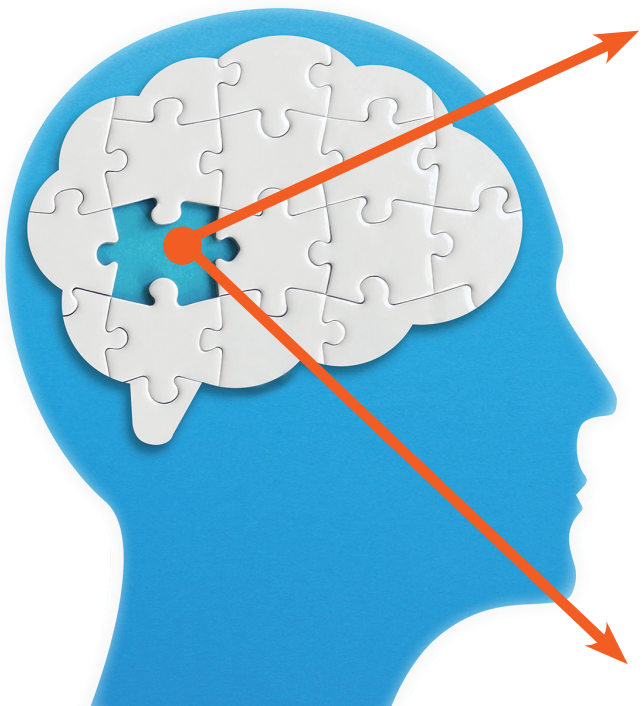


# Forget Crosswords: The Surprising Truth About Keeping Seniors Sharp!

Most people think brain games and puzzles are the key to keeping the mind sharp.  
**But here's what's shocking... mental stimulation alone isn't enough!**

The latest research shows that social engagement, movement, and purpose are just as critical – if not more – when it comes to brain health in seniors.

## The Secret Formula for a Sharp Mind



### **Keep Moving!**

Regular movement increases blood flow to the brain, improving memory and focus. Even short walks make a difference!

### **Stay Social!**

Isolation speeds up cognitive decline. Daily conversations, laughter, and activities with others keep the mind engaged.

### **Find Purpose!**

Volunteering or creative hobbies activate brain pathways that prevent cognitive decline.

### **Fuel the Brain!**

A diet rich in omega-3s, antioxidants, and hydration supports memory and mental clarity.

### **Reduce Stress!**

Chronic stress affects the brain. Mindfulness, music, and enjoyable activities help protect cognition.

## Home Care: The Perfect Ingredient for a Sharper Mind!

**Many seniors struggle to stay active, social, and engaged due to mobility issues, memory loss, or lack of companionship. Home care makes all the difference!**



- ✓ Encouraging daily movement & safe exercises.
- ✓ Providing meaningful conversation & companionship.
- ✓ Engaging seniors in hobbies & purpose-driven activities.
- ✓ Supporting a brain-healthy diet & hydration.
- ✓ Reducing stress by creating a calm, structured routine.

**A sharp mind starts with consistent daily engagement.**

**Call today to learn more!**



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Home Care

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