

BRAIN HEALTH BOOST-A WEEK IN REVIEW

Mother's Day, Brain Health and the Other Health Crisis-Brain Illness



This Mother's Day share the gift of brain health with the women who have made an impact on your life. Join the Brain Health Initiative as we stand up for your brain health and the brain health of those you care for, and fight against brain illness. Here we are in the midst of doing everything we can to prepare for, respond to and recover from COVID-19. Concurrently, we *must* do the same and stand up and fight against brain illness, like dementia. In honor of the more than 3million extraordinary, strong, passionate, loving and brilliant women in the United States living with Alzheimer's disease, and their families and caregivers, we say Happy Mother's Day with gratitude.

Brain illness, like dementia, is the nation's largest under-recognized public health crisis. Even during COVID-19 it is imperative that we continue to promote and protect brain health and fight brain illness. Remember, women's health includes brain health. Brain illness, like dementia and depression, disproportionately impacts women. Women need to take proactive steps to protect their brain health. It is never too early and never too late to understand the protective factors of brain health and the risk factors of brain illness. Brain health belongs at the forefront of health, not an afterthought when symptoms present. Therefore, you must be an empowered and knowledgeable champion of your own brain health, of those you love, and of the brain health of our community. Begin by understanding the power of living a brain healthy lifestyle.

**Join the brain health movement,
because brain health matters and lifestyle makes a difference.**

WHAT YOU CAN DO TODAY TO PROTECT YOUR BRAIN HEALTH

This Mother's Day, give the gift of brain health.

- Pick a few of your favorite [**BRAIN HEALTH BOOSTS!**](#) and share with the women who have made a difference in your life.
- Print the [**BHI Pillars of Brain Health Poster**](#) and place on the refrigerator of all you care for as a reminder that Brain Health Matters and Lifestyle Makes a Difference.
- [**Listen to some songs honoring moms and women:**](#) BHI Playlist 6
- Watch a film that celebrates moms of all kind (e.g., Mrs. Doubtfire, Divine Secrets of Ya Ya Sisterhood, Stepmom, Forrest Gump, Little Women).



The Week in Review (May 4-May 9)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

- **Brain Health Boost posts:** brainhealthinitiative.org/brain-health/brain-boosts/
- **Brain Health Boost Facebook events:** www.facebook.com/LakewoodRanch
- **Brain Health Boost Lakewood Ranch sponsored events:** mylwr.com/

Monday

- **Brain Health Boost:** [Part 2: Brain Development Matters Even During COVID-19](#)

Tuesday

- **Brain Health Boost:** [Protecting Brain Health-Dealing with the Grief of What is Still to Come](#)

Wednesday

- **Brain Health Boost:** [Brain Healthy Lifestyle: Creativity and Creating Your Living Message](#)
- **Brain Health Boost:** 11am, Harvard T. H. Chan School of Public Health: [Self-compassion in the time of COVID-19](#), Dr. Karestan Koenen, Professor, Harvard T. H. Chan School of Public Health. This forum is for anyone interested in learning about self-compassion as a resource for managing stress during this pandemic. Self-compassion is an important inner resource for getting through tough times. This webinar will briefly describe what self-compassion is, summarize the research, and offer guidelines and practical skills for integrating self-compassion into your daily life, especially for persons who are sheltering in place.

Thursday

- **Brain Health Boost:** [Brain Health Requires Caring for Mind, Body and Soul During COVID-19 and Beyond](#)
- **Brain Health Boost:** COVID-19 Webinar, May 7, 4 pm EST: [Supporting College Student Mental Health During COVID-19](#), Dr. Caitlin Nevins, director of psychological services for McLean's College Mental Health Program. Join Dr. Caitlin as she discusses considerations for students and families during this time, the impact of student identities, strategies to ease student transitions into at-home education, and ways to maintain their mental health and well-being.

Friday

- **Brain Health Boost:** Brain Health Music and Film-Celebrating mothers and women



Listen to the [BHI Playlist](#) with songs that celebrate moms and women.

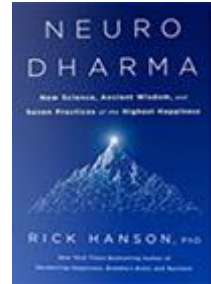
ONGOING EVENTS



- [Art Works Anywhere](#), sponsored by Van Wezel
Van Wezel Professional Teaching Artists create simple, how-to videos. New videos are posted to the channel weekly. Whether it's for creative expression, or to support school-based learning online, #ArtworksAnywhere is a perfect way for families to engage and learn together.
- Every Tuesday at 10 am May 12
Brain Health Boost: 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- Tuesday 1pm, through May 12
Brain Health Boost: [Create for Care-Art Projects for Kids](#): hosted by Kori Clark Design, sponsored by Lakewood Ranch
- Consider placing a pick-up or delivery order from one of the [Lakewood Ranch Farmers' Market vendors](#) or visit the [farmers' market Pinterest](#) page for healthy recipe ideas.
- Every Wednesday at 7pm through May 13
Brain Health Boost: [Ranch Nites: Virtual Happy Hour](#)-Live stream performance by local musicians
- Every Thursday at 7 pm through May 14
Brain Health Boost: Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)
- Every Friday at 10 am through May 15
Brain Health Boost: Facebook live in partnership with Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#)

- Sun Coast ARTS Reach Task Force, local arts education experts created [daily arts-based learning activities](#). They are available free to families, teachers, and caregivers and a new calendar is launched every Friday.

- What is happening in the brain and body when we are as wise, strong, happy, and loving as any person can ever be? Find out in Neurodharma– the new book from Brain Health Initiative’s faculty Dr. Rick Hanson.



- [Listen](#) to the book trailer
- [Read](#) Excerpt 1 – Mind in Life (An overview of the book/path)

- **Changing Lives Together - CareLine**

It’s common to feel stressed or anxious during these challenging times. Many people are experiencing increased levels of stress, fear and anxiety. The need for social distancing makes it harder to access our normal social supports. Being in contact with people who can relate to your experiences is comforting. Centerstone’s CareLine can help you learn about coping skills, find resources, and feel supported. If you or someone you know needs to talk, the team at Centerstone is available to help: **Free and Confidential**

24/7 CareLine

941-782-4300

#CstoneNeverQuits

- **Tidewell Community Hope Line**

To help meet the emotional-health needs of the community during COVID-19, local hospice provider Tidewell Hospice is offering the Tidewell Community Hope Line. This is not a crisis hotline but a “hope” line for people who need help dealing with today’s challenges. The service is available 24/7 and is staffed by Tidewell grief specialists, social workers, and spiritual care advisors. The line can be reached at **855-930-HOPE (4673) or 941-556-HOPE (4673)**. (La Línea de Esperanza para La Comunidad esta disponible en Español.) Assistance is also available via email at communityhope@tidewell.org.

- Register online TODAY at www.CenterstoneLifeStory.org



- **Brain Health Boost:** Mindfulness programs for preschoolers and their caregivers are growing world-wide, and can be surprisingly effective. The practices just need to be adapted to young children’s hearts, minds, and bodies. Join Rick Hanson, Dan Siegel, Kristin Neff, Elisha Goldstein, Susan Pollak, Chris Willard, 20 other experts, and me exploring how to adapt mindfulness practices to the needs of preschoolers and their caregivers. This free online [Mindfulness for Preschoolers Summit](#) will replay from May 4 – 8 (Rick Hanson’s interview is on Monday, May 4). Sessions will be available free for 48

hours. And if you'd like to purchase anytime access, a donation in your name will be made to ABCs and Rice, a charity for underserved Cambodian children. Just [click here to register for free.](#)

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference. **To view all Brain Health Boosts [click here.](#)**