



Greetings IAH Members:



Aging often comes with some changes to learning, memory and overall cognitive health. But just like with your physical health, you can give the mind a workout to help mitigate the effects of aging on your brain.

Here are seven techniques to bolster brain connections and exercise your mind to help keep it working at its maximum ability:

1. Move Your Body

Staying active improves blood flow to the brain which supports healthy brain cells. As we age, an area of the brain called the hippocampus often shrinks. Research has found a strong link between exercise and retention of the size of the left side of a person's hippocampus, where verbal memories are coded.

Work with your doctor or a physical therapist to determine the exact amount and type of exercise that's best for you.

2. Keep Learning New Things

*Learning new skills and knowledge helps to promote brain plasticity and cognitive function. A 2020 study in the *Journals of Gerontology* found that older adults ages 58 to 86 who learned multiple new skills for three months scored higher on cognitive assessments just a month and a half into the trial as they did beforehand. Study participants learned creative new hobbies like drawing, dancing and a new language.*

3. Eat for Brain Health

There is no single almighty brain food that can ensure a sharp brain as we age. The most important strategy is to follow a healthy dietary pattern that includes a lot of fruits, vegetables, legumes, and whole grains. Try to get protein from plant sources and choose healthy fats such

legumes, and whole grains. Try to get protein from plant sources and choose healthy fats, such as olive oil or canola, rather than saturated fats.

Fatty fish like salmon, trout, albacore tuna, herring, and sardines are a rich source of omega-3 fatty acids, a major building block of the brain.

Cut back on foods and drinks that are high in sugar and avoid the sugar rush might lead to brain fog and fatigue.

4. Make and Maintain Social Connections - You don't have to go further than I'On At Home!
We're here for you, so sign up and join your friends at the latest IAH events and programs.

And nothing beats being an IAH Volunteer as way to make new friends.

5. Play Mind Games

Participating in mental activities such as chess, bridge or crossword or jigsaw puzzles can help keep the brain sharp, according to the Cleveland Clinic, and — bonus! — involve some social interaction, too.

6. Focus on Lowering Stress

Negative effects of chronic stress have been linked to advanced aging of both the brain and the body. Get a hold of stress by first connecting with yourself on a regular basis to discover when you are feeling stressed.

Focus on taking a few deep inhales and exhailes, listening to your favorite songs or taking a quiet walk. Keeping a journal can help relieve stress and anxiety, especially if you focus on the positive. Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.

7. Get Some Rest

Quality sleep is important to brain function. It helps nerve cells communicate and maintains the pathways that help facilitate learning. Aim for seven to eight hours a night. Sleeping less or more than that is associated with poor cognitive function. Avoid caffeine too late in the day, minimize your screen time before bed and keep your bedroom temperature cool.

And remember...Humor is the Sunshine of the Mind!

Here's what's happening in July:

Sunday July 18th 4:00PM to 5:30PM
Bocce & Booze



Come play the ancient game of Bocce. There's a



Come play the ancient game of Bocce. There's a reason the game has endured for centuries. It's easy and fun. We'll meet on the Bocce court in Avant Garden on the corner of Westlake and Latitude.

Bring your beverage of choice. No skill is required but a sense of humor helps!
Bocce Queen Kathy Coffman is in charge of this event.

Tuesday July 20th 7:30AM

IAH Hiking Group. / Meet at the I'On Square - corner of Civitas and N. Shelmore

Due to the summer heat and many of us taking advantage of being able to travel again we will walk in the neighborhood during the summer months. If we have an unexpected cool morning we might walk to Waterfront Park and back.



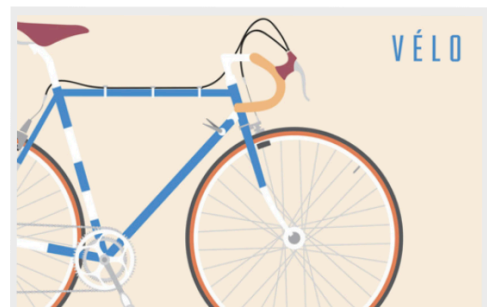
Keep up the pace with our event organizer Libby Eble.

IAH Biking Group / Every Thursday

July 22nd & 29th

from 8:00AM - 9:00AM

Hop on your bike and join our IAH biking group. Meet us at the I'On Club parking lot every Thursday morning for an hour ride. All levels are welcome. Please be sure to bring a helmet and water. We will be passing in and out of I'On so participants can stop when they want.



Len Hanson keeps our Bike Group rolling!

The group will depart from the club promptly at 8AM.



Thursday July 22 at 5:00PM - 6:00PM
IAH Happy Hour at Community Table



Grab a cool drink, some delicious appetizers and celebrate with your fellow IAH members at Community Table. We'll be celebrating indoors.



Cha Ching...Happy Hour pricing on wine and appetizers

Cheers to Peggy Watt for putting this together!



Friday July 23 at 5:00PM - 6:30PM

Cocktails and Conversations is a great way for members, especially if you are new to IAH, to meet others in the IAH community.

Groups of six or eight people meet for cocktails outdoors on a member's porch or patio. Everyone brings their own drinks and snacks. Seating is arranged to allow for social distancing. It's an enjoyable way to meet new people and enjoy lively conversation. Please go to the IAH Website and register by Thurs 5pm, the evening before the event to allow for logistical organization.

If you are willing to host future get togethers, please indicate that in the comments box, as well as whether you can accommodate six or eight people with appropriate social distancing.

All registered participants will be contacted, by the morning of event, regarding location.

Kathie Haas and Mary Kaplan co-host this event.

Tuesday July 27th at 7:00PM to 8:00 PM
SKID ROW MARATHON

When Craig Mitchell, a criminal court judge, starts a running club on LA's notorious skid row and begins training a motley group of addicts and criminals to run marathons, lives begin to change.



SKID ROW MARATHON follows four runners as they rise from the mean streets of LA to run marathons around the world, fighting the pull of homelessness and addiction at every turn.

Their story is one of hope, friendship, and dignity.

Participants are invited to watch this documentary, Available on Amazon Prime and Apple TV, prior to July 27, and join a Zoom discussion at 7:00pm.

Kate Hardie, an LA attorney who has tried cases before Judge Mitchell, is invited to join our Zoom meeting.



A Zoom meeting invitation will be sent to participants before the call.

Bob Hardie is the producer of this event and yes...also the proud dad of the LA attorney!

Wednesday July 28th at 4:00PM to 6:00 PM
Afternoon Dolphin Sail aboard the Schooner Pride



Join us for a lovely afternoon dolphin sail around the harbor on the Charleston's only

3-mast tall ship. The Schooner Pride is modeled after an 18th century coastal trading schooner and is owned by IAH members Bob and Lucy Scribner's company, Charleston Tours & Events.

This sailing is open to the public, so make your reservations as soon as possible. You may bring guests. Go to the IAH website to register and then call CHS Harbor Tours for tickets at 843-722-1112. Use the I'On promo code for a discounted price. Tickets are nonrefundable.

Meeting location: The Schooner Pride is docked at the Aquarium Wharf at 360 Concord Street. Please check in 10-15 minutes prior to cruise time.

Parking: The best option is the parking deck adjacent to the Aquarium. There are also metered spaces along Concord and Charlotte Streets.

For additional information please visit the website:

<https://Charlestonharbortours.com>

Peggy Watt is Captain of this event!

CLICK HERE to go to the IAH Website and *signup for these and other events and programs.*

*We're always searching for new subjects and activities that interest you.
Please email your ideas to Joe and Peggy, your IAH Programs co-chairs.*

We look forward to seeing you soon!

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A community of friends enjoying enriched, vibrant and independent lives together.

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