

# 2022 Forum on Aging in Rural Oregon



Presents

*Filling the Day with Meaning*

Speaker:

Rod Harwood, M.DIV., QMHP-C | Greater Oregon Behavioral Health, Inc.



OPAL Program  
(Oregon Psychiatric Access Line)  
OPAL-K for kids and OPAL-A for adults



# 2022 Forum on Aging in Rural Oregon



- Presentation slides will be posted shortly after the session at:  
<https://www.ohsu.edu/oregon-office-of-rural-health/forum-aging-rural-oregon>.
- If you'd like CEU credits for this session, please complete the survey that you will receive at the end of Forum, as well as the survey that will come to you in the app at the close of the session.

# 2022 Forum on Aging in Rural Oregon



To download Whova, our free event app:



1. Download the **Whova App**:  
Search "**Whova**" in the **App Store** on your iPhone or iPad, or in **Google Play** on your Android phone or tablet.
2. Search for "Forum on Aging in Rural Oregon".
3. Sign in with your email and this code: ForumonAging2022

# Filling the Day with Meaning

Supporting an older adult who you care  
for in filling their day with meaning

Rod Harwood, M.Div, MA, QMHP-C ,  
Greater Oregon Behavioral Health Inc.



BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH



BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH



*For more info visit:*  
**[oregonbhi.org](http://oregonbhi.org)**

**Why:** Older adults and persons with disabilities face unique barriers to having their needs met.

**What:** We are here to help improve the quality of life and systems of care for older adults and people with disabilities.

**Who:** 24 specialists that work throughout Oregon's 36 counties serving older adults in gaining better access to necessary behavioral health services.

**How:** Specialist conduct community education, workforce development trainings and complex consultations. We help engage and encourage collaboration with other agencies to improve outcomes for older adults.

# Filling the Day with Meaning

Description: This training explores factors that impact an older adult's ability to not only cope, but to thrive in the midst of life transitions. It will explore how paying attention to their overall wellbeing is vital to continue to fill their day with meaning.



# Filling the Day with Meaning



Objectives:



Understand how changes in daily routine and use of time impact a person's spiritual, emotional and physical health.



How to build a framework for providing a person-centered balance of activities that fill the day with meaning, enhancing their overall health and well being.

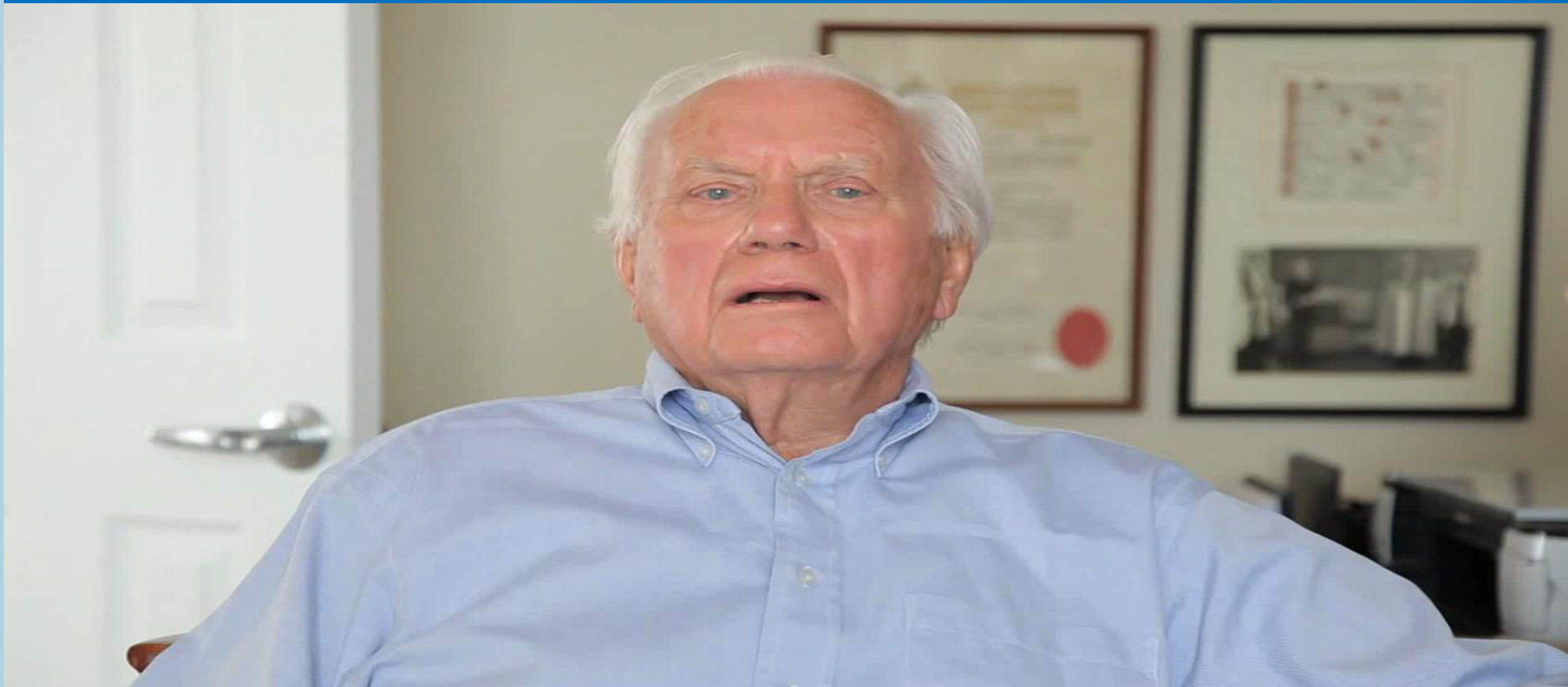


Learn about the Total Pain Model and the interrelationship between spiritual, social, emotional and physical pain.



Learn about the four dimensions of spiritual health and addressing the needs of the human spirit.

# Filling the Day with Meaning



# What does the older adult who you are caring for need to help fill their day with meaning?



# Challenges of life transitions of the older adult



# Daily Activities & Routines



# Some Signs of Older Adults not coping well



- Changes in routine – Hide or Seek
  - Isolation (Hide) and lack of interest in socializing
  - Hyper socialization (Seek) – demand greater attention
- Losing track of dates and times or when activities take place
- Memory and cognition problems
- Going through prescriptions more quickly

# Primitive Brain

Rhythm

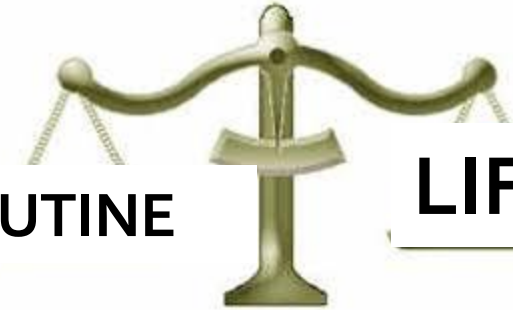
ROUTINE

LIFE

Routine

Routine

Transition





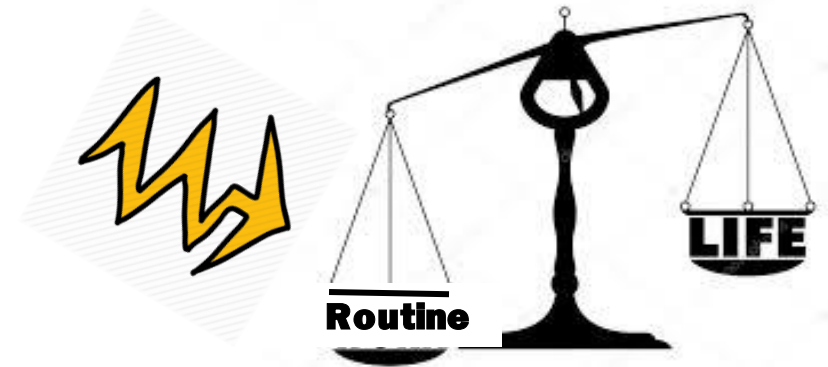
## Normal Functions of Primitive Brain

**Takes care of the autonomic body functions**

- **The Heart**
  - ✓ If it notices you are more active, it gets more active.
  - ✓ If you slow down, it slows down.
- **Notices you are getting low on fuel**  
Signals that you are hungry or thirsty
- **Movement from space to space**  
Signals (cues) certain activities

