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BOZZ

February 2020



PREVENTING ALZHEIMER'S DISEASE-What do we know?

Alzheimer's disease is the most common cause of dementia accounting for 60 to 80 percent of dementia cases. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. Alzheimer's disease begins slowly. It first involves the parts of the brain that control thought, memory and language. People may have trouble remembering things that happened recently or names of people they know. Over time, symptoms get worse and people may not recognize family members or have trouble speaking, reading or writing. Alzheimer's disease usually impacts individuals age 65 or older, but can impact people a lot younger. The risk goes up as people age. Your risk may also be higher if a family member has had the disease.

Although scientists have conducted many studies, and more are ongoing, so far nothing has been proven to prevent or delay dementia caused by Alzheimer's disease. However, researchers have identified promising strategies and are learning more about what might work. A nutritious diet, physical activity, social engagement and mentally stimulating pursuits have all been associated with helping people stay healthy as they age. These factors might also help reduce the risk of cognitive decline and Alzheimer's disease.

Nutritious Diet: Can a certain diet or specific foods help prevent Alzheimer's disease? There is not enough evidence that a certain diet will prevent Alzheimer's disease, but one diet that shows some promising evidence is called the Mediterranean diet. This diet emphasizes fruits, vegetables, whole grains, legumes, fish and other seafood and unsaturated fats such as olive oils. It also recommends low amounts of red meat, eggs and sweets. For more information, read [What Do We Know About Diet and Prevention of Alzheimer's Disease?](#)

Physical Activity: Physical activity reduces the risk of chronic conditions like depression, diabetes and high blood pressure. It also helps to reduce falls, maintain mobility and retain independence. Years of studies suggest the possible benefits of exercise for the brain. One study, "Physical Exercise as a Preventive or Disease-Modifying Treatment of Dementia and Brain Aging" found that aerobic exercise, like walking, is associated with a reduced risk of cognitive impairment and dementia.

Social Engagement: Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in the community, may help to maintain a healthy well-being attitude. Research tells us that people who are socially engaged:

- Are less likely to develop certain diseases;
- Have a longer lifespan;
- Are happier and less depressed;
- Are better prepared to deal with loss and
- May be able to improve their thinking skills.



Mentally Stimulating Pursuits: Cognitive training involves structured activities designed to enhance memory, improve reasoning and speed of processing. In a National Institute on Aging sponsored trial called "[Advanced Cognitive Training for Independent and Vital Elderly](#)," healthy adults age 65 and older participated in 10 sessions of memory, reasoning and speed of processing training for 5 to 6 weeks. The sessions improved mental skills in areas trained and the improvements persisted for years. Ten years later, the same participants reported greater independence in performing daily activities. Mentally stimulating activities may delay the onset of Alzheimer's symptoms.

What is the bottom line on Alzheimer's prevention? Alzheimer's disease is complex, and the best strategy to prevent it or delay it may turn out to be a combination of methods for you. In the meantime, you can do many things to keep your brain healthy and body fit. For more information, go to the [Alzheimer's Association](#) web page. BeeFit also invites you to attend the Alzheimer's Association lunch-and-learn on February 26. See second page of the Buzz for more information.

FEBRUARY HAPPENINGS

Healthy Living for Your Brain and Body Lunch-and-Learn

Presented by
the Alzheimer's Association of Greater Missouri Chapter

Attendees will learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use of hands-on tools to help you incorporate these tips into a plan for healthy aging.

Date: Wednesday, February 26

Time: 12-1 p.m.

Location: Office of Financial Empowerment, City Hall, Rm. 220

Sign-up is not required but please contact BeeFit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849 if you plan to attend.

2020 Fitness Center Challenge

Make your fitness resolution a reality this New Year!

Exercise at least two (2) times per week for a minimum of fifteen (15) minutes each time in one of the City's Fitness Centers:

- **Carnahan Courthouse Fitness Center:**
1114 Market St., Room 770, St. Louis, MO 63101
- **1520 Market Fitness Center:**
1520 Market Building, Room 286B, St. Louis, MO 63103
- **City Justice Center Fitness Center:**
200 S Tucker Blvd., St. Louis, MO 63102*
- **Medium Security Institution Fitness Center:**
7600 Hall St., St. Louis, MO 63147*

*Fitness Center usage is limited to employees at these worksites only.

Starts: February 10

Ends: March 27

Prize: Specially designed Fitness Center T-shirt

Participants must:

1. Exercise at a City Fitness Center from February 10-March 27.
2. Exercise six (6) weeks of the seven (7) week program.
3. Exercise a minimum of two (2) days per week.
4. Exercise a minimum of fifteen (15) minutes per day.
5. Sign-in and sign-out each time you exercise on the log provided at Fitness Centers.

Sign up today! Contact BeeFit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849.

You must be a member of the City Fitness Center to participate in this program. To join, contact Cathy Hargrove.

Have You Downloaded Engage?

Engage is an Anthem mobile app that includes tools and information you need to make the most of your medical benefits and improve your overall well-being. With the Engage app you can access:

- Your benefit information;
- Your Anthem ID card;
- The quality and cost of doctors, hospitals, laboratory and surgical procedures;
- Health and wellness tools and more.

When you download the Engage app, you'll also get more powerful tools at your fingertips, including:

• **Anthem Health Guide**

This is an improved customer service program that helps you stay involved in your health. You can access the care that's right for you and get more value from your benefits. The live Anthem Health Guide is available to help you 24 hours a day, seven days a week by calling 844-404-2102. To access an Anthem Health Guide, simply open your Engage app, select the Benefits tab at the bottom of the screen and scroll down to select Anthem Health Guide.

• **Access LiveHealth Online**

You will be able to visit with a doctor on your smartphone, tablet or computer.

• **Well-Being Coach**

Provides motivation and support to you in making meaningful health changes.

• **MyStrength**

Provides ideas and programs to support your emotional health and well-being.

To download the Engage app:

1. On your Apple device, open App Store. On your Android device, open Play Store.
2. Enter Engage into the search bar and select Download.
3. Once downloaded, the Engage logo will appear on your device.

It's that easy! Download Engage today.



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare