

THE BARTON CENTER &  
WESTERLY APARTMENTS  
**SEPTEMBER**  
**NEWSLETTER**  
2025



**BARTON**  
COMMUNITIES  
ACTIVITY CENTER

216-221-3400  
14300 DETROIT AVE.  
LAKEWOOD, OH 44107

[WWW.BARTONCOMMUNITIES.ORG](http://WWW.BARTONCOMMUNITIES.ORG)

# BARTON CENTER CONTACTS



**Allison**  
**President**

216-221-3400 ext. 1  
aurbanek@bartoncommunities.org

**Christina**  
**Lead Activities Coordinator**

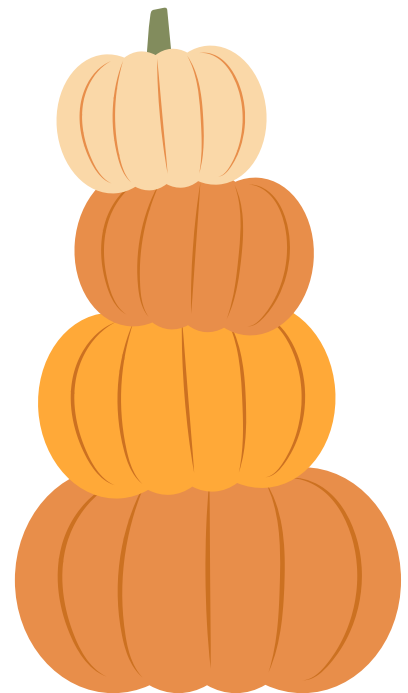
216-221-3400 ext. 2  
cstover@bartoncommunities.org

**JeAnna**  
**Activities Coordinator**

216-221-3400 ext. 3  
jmarbury@bartoncommunities.org

**Pam**  
**Activities Coordinator**

216-221-3400 ext. 4  
pschraff@bartoncommunities.org



**The Barton offices will be closed on Monday, September 1 for Labor Day. They will also be closed on Friday, September 19 for a conference.**



**Would you like the newsletter delivered to your email each month?**

**See Christina or email her at:  
cstover@bartoncommunities.org!**



# WESTERLY CONTACTS

**Work Orders or General Questions** Call 216-521-0053 - Dial by Extension

## **Property Administrator**

Meghan Curran Ext. 6 — [mcurran@bartoncommunities.org](mailto:mcurran@bartoncommunities.org)

## **Administrative Coordinator**

Arianna Cook Ext. 3 — [acook@bartoncommunities.org](mailto:acook@bartoncommunities.org)

## **Compliance Manager**

Nicole Garner Ext. 4 — [ngarner@bartoncommunities.org](mailto:ngarner@bartoncommunities.org)

## **Occupancy Specialist**

Mary-Francis Miller Ext. 1 — [mmiller@bartoncommunities.org](mailto:mmiller@bartoncommunities.org)

## **Leasing Assistant**

Terrell Lewis Ext. 2 — [tlewis@bartoncommunities.org](mailto:tlewis@bartoncommunities.org)

## **Front Desk Coordinator**

Brenda Colbert Ext. 0 — [bcolbert@bartoncommunities.org](mailto:bcolbert@bartoncommunities.org)

**Service Coordinators** Press 3 or Dial by Extension

## **WI South Building**

Debbie Magda-Vukmanic Ext. 8 — [dvukmanic@bartoncommunities.org](mailto:dvukmanic@bartoncommunities.org)

## **WII North Building**

Paul Keiper Ext. 7 — [pkeiper@bartoncommunities.org](mailto:pkeiper@bartoncommunities.org)

## **WIII West Building**

Milica Djordjevic Ext. 9 — [mdjordjevic@bartoncommunities.org](mailto:mdjordjevic@bartoncommunities.org)

## **Maintenance & Custodial Team**

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Marlon Wilson — Maintenance Tech

Lamontay Black - Maintenance Tech

Kirk Shappard - Maintenance Tech

Michael Toth - Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela - Custodian WII North Building

Laronte Treadwell - Custodian WI South Building

**AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141**

\*This phone is not answered during business hours\*

# BARTON CENTER SHOPS

## **The Library**

Hours: Monday - Friday  
9 a.m. - 8 p.m.  
Key FOB Entry

## **Salon & Barber Shop**

Hours: Thursdays & Fridays  
9 a.m. - 2 p.m.  
Call: Chris Fordyce to schedule  
appointment.  
**(216) 287-6634**

## **The Corner Store**

Hours: Monday 10 a.m. - 12 p.m.  
Tuesday - Thursday 10 a.m. - 3 p.m.