# Experiencing a Loss of Daily Routine

**Primitive Brain is having a hard time**



- **Disruption of routine  
throwing it off balance**
- **Forcing it to work harder**



## Effects of Life Transitions on Older Adults

*Mar 2021, Merick Manual*

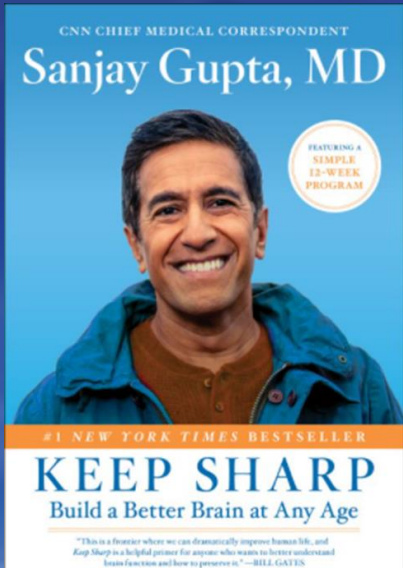
**Retirement** is often the first major transition faced by older adults.

- Effects on physical and mental health
- About one third of retirees have difficulty adjusting to certain aspects of retirement

**One Definition:** withdrawal from one's position or occupation or from active working life



**Retirement**  
NEXT EXIT ↗



“Staying engaged in a job, especially one that’s satisfying, tends to keep people physically active, socially connected, and mentally challenged --- all things known to protect cognition.” Sanjay Gupta, MD

**Keep Sharp – Build a Better Brain at Any Age**

## Effects of Life Transitions on Older Adults

*Mar 2021, Merick Manual*

### **Relocation may occur several times during old age**

- May become socially isolated, poor, and depressed.
- Men respond less well than women.
- The less control people perceive they have over the move and the less predictable the new environment seems, the greater the stress of relocation.
- People should become acquainted with the new setting well in advance.

## Effects of Life Transitions on Older Adults

*Mar 2021, Merick Manual*

**Bereavement** affects many aspects of an older person's life.

- Social interaction and companionship decrease, and social status may change.
- The death of a spouse affects men and women differently.

# Loss & Bereavement

“In the first six months after the loss of a spouse, widows and widowers are at a 41 percent increased risk of mortality.”

Sanjay Gupta, MD

Keep Sharp – Build a Better Brain at Any Age



# Four Categories of Activities

- Productive Activities
- Leisure Activities
- Self Care & Wellness Activities
- Rest & Restorative Care

Positive  
Approach<sup>®</sup>  
to Care

[Teepasnow.com](http://Teepasnow.com)

A Balance of:



## Productive Activities

- Give a sense of value
- What I do matters to someone else
- I am still here for a reason
- Give a sense of purpose

# A Balance of:



## Leisure Activities

- Having fun & Interacting
- Enjoy the engagement of others
- Gives me something that brings a smile to my face
- Makes you feel good and gives you joy
- Bumps your energy level
- Pleasurable in and of itself
- Passive – absorbing it
- Active – doing something
- Need to have some of each

# A Balance of: Self Care & Wellness Activities:



Personal Care of Body and Brain

Wellness, Health, Personal Care

Maintaining the Space we live in

# A Balance of:

## Self Care & Wellness Activities:

- Self-Care – Taking care of body, brain, the place or space we live in
- Transportation
- WALKING – GETTING IN AND OUT OF CHAIRS
- EATING BATHING AND SHOWERING
- TOILETING GROOMING
- EXERCISE
- BODY AND BRAIN – STIMULATE BRAIN
- MAINTAINING THE SPACE WE LIVE IN
- MANAGING MONEY



# A Balance of:

## Rest & Restorative Care:

Sleep, rest, regenerative activities

Re-energize and restore spirit

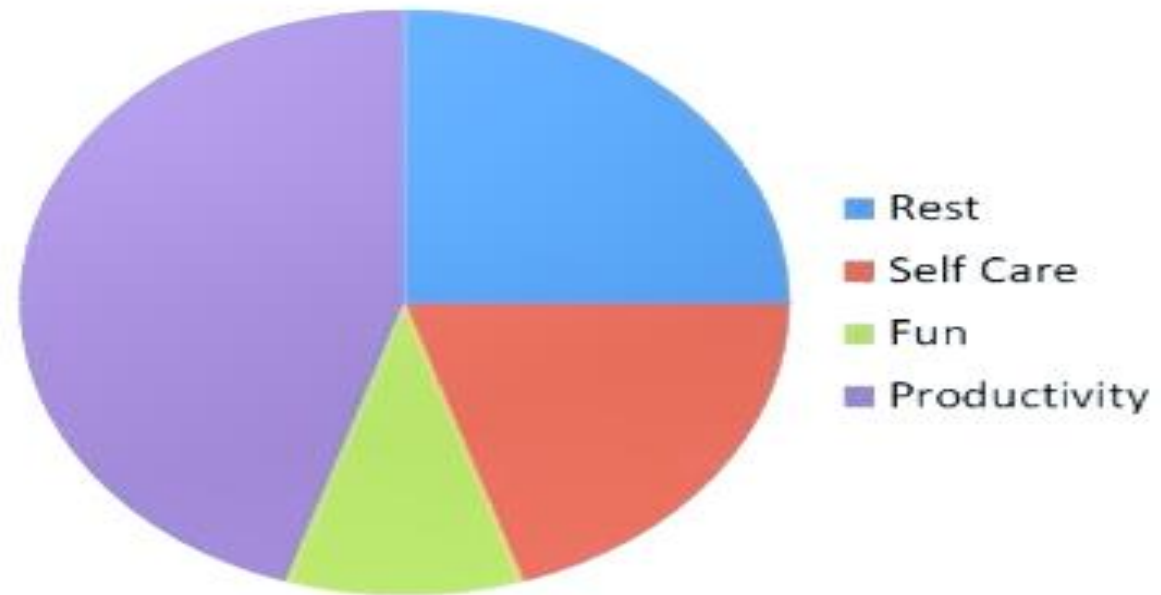


# Us

How do you fill  
your day?

- Rest
- Self Care
- Fun/enjoyment
- Productivity

My Day

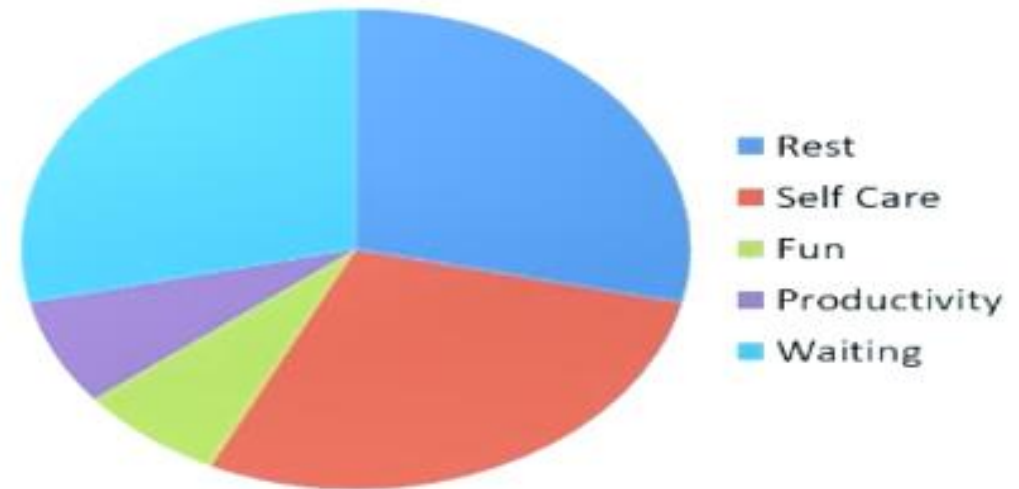


# Person you are care partnering with

How do they fill their day?

