

USC Verdugo Hills Hospital

Keck Medicine of USC



Brain Health

What is brain health? It refers to how well a person's brain functions across several areas.

- **Cognitive health** — how well you think, learn, and remember
- **Emotional function** — how well you interpret and respond to emotions
- **Motor function** — how well you make and control movements, including balance
- **Tactile function** — how well you feel and respond to sensations of touch, including pressure, pain, and temperature
- **Sensory function** — how well you see, hear, taste, and detect odors

What affects brain health?

Brain health is affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury, mood disorders such as depression, substance use disorder, or addiction; and diseases such as Alzheimer's and related dementias.

Genetic, environmental, and lifestyle factors may contribute to a decline in thinking skills and the ability to perform everyday tasks. Although genetic factors cannot be controlled, many environmental and lifestyle factors can be changed or managed.

How to help your cognitive health?

- Take care of your physical health.
- Manage high blood pressure to reduce risk of mild cognitive impairment.
- Understand medication and the effects on the brain. Talk to your doctor or pharmacist.
- Eat healthy foods. Control portion size. Drink lots of water.
- Be physically active, exercise, and do household chores.
- Stay socially active. Connect with others. Volunteer.

(Source: NIH National Institute on Aging)

Brain Health Resources

Medication Education:

MedlinePlus

A website that gives information on medication doses, side effects, and special precautions.
<https://medlineplus.gov/druginformation.html>

Nutritional Information:

Healthy Eating, Nutrition, and Diet

The National Institute on Aging provides information on meal planning, nutritional awareness, and healthy eating.
<https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet>

The **USC VHH Community Resource Center for Aging** can help, contact us at **818-949-4033** or **aging-resources@med.usc.edu**.

To learn more, visit: **uscvhh.org**

Brain Health Resources

Physical Health:

USC Verdugo Hills Hospital Physical Medicine and Rehabilitation

<https://uscvhh.org/hospital-services/physical-medicine-and-rehabilitation>
(818) 790– 0123

Fall Proof Class (weekly)

Improve balance, mobility, & posture
Free screening — Cost is \$10/ class

Get Up and Go Class (2x weekly)

Improve strength, balance, coordination, & mobility.
Cost is \$12/ class.

SilverSneakers

Online classes and gym memberships available at no cost for adults 65+ through select Medicare plans. silversneakers.com
(877) 871–7020

YMCA of the Foothills

Provides a catalog of different classes and social events in the community.
<https://www.ymcafoothills.org/seniors>
(818) 273-8829

AARP Soul Steppers Walking Group

local.aarp.org/aarp-events/
(866) 747-7512 | (877) 342-2277 (Spanish)

Educational and Social Activities:

USC VHH Doc Talk

Monthly lecture held in-person and online at the YMCA Crescenta-Canada. RSVP (818) 952-2228

USC VHH Solo Aging Group

Meets monthly at Glendale Central Library
1st Monday of the month | (818) 949-4033

Community Center of La Canada Flintridge

<https://cclcf/senior/> | (818) 790-4353

Glendale Community College: Lifelong Learning

Offers free college classes for seniors. Classes are held throughout the community as well.
Lifelong Learning | (818) 240-1000

Pasadena Village

pasadenavillage.org/ | (626) 765-6037

Early Stage Dementia Resources

Alzheimer's Disease Research Center at USC

adrc.usc.edu | (323) 442 –7600

USC Family Caregiver Support Center

fcsc.usc.edu | (800) 540 – 4442

Alzheimer's LA

alzeimersla.org | (844) 435-7259

Alzheimer's Association

24/7 Helpline: (800) 272-3900

Parkinson's Community Los Angeles

pcla.org | (310) 871-3105

NOTE: This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.