## **Hodge Podge Resale Shop**

**Book Nook**  
Hours: Tuesdays & Thursdays  
9:30 a.m. - 2:30 p.m.

Hours: Monday 5 p.m. - 7 p.m.,  
Wednesday 9 a.m. - 2:30 p.m., &  
Thursday 6 p.m. - 8 p.m.

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## **\$7 Lunch Delivery**

**Catering lunches are  
paused for September.**



**Check back with staff  
for other lunch  
opportunities during  
the month!**



# September Movie Days

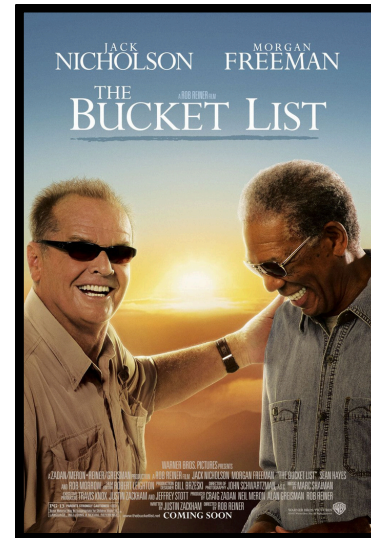
Popcorn is provided at each movie!

## The Bucket List

When: Monday, September 8

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



## Sully

When: Monday, September 15

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



## Sweet Home Alabama

When: Monday, September 22

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

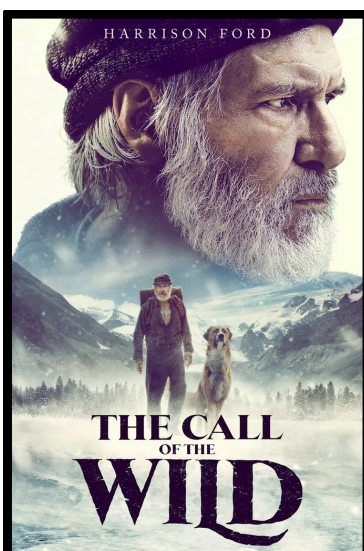


## Call of the Wild

When: Monday, September 29

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



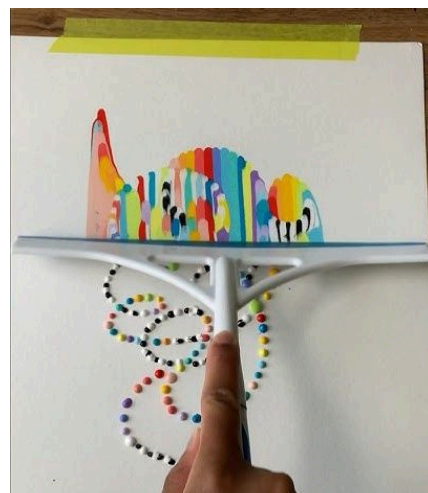
# **September Crafts**

## **Squeegee Art**

When: Thursday, September 4

Time: 1 p.m. - 3 p.m.

Where: Craft Room



## **Print Making**

When: Thursday, September 11

Time: 1 p.m. - 3 p.m.

Where: Craft Room

## **Dried Fall Flower Bookmarks**

When: Thursday, September 18

Time: 1 p.m. - 3 p.m.

Where: Craft Room



## **Pumpkin Paper Bags**

When: Thursday, September 25

Time: 1 p.m. - 3 p.m.

Where: Craft Room

**Residents MUST pre-register for ALL crafts on the Craft Room door.  
See Barton Staff with questions!**



# September Activities

## Craft Show Conversation

When: Thursday, September 4

Where: Cafe

Time: 3:30 p.m. - 4:00 p.m.

Are you interested in helping to plan a craft show? Join us in the Cafe and come share your ideas!



## Food Box Distribution - Cleveland Food Bank

When: Friday, September 5

Time: 10 a.m. - 2 p.m.

Where: Cafe

**You must pre-register.**

**Contact:** Christina at (216) 221-3400 ext. 2

## Lakewood Library Quarterly Visit

When: Thursday, September 11

Time: 9 a.m. - 12 p.m.

Where: Cafe

Join us in the cafeteria and check some good books out or sign-up for a library card!



## September Birthdays

When: Friday, September 12

Time: 2:30 p.m. - 3:30 p.m.