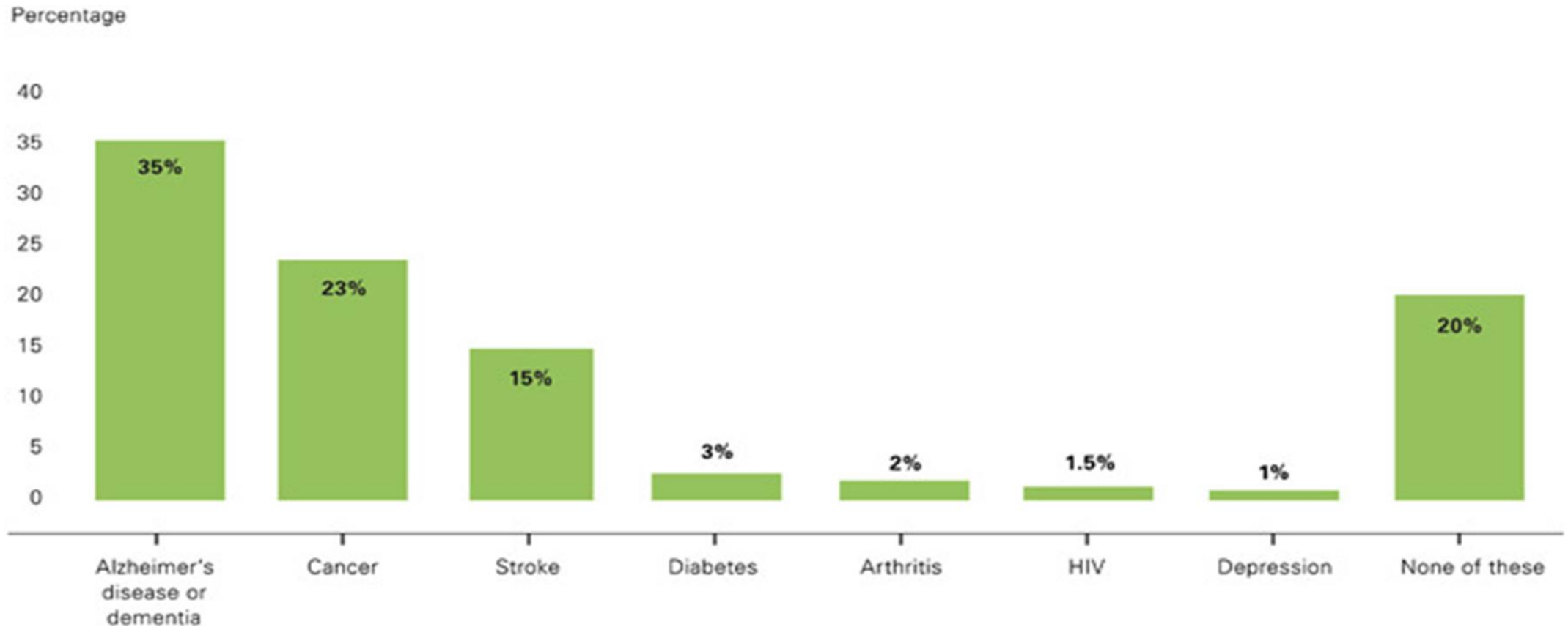
- **Rest**
- **Self Care**
- **Fun/enjoyment**
- **Productivity**
- **Waiting**

Their Day



How are they spending their day?

# People aged 60 years and older – Alzheimer's feared more than other chronic conditions



*YouGov survey: Sample targets for this August 2013*

# Five Pillars of Brain Health

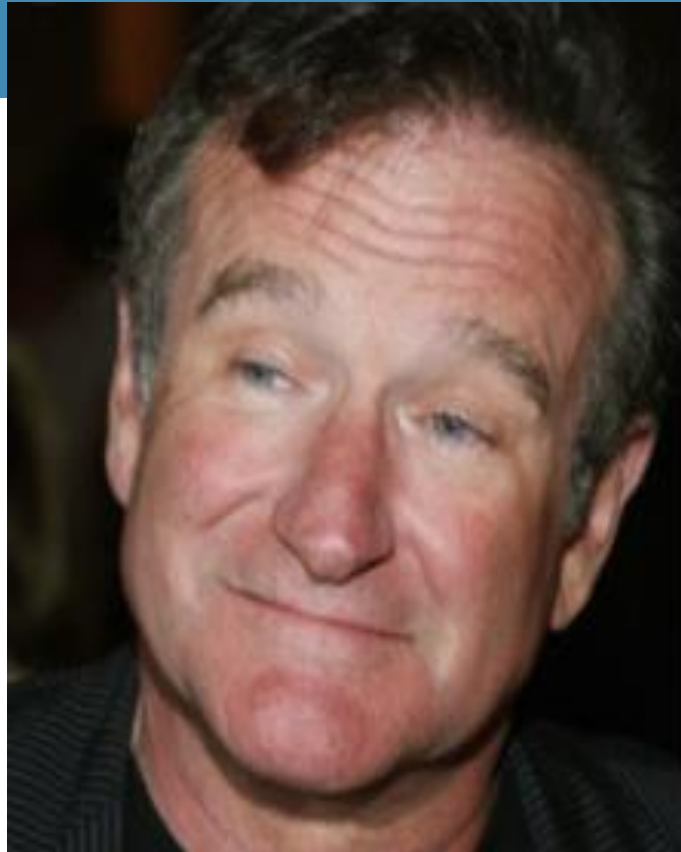
## 'Keep Sharp' by Sanjay Gupta



1. **Move** - *walk for 5 minutes for every 60 minutes of sitting, least 150 minutes a week*
2. **Discover** - *learn new skills, find your purpose in life, delay retirement and stay engaged*
3. **Nourish** - *Aim for seven different-colored foods every day*
4. **Connect** - *Have a diverse social network, participate in meaningful social activities centered around some challenges, enjoy close ties to friends and family and take a walk with a friend*
5. **Sleep & Relax** - *Sleep for at least 7 hour nightly, decrease screen time; avoid screens for a few hours before bedtime, don't multitask, meditate daily, volunteer in the community and declutter the space around you*

# Filling our days with Meaning

The basic need of the Human Spirit



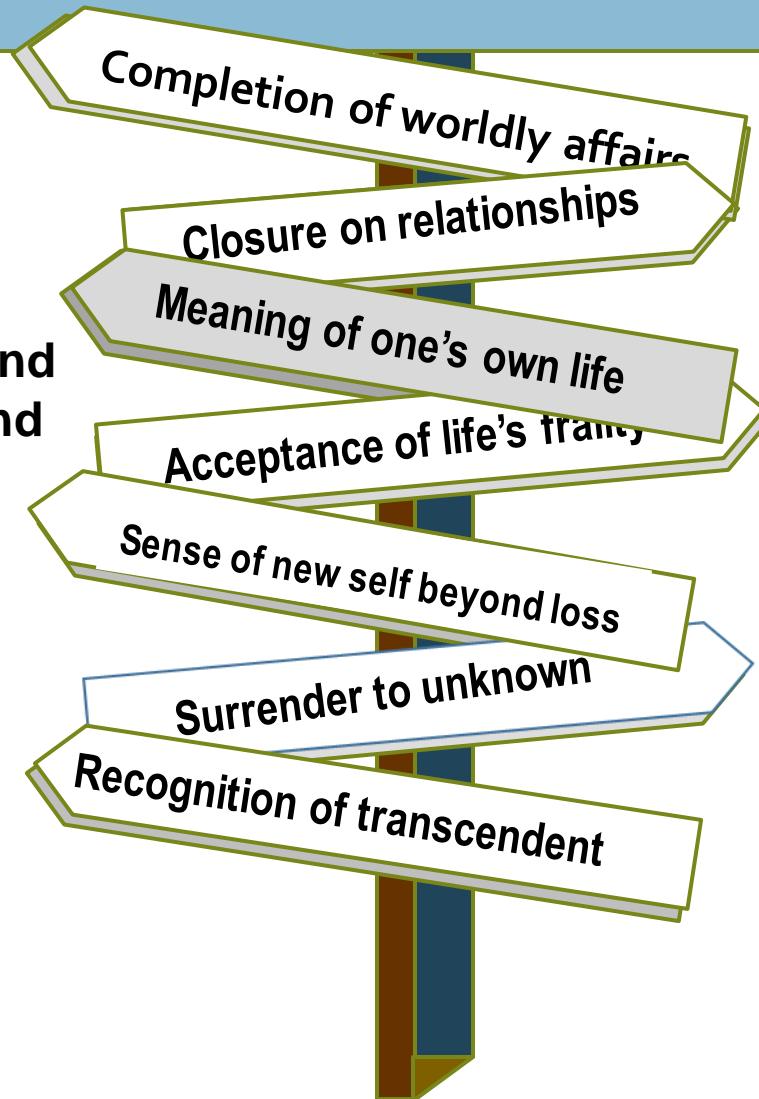
The human spirit is more powerful than any drug - and that is what needs to be nourished: with work, play, friendship, family. These are the things that matter.

