



This year i will...

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

Dear IAH Members,

*“Now is the accepted time to make your regular annual good resolutions.
Next week you can begin paving hell with them as usual.”*

Well that was our beloved old friend Mark Twain. But at this time of year most of us review our habits and resolve to change to become better and happier people.

Here are a couple of suggestions to help kick off the year in the right direction:

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 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.

5. Become a volunteer

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

6. Play Mind Games

According to the Cleveland Clinic, participating in mental activities such as chess, bridge, Wordle, crossword or jigsaw puzzles can help keep your brain sharp. And playing games like "Words with Friends" with friends and family improves social interaction. Just don't take it too seriously!

7. 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.

8. 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!

Below find a sample of upcoming activities that are available to you.

Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.

We look forward to seeing you.

JANUARY 2024



FREE

MEN'S BOCCE

MON 01 / 08 / 2024 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
08



FREE

PUBLIC AFFAIRS PANEL DISCUSSION

WED 01 / 10 / 2024 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
10



\$60.00

KICK THE WINTER DOLDRUMS BY JOINING YOUR IAH FRIENDS FOR A 3 COURSE RESTAURANT WEEK DINNER AT SNOB

SUN 01 / 14 / 2024 AT 5:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday
14



FREE

BOARD MEETING

MON 01 / 15 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday
15



HAPPY HOUR AT COMMUNITY TABLE

TUE 01 / 16 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday
16



\$10.00

MUST DO: TOMMY DEW HISTORIC CHARLESTON WALKING TOUR

WED 01 / 17 / 2024 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
17



FREE

DRIVEWAY DRINKS

THU 01 / 18 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
18



FREE

FRED'S FILM FORUM: THE LIVES OF OTHERS

MON 01 / 22 / 2024 AT 7:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
22



FREE

BROS N' BREWS AT COMMUNITY TABLE

WED 01 / 24 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

24



\$69.00

A CHOICES EVENT - LET'S COOK A HEARTY WINTER SOUP!

THU 01 / 25 / 2024 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

25



FREE

ORGAN RECITAL AT GRACE CHURCH

TUE 01 / 30 / 2024 AT 2:45 PM

I'On At Home Event

Open to all

RSVP required

Tuesday

30

FEBRUARY 2024



FREE

THE BEST PARENT / GRANDPARENT AWARD GOES TO: ALL WHO ATTEND THE HOMEMADE VALENTINE'S MAKING PARTY! NO SKILL OR TALENT IS NEEDED!

THU 02 / 01 / 2024 AT 3:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday

01



FREE

GREAT DECISIONS DISCUSSION GROUP - MIDEAST REALIGNMENT

MON 02 / 05 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday
05



FREE

LETS HUDDLE FOR A SUPER BOWL POT LUCK PARTY

SUN 02 / 11 / 2024 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Sunday
11



FREE

COME CELEBRATE GALENTINE'S DAY!

TUE 02 / 13 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday
13



FREE

BOARD MEETING

MON 02 / 19 / 2024 AT 3:30 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Monday
19



HAPPY HOUR AT COMMUNITY TABLE

TUE 02 / 20 / 2024 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday
20



FREE

COCKTAILS AND CONVERSATION

THU 02 / 22 / 2024 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Thursday
22



BROS N' BREWS AT COMMUNITY TABLE

WED 02 / 28 / 2024 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday
28



***CLICK HERE to see the latest information on
upcoming IAH events and programs.***