Where: Cafe

Join us for cake and a fun game to celebrate all September birthdays!



# September Activities

## Book Nook Sale & Hodge Podge Free Table

When: Thursday, September 18

Time: Starting at 9:30 a.m.

Where: Cafe

Join us in the cafe for a book sale from the Book Nook and free summer clothing tables from the Hodge Podge.



## Prize Bingo

When: Wednesdays, September 3 & 17

Time: 4 p.m. - 5 p.m.

Where: Cafe

Come join friends and win fun prizes!

## M2B2 Band Rehearsals

When: Thursdays, September 11 & 25

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!



## “Matlock” TV Showing

When: Every Friday

Time: 1:30 p.m. - 2:30 p.m.

Where: Auditorium

Follows Madeline Matlock as she rejoins the work force at a prestigious law firm, where she uses her wily tactics to win cases and expose wrongdoing. Starring Kathy Bates.



YOU'RE INVITED TO A

# Bingo Party!

**Not a member? That's ok.  
Everyone is welcome!**

Come have some fun and connect with a licensed agent in your neighborhood who can answer your Medicare questions, plus learn more about Zing Health!

Discover how a Zing Health plan may be a perfect fit to live healthy and save money.

- a** \$0 premium \$0 insulin medications
- a** Prescription drug coverage Grocery
- a** + Utility + Healthcare items allowance\*
- a** Dental, vision, and hearing
- a** coverage



**When: Monday, September 22**  
**When: 1 p.m. - 2 p.m.**  
**Where: Cafe**

All Zing Health products and services are provided exclusively by or through operating subsidiaries of Zing Health Consolidator, Inc., including Zing Health, Inc., Zing Health of Michigan, Inc. and Lasso Healthcare Insurance Company. The Zing Health name, logo, and other Zing Health marks are owned by Zing Health Holdings, Inc. Zing Health contracts with Medicare to offer Medicare Advantage HMO, HMO SNP, PPO, and PPO SNP plans in select states, and with select State Medicaid programs. Enrollment in Zing Health depends on contract renewal. For accommodations of persons with special needs at meetings call 1-888-510-9328. \*Benefit(s) mentioned may be part of Special Supplemental Benefits for the Chronically Ill. Not all members will qualify.

Embassy of Rockport  
Presents:

# LET'S LUNCH AND LEARN



Join us to learn about  
Healthy Aging

Please RSVP to  
Barton Center staff  
by Sept. 18<sup>th</sup>

Tuesday, Sept. 23rd  
12pm-1pm

\*Lunch will be  
provided!\*





# We Can Help



**You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.**

**Sign Up to receive Free One-on-One Tech Support with IConnect**

**Date: Tuesday, September 23  
Time: 2 p.m. - 4 p.m.  
Where: Cafe**

- ❑ Questions on your new device?
- ❑ Need help downloading games or apps?
- ❑ Want to know how to check or send email?
- ❑ Want to watch a movie on your tablet?
- ❑ Questions on saving pictures?
- ❑ Trouble with storage?





# Are you concerned about falling?



## Take steps to make falls less likely — Participate in A Matter of Balance!

**1 Sign up for A Matter of Balance:** This nationally-recognized program reduces the fear of falling and increases activity levels.

**2 Get some exercise:** Lack of exercise weakens legs, which increases the chance of falling. Exercises like Tai Chi increase strength and improve balance, making falls less likely.

**3 Be mindful of medications:** Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce risky side effects.

**4 Keep your vision sharp:** Poor vision makes it harder to get around safely. Have your eyes checked yearly and wear glasses or contact lenses with the right prescription strength.

**5 Remove hazards at home:** About half of all falls happen at home. A home safety check helps identify hazards, like clutter & poor lighting, that should be removed or changed.



12200 Fairhill Road, Cleveland OH 44120  
(216) 421-1350 • [programs@fairhillpartners.org](mailto:programs@fairhillpartners.org)  
[www.fairhillpartners.org](http://www.fairhillpartners.org)



**8/6—9/24**  
**Wednesdays**  
**1-3 pm**  
**Community Room**  
**2 hours a session, 8 sessions**



**Western Reserve**  
Area Agency on Aging



Define your next chapter

A Matter of Balance was developed by Boston University and is licensed by MaineHealth. **This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, The Cleveland Foundation Encore Cleveland Initiative, volunteers, and gifts to the Fairhill Partners Annual Fund.**

# Food for the Soul



**Thursdays, September 4, 11, & 25**  
**1:30 p.m. - 2