— Robin Williams —

# End of Life Landmarks

**Byock I., The Nature of Suffering and the Nature of Opportunity at the End of Life,**

Clinics in Geriatric Medicine, Vol.12, No.2, pp 237-251, May 1996.

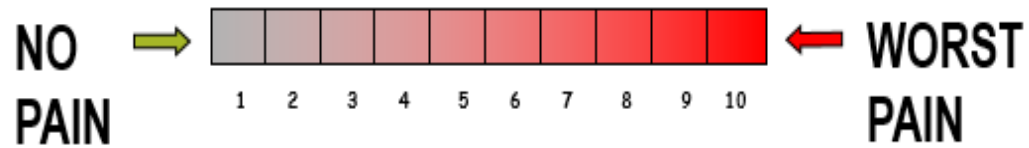




Death The Trip of a Lifetime – Ed Decker

# PHYSICAL PAIN SCALE

## VISUAL ANALOG SCALE



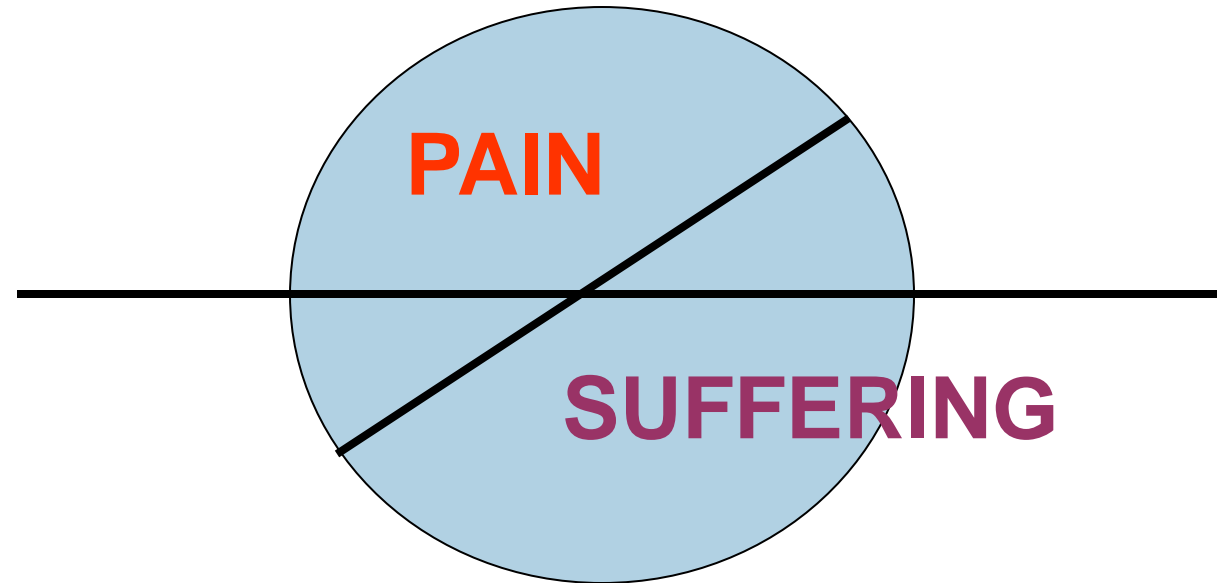
# EMOTIONAL PAIN SCALE

## HAPPY FACE - SAD FACE



# MEDICAL MODEL

**Responsive to interventions of the medical model**



**Unresponsive to interventions of the medical model**



Cecily Saunders

# Total Pain

## Clinical Care Research

### 1. LISTENING TO PATIENT NARRATIVE

*“The pain seemed to go away just by talking.”*

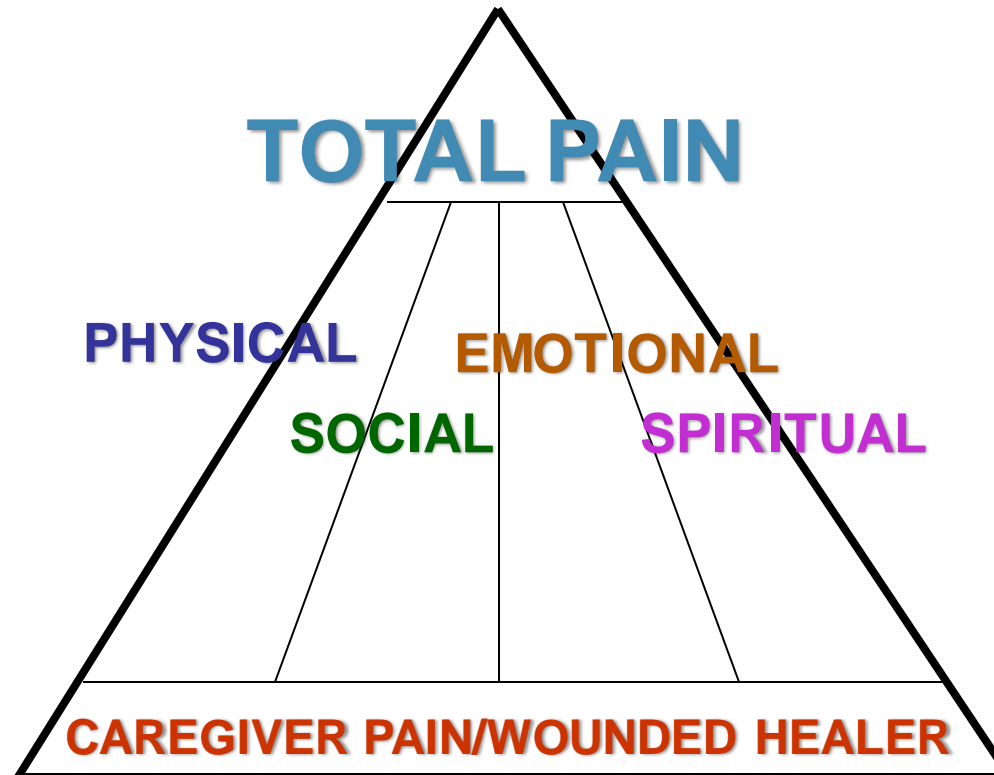
### 2. ACKNOWLEDGING A PSYCHO-SPIRITUAL RELATIONSHIP TO PHYSICAL PAIN

### 3. ACHIEVING A ‘MIDDLE WAY’ BETWEEN TOO MUCH AND TOO LITTLE TREATMENT

*“Constant pain needs constant control... By providing a more human understanding of the context of a patient’s distress, the **voluntary use of analgesics always decreases.***



Cecily Saunders



**WE ARE THE MEDICINE**



PAIN WHICH IS NOT  
TRANSFORMED  
IS **ALWAYS** TRANSMITTED

**Richard Rohr, OFM**

# SPIRITUAL PAIN SCALE

HOW ARE YOU *WITHIN* YOURSELF?

