-7259	<ul style="list-style-type: none"> • BasebALZ, also referred to as “Talking Baseball”, uses baseball as a topic for reminiscence therapy. This is an approach to improve the well-being of Alzheimer’s patients by invoking and discussing their memories 	<ul style="list-style-type: none"> • Free • At Present this program is being held virtually
GetSetup getsetup.io/ 888-559-1614	<ul style="list-style-type: none"> • GetSetup the largest senior to senior interactive educational platform • Offers classes and social opportunities to older adults 	<ul style="list-style-type: none"> • Class topics: how to use smartphones and iPads to how to use apps like Uber or LinkedIn, and other fun activities • Free, some with nominal fees starting at \$4.99+
How Social Interaction May Prevent Dementia Website: How Social Interaction May Prevent Dementia	<ul style="list-style-type: none"> • Research shows that people who regularly engage in meaningful social interaction maintain their brain health better at all ages 	<ul style="list-style-type: none"> • Study by the National Institute of Health determined that just 10 minutes of daily social interaction increases

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		performance on cognitive assessments <ul style="list-style-type: none"> • Free
<u>Memory Mornings®</u> 844-435-7259	<ul style="list-style-type: none"> • An activities program for individuals in mid-stages of dementia (caregivers are welcome as well). <ul style="list-style-type: none"> - Chance to mingle - Light refreshments - Interactive presentations such as yoga, music, art, and more 	<ul style="list-style-type: none"> • Pre-assessment and RSVP is required • Free
Pasadena Village pasadenavillage.org/ 626-765-6037	<ul style="list-style-type: none"> • Provides opportunities and services that allow members to remain independent and engaged. Peers provide extra assistance with tasks that are no longer easy as they age. 	<ul style="list-style-type: none"> • Annual membership for individuals or couples (approx. \$700/year), ask about sliding scale and scholarships
Senior Planet seniorplanet.org/classes/ 888-713-3495	<ul style="list-style-type: none"> • An online resource with Zoom events, such as fitness, arts, and technology to aid in staying active and connected. 	<ul style="list-style-type: none"> • These events are hosted by Senior Planet locations nationwide, and are open to anyone 60+ • Free
Well Connected, Covia Corporate covia.org/programs/well-connected/ 925-956-7400	<ul style="list-style-type: none"> • A virtual community consisting of participants, staff, facilitators/presenters, & volunteers. • Activities in English and Spanish are designed to provide laughs, intellectual stimulation, inspiration, conversation, and more 	<ul style="list-style-type: none"> • Groups can be accessed by phone or computer. Topics include art, zoology, music, meditation, and more • Free
USC-VHH Adult Wellness: Get Up and Go Classes 818-790-7100	<ul style="list-style-type: none"> • The Get Up and Go series is specifically designed for adults of all fitness levels to improve strength, balance, coordination, and mobility. • Exercise in a group. • Receive expert advice and instruction. 	<ul style="list-style-type: none"> • \$12/class or \$88/8-classes
Alzheimer's Association https://www.alz.org/ 1-800-272-3900	<ul style="list-style-type: none"> • Specialists and master's-level clinicians offer confidential support and information to people living with dementia, 	<ul style="list-style-type: none"> • Services are free

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<p>Ways you can connect with Alzheimer’s Association Helpline:</p> <p>1. Call the 24/7, 365 days a year helpline 1-800-272-3900. Dial 711 to connect with a TRS operator.</p> <p>2. Use this form to communicate and request help. They will respond within 24 hours.</p>	<p>caregivers, families and the public.</p> <ul style="list-style-type: none"> Investing over \$320 million in over 950 active best-of-field projects in 45 countries. For more information on the association’s research see Research and Progress 	
<p>Parkinson’s Community Los Angeles PCLA - Supporting LA’s Parkinson’sCommunity</p> <p>310-880-3143 Info@pcla.org</p> <p>*Will respond within 24-48 hours, Monday-Friday</p>	<ul style="list-style-type: none"> Referral to exercise classes, physical & speech therapy for PD, caregiver support, attendance care services, and more. Mobility equipment gifting program - maintains inventory of gently used mobility equipment. Transportation program - \$100 gift card for Uber* for transportation to medical, therapeutic, & wellness appointments. LA County residents only. Only 1 person per household may apply. *Not accepting applications at this time. 	<ul style="list-style-type: none"> Free service Support groups in English and Spanish