COMPLETELY  
PEACEFUL

GENERAL  
WELL-BEING

EXTREME  
ANXIETY

1

2

3

4

5





Carl Jung

# Wisdom Insight

If you get rid of the  
PAIN  
before you answer its  
question, you get rid of  
SELF\*  
along with it.

\*Self = Psyche = Soul

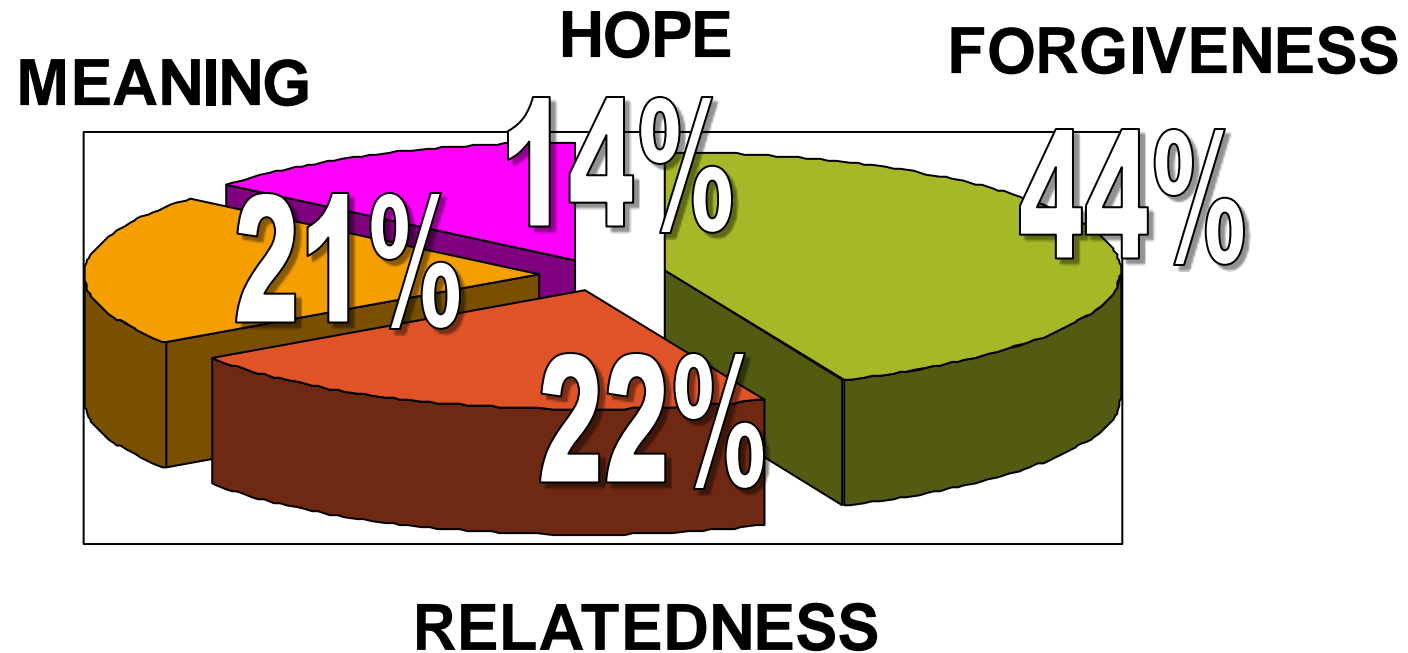
# Wisdom from our Ancestors

THE ONLY CURE FOR SPIRITUAL SUFFERING  
IS TO LEAN INTO THE PAIN

Celtic Books of Living & Dying



# PATTERNS OF SPIRITUAL PAIN



**BASED ON SELF EVALUATION OF PATIENTS  
DURING PASTORAL CARE VISIT**

Statistics Based on 500 patient database SALC/RFG

# Filling our days with Meaning

The basic need of the Human Spirit

## The Four Dimensions of Spiritual Health

- To find meaning in each day
- To experience forgiveness
- To have connection to what is most important to you
- To have hope in tomorrow



<https://sacredartofliving.org/spiritual-health-assessment/>

## How are you within today?

**SPIRITUAL HEALTH ASSESSMENT**  
Healing through Self Awareness

Based on "Healing the Four Dimensions of Spiritual Pain" in the classical Sacred Art of Living & Dying tradition

NAME/CARE RECEIVER \_\_\_\_\_ CARE GIVER [optional] \_\_\_\_\_  
DATE \_\_\_\_\_ TIME \_\_\_\_\_ LOCATION \_\_\_\_\_

**INSTRUCTIONS**

- Quiet yourself and take a moment for reflection.
- Circle the deepest truth that describes "how you are within yourself" today.
- Use the optional questions as a guide for insight.
- Record and compare your answers at regular intervals in order to discover patterns of spiritual health or distress.
- Trust that awareness is the first step towards healing. Instead of trying to fix spiritual pain, it only needs to be listened to and received.

**MEANING**

1 Life is filled with purpose and meaning  
2  
3 I feel generally motivated  
4  
5 Life has become meaningless

What is giving me life and energy right now? \_\_\_\_\_  
Who or what keeps me from being fully alive? \_\_\_\_\_

**FORGIVENESS**

1 I feel a deep sense of reconciliation towards myself and others  
2  
3 There are no outstanding issues that are calling for forgiveness in my life  
4  
5 I feel a strong sense of un-forgiveness towards myself and/or another

Who or what do I need to forgive? \_\_\_\_\_  
From whom do I need to seek forgiveness? \_\_\_\_\_

**RELATEDNESS**

1 I feel a strong sense of connection with the persons and things that matter most to me  
2  
3 Most important areas of my life seem balanced  
4  
5 I feel seriously alienated from someone/thing that is important to me

Who or what means the most to me? \_\_\_\_\_  
Who or what do I fear losing? \_\_\_\_\_

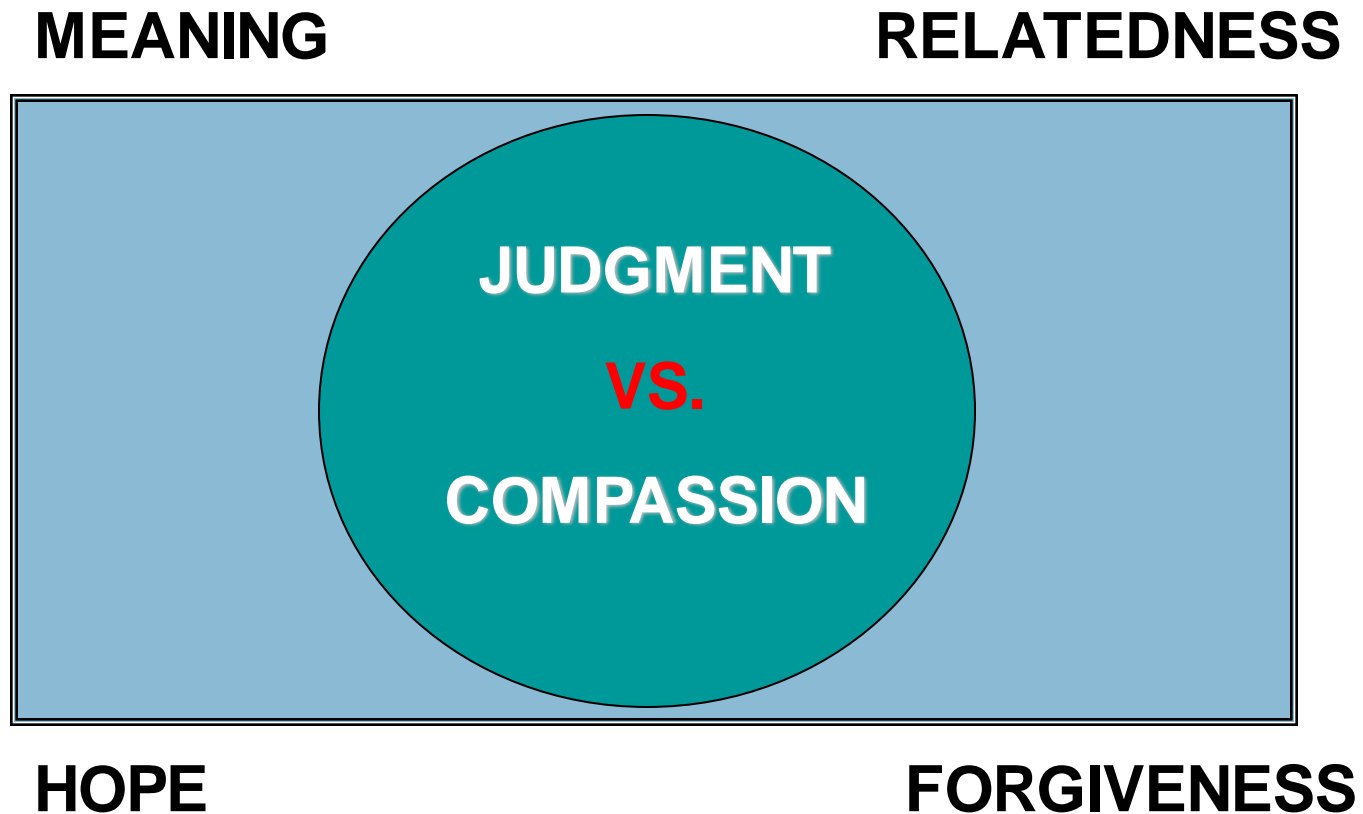
**HOPE**

1 I feel hope-filled and optimistic  
2  
3 I generally trust what the future holds for me  
4  
5 I am experiencing deep depression and hopelessness

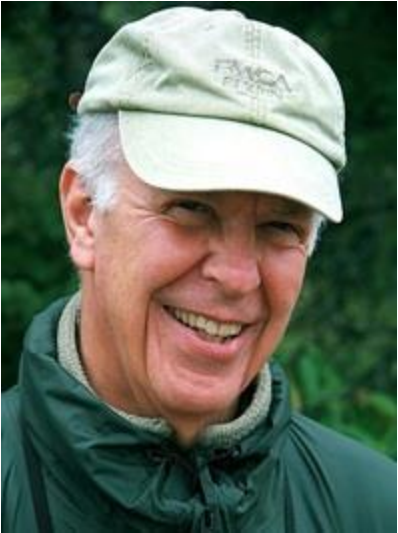
What dreams keep me alive? \_\_\_\_\_  
Why might I feel depressed or hopeless? \_\_\_\_\_

©2014 Sacred Art of Living Center for Spiritual Formation ..... www.sacredartofliving.org

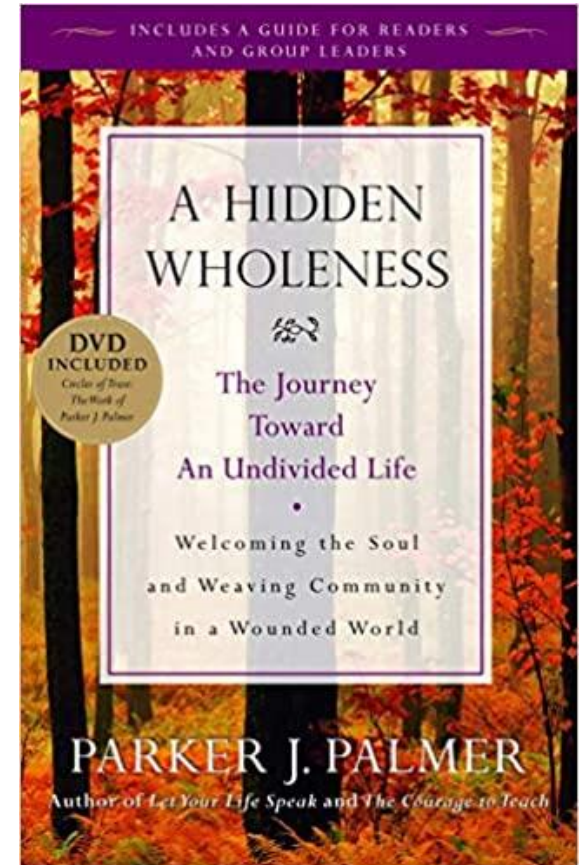
# FOUR QUALITIES OF SPIRITUAL PAIN



# Judgement vs Compassion



“The **soul is like a wild animal**—tough, resilient, savvy, self-sufficient and yet exceedingly shy. If we want to see a **wild animal**, the last thing we should do is to go crashing through the woods, shouting for the creature to come out.



# MEANING PAIN

WHY AM I HERE?

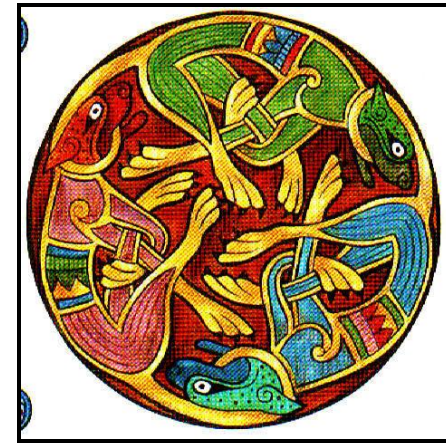
**After the age of 35  
nearly every emotional crisis is  
related to a crisis of meaning.**

Carl G. Jung



*Meaningfulness  
Makes Us Well*

***Meaninglessness  
Makes Us Sick***



# How are you within today?

## MEANING

1

Life is filled with  
purpose and meaning

2

3

I feel generally  
motivated

4

5

Life has become  
meaningless

What is giving me life and energy right now? \_\_\_\_\_

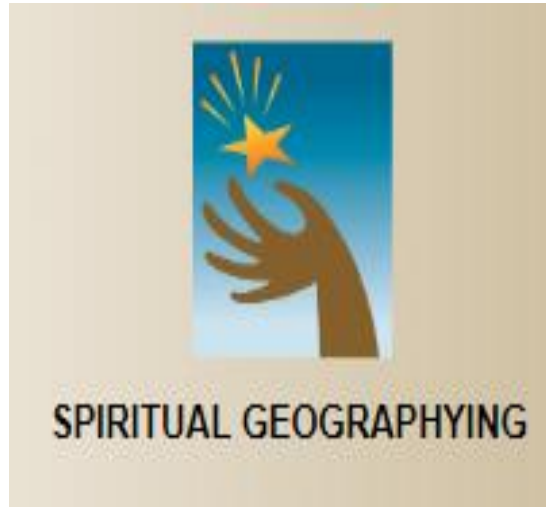
Who or what keeps me from being fully alive? \_\_\_\_\_

# “Why am I here?”

The question that is asked when meaning is lost.



- Lacking purpose
- Feeling overwhelmed
- Finding no joy in the day



- Life Review
- Joys and Suffering
- Weekly Option



- Ask a Beautiful Question
- Make up a Story

# RESPONDING TO MEANING PAIN



**JOURNALING**



**STORY TELLING**



**SPIRITUAL GEOGRAPHYING**

# FORGIVENESS PAIN



WHAT DO I NEED  
TO LET GO OF?

# FORGIVENESS THERAPY



"Any attempt to access the human capacity for forgiveness **is guaranteed** to enhance the immune system... thereby enhancing a person's state of body-mind-spirit balance."



**Joan Borysenko PhD**  
**"Seventy Times Seven"**

# How are you within today?

## FORGIVENESS

1

I feel a deep sense  
of reconciliation  
towards myself and  
others

2

3

There are no outstanding  
issues that are calling for  
forgiveness in my life

4

5

I feel a strong sense  
of un-forgiveness  
towards myself  
and/or another

Who or what do I need to forgive? \_\_\_\_\_

From whom do I need to seek forgiveness? \_\_\_\_\_



# RESPONDING TO FORGIVENESS PAIN



**LIFE REVIEW**



**12-STEP EXERCISES**



**MEDITATION**



# RELATEDNESS PAIN



WHAT AM I COMMITTED TO  
IN LIFE AND DEATH?

# Loss and Challenges to Connection

- Loss of **relationship** with those you love
- Loss of **identity** and **role**
- Loss of **routine** and **familiar activities**
- Loss of connection → leads to **experiences of grief**



# Thwarted Belongingness

Our need to belong to valued groups and relationships is so powerful that, **if frustrated or thwarted, serious negative health consequences follow – including suicide.**



# How are you within today?

## RELATEDNESS

1

I feel a strong sense of connection with the persons and things that matter most to me

2

3

Most important areas of my life seem balanced

4

5

I feel seriously alienated from someone/thing that is important to me

Who or what means the most to me? \_\_\_\_\_

Who or what do I fear losing? \_\_\_\_\_

# Grief and Mourning

Renew your resources for living

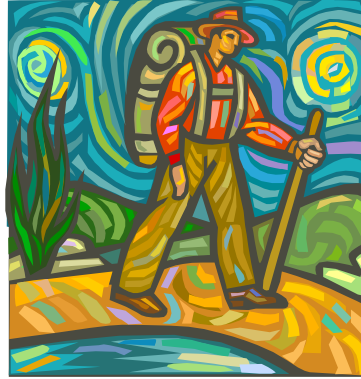


# Rituals & Funerals

REMEDY AGAINST HOPELESSNESS

Symbolic celebration  
connecting one's internal  
and external story with the  
world around us.

# RESPONDING TO RELATEDNESS PAIN



**NATURE QUEST**



**RELIGIOUS RITUAL**



**GRIEF SUPPORT**



**HEALING ARTS**

# HOPE PAIN



WHAT DOES THE  
FUTURE HOLD FOR ME?

# How are you within today?

## HOPE

1

I feel hope-filled  
and optimistic

2

3

I generally trust what  
the future holds for me

4

5

I am experiencing  
deep depression  
and hopelessness

What dreams keep me alive? \_\_\_\_\_

Why might I feel depressed or hopeless? \_\_\_\_\_

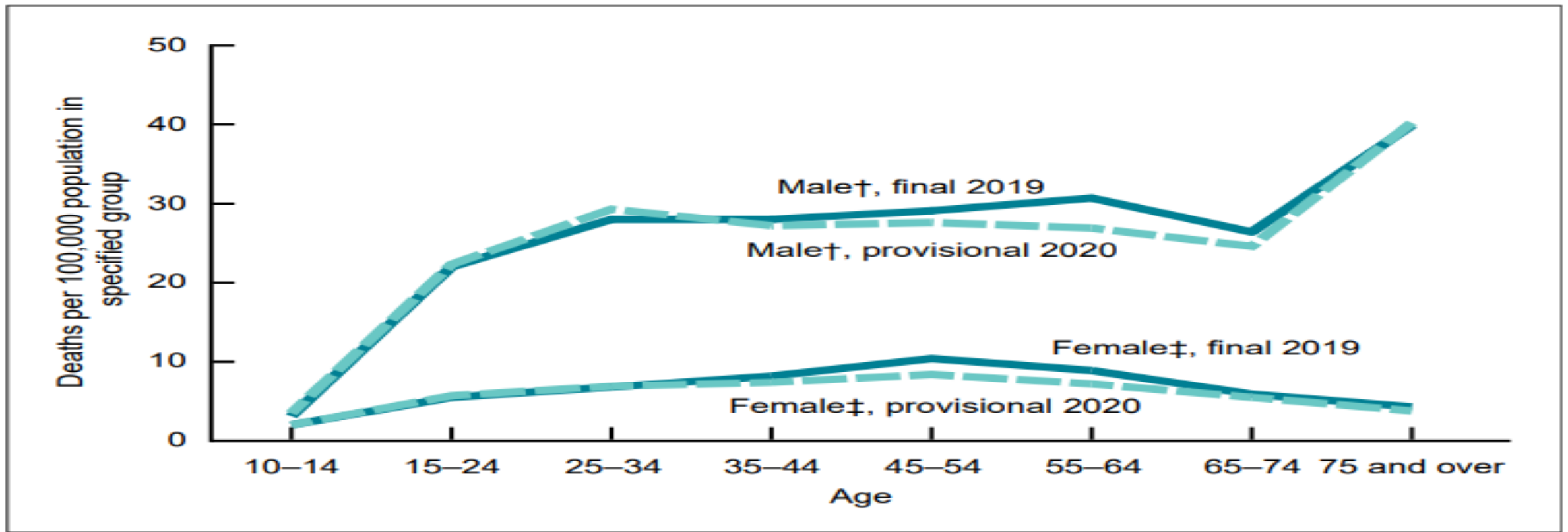


*"A person's spirit will sustain them in sickness, but  
a crushed spirit who can bear?"*

*Proverbs 18:14*



Hopelessness...is the terminal illness of spiritual pain.



### USA State Suicide Rates and Rankings 2021

Oregon ranked 11<sup>th</sup> – Rate 19.6

Older Adults ranked 6<sup>th</sup> – Rate 26.5

Data source: CDC's WONDER 2021





# The important practice of gratitude

Reframing the Darkness

*"If the only prayer you say in your whole life is 'thank you,' that would suffice."*

Meister Eckhart, a fourteenth-century Christian theologian and mystic

# RESPONDING TO HOPELESSNESS PAIN



**MUSIC THERAPY**



**VIGIL PRACTICES**



**Expressing GRATITUDE**



**JOURNALING**

# Impact of Meaningful Activities on Older Adults' Wellbeing

- Improved cognitive functioning
- Improved mood
- Improved life quality
- Reduced agitation or irritability
- Improved person-centered care
- Improved the general health
- Reduced antipsychotics & psychotropic needs
- Created a more positive living environment

**Meaningful Activity for Long-Term Care Residents With Dementia: A Comparison of Activities and Raters** *The Gerontologist*, Volume 57, Issue 3, 1 June 2017



# Our job as caregivers

We can support them in filling their day with meaning by providing the right support and the right care.

What does the older adult who you are caring for need to help fill their day with meaning?



# Blessing for the Caregiver

*From "To Bless the Space  
Between Us"*

*by John O'Donohue*

*May you embrace the beauty in what you do  
And how you stand like a secret angel  
Between the black despair of illness  
And the unquenchable lift of spirit  
That can turn the darkest destiny towards dawn.*

*May you never doubt the gifts you bring;  
Rather, learn from these frontiers  
Wisdom for your own heart.  
May you come to inherit  
The blessings of your kindness  
And never be without care and love  
When winter enters your own life*

# Thank you for participating

## Contact Information

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BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH

*For more info visit: [oregonbhi.org](http://oregonbhi.org)*

# Resources

## Productive Activities

Helping another person	Counting things
Helping Family members/caregivers	Folding things
Completing community tasks	Cleaning things
Making something	Taking things apart
Sorting things	Moving things
Fixing Things	Cooking/Baking
Building things	Setting up/breaking down
Creating things	Caring for things
Other Ideas	

# Leisure Activities

Active	Passive
Socials	Entertainers
Sports	Sport program/event
Games	Presenters
Dancing	Living room or lobby sitting
Singing	TV programs: watched
Visiting	Activity watcher
Hobbies	Being done to
Doing, Talking, Looking	

# Person Centered Leisure Activities consider if:

Immobile

Model



# Person Centered Leisure Activities consider if:

Extrovert	Introvert
➤ Enjoys spending time with others	➤ Enjoys spending time alone
➤ Is outgoing	➤ Is reserved
➤ Prefers to work in groups	➤ Prefers to work independently
➤ Likes to talk things out with others	➤ Likes to process internally

# Self-Care & Wellness Activities

Cognitive	Physical
<b>Tabletop tasks</b>	<b>Exercise</b>
<ul style="list-style-type: none"><li>• Matching, sorting, organizing, playing</li></ul>	<b>Walking</b>
<b>Tabletop Games</b>	<b>Strengthening tasks</b>
<ul style="list-style-type: none"><li>• Cards, board games puzzles</li></ul>	<b>Coordination tasks</b>
<b>Group games</b>	<b>Balance tasks</b>
<ul style="list-style-type: none"><li>• Categories, crosswords, word play, old memories</li></ul>	<b>Flexibility tasks</b>
	<b>Aerobic tasks</b>
	<b>Personal care tasks</b>

# Rest and Restorative Activities

Sleep/naps	Listen to poetry or stories
Listen to quiet music with lights dimmed	Stroke a pet or animal
Look at the newspaper	Stroke fabric
Look at a calm video	Get a hand or shoulder massage
Rocking in a chair	Get a foot soak and rub
Swing in a porch swing	Listen to wind chimes
Walk outside	Aromatherapy
Listen to reading from a book of faith	

# Positive Approach to Care: Dementia Care Series

## Dementia 101

Is it dementia? This training will give basic steps to take to understand what dementia is. Teepa Snow will lead us through how the person living with dementia's brain is affected as the disease progresses.

## Challenging Behaviors

This training will help you recognize if you are taking the right approach and the steps necessary to appropriately address the needs of the person living with dementia. You will learn how to put together the "six pieces of the puzzle" in developing a care plan for all who are living under the umbrella of dementia.

## The GEMS – Brain Change Model

Teepa Snow's Brain Change Model is introduced to provide person-centered care and highlight specific characteristics that will help optimize the performance and quality of life of the individual living with dementia.

## The Art of Caregiving

*In development*

This training demonstrates effective approaches to bathing, eating, dressing, transfers, and how to respond when challenges in communication create strong reactions by the person living with dementia.

*This virtual series designed to educate and train individuals caring for people living with dementia. Throughout the series, we will explore dementia from a person-centered perspective, learn about how the brain changes, and acquire skills to best support someone living with dementia.*

## Normal vs. Not Normal

This session demonstrates the normal changes we all experience as we grow older. Participants learn how the brain changes as dementia progresses and have an opportunity to practice a few key skills when working with someone living with dementia.

## Filling the Day with Meaning

This training explores factors such as spiritual wellness, personality style, health and usual daily routine in building meaning, relationship and hope for older adults and those living with dementia.

## 10 Ways to Deescalate

This training enhances caregiver understanding of the root cause of the behavior and offers strategies for preventing escalation and restoring a resident's sense of safety and control.

## Positive Physical Approach & Hand Under Hand

Learners develop observational and physical skills needed to recognize signals of "unmet needs and growing distress" in the person they care for and respond in a way that reduces anxiety and improves quality of life.

## Dementia Care Provisions

Reducing Risk by Changing Care Strategies

An Enhanced PAC Certified Independent Trainer-led workshop series



Who should attend:

It is ideal for care facilities needing to training its workforce, professionals or hands-on care partners. Focus is on the safety of all persons involved, including the person living with dementia and care partners in a long-term care setting.

Overall Objective:

This training is designed to support safe practices for anyone involved in the world of dementia care. Risk factors for fright, falls, and misjudged distances increase for people living with dementia as well as those that are trying to provide support and care.

Training Series options:

Workshop 1 – Reframing Reactions and Reducing Risk (3hrs 20mins)  
Workshop 2 – Recognizing Changes to Respond (2hrs 40mins)  
Workshop 3 – Touring the Brain and the Snow Approach (2hrs 20mins)  
Workshop 4 – Care Partnering: Sensation and Movement (3hrs 20mins)

or

35 Sessions lasting 20 minutes covering the 35 learning objectives in 4 Workshops, with a total time possible of 11.67 hours! Ideal for Staff Meetings

Training Series content:

It will include video length (2.6 hours) with Teepa Snow who covers the changes in the brain and body that cause higher safety risks for people living with dementia and how to approach and support them with more skill in order to decrease physical risk and harm to all.

# Five Pillars of Brain Health

'Keep Sharp' by Sanjay Gupta

## Move

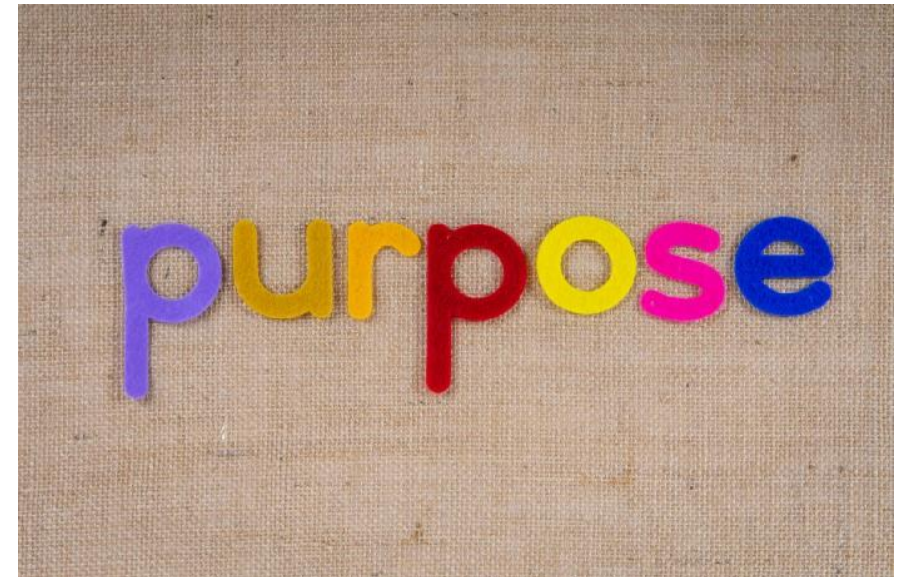
- *Keep a regular physical routine*
- *Avoid prolonged sitting; get up and walk for 5 minutes for every 60 minutes of sitting*
- *Exercise for at least 150 minutes a week (aerobic cardio work with interval and strength training)*
- *Take the stairs*
- *Break a sweat every day*



# Discover

- *Pick up a new hobby*
- *Learn new skills*
- *Find your purpose in life*
- *Delay retirement*
- *Stay engaged*
- *Focus on lifelong education*

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta



# Nourish

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta

*Aim for seven different-colored foods every day*

- **A - Foods to consume regularly:** fresh vegetables, whole berries, seafood, healthy fats, nuts, and seeds
- **B - Foods to include:** beans, other legumes, whole fruits, low sugar, low-fat dairy, poultry, and whole grains
- **C - Foods to limit:** fried food, pastries, sugary foods, processed foods, red meat, salt, and whole fat dairy high in saturated fat



# Nourish

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta

- *Eat everything in moderation*
- *Eat breakfast like a king, lunch like a prince, and dinner like a peasant*
- *Don't snack*
- *Always be hydrated*
- *Aim for seven different-colored foods every day*
- *Drink in moderation*
- *Reduce portions*
- *Try intermittent fasting*
- *Floss*
- *Avoid caffeine after lunch*
- *Don't eat or drink 3 hours before bed*



# Connect

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta

- *Have a diverse social network*
- *Participate in meaningful social activities centered around some challenges*



# Connect

- *Enjoy close ties to friends and family*
- *Take a walk with a friend*

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta



# Sleep & Relax

## Five Pillars of Brain Health 'Keep Sharp' by Sanjay Gupta

- ***Sleep for at least 7 hours nightly***
  - *Stick to a sleep schedule (wake up early and sleep before midnight)*
- ***Decrease screen time; avoid screens for a few hours before bedtime***
  - *Avoid long naps*
- ***Don't multitask***
- ***Meditate daily (try analytical meditation)***
  - *Be present in the moment*
  - *Walk in nature*
- ***Volunteer in the community***
  - *Turn off electronic notifications*
  - *Be grateful and forgiving*
  - *Write a journal*
- ***Declutter the space around you***



# 2022 Forum on Aging in Rural Oregon



## Thank You, Partners!



OPAL Program  
(Oregon Psychiatric Access Line)  
OPAL-K for kids and OPAL-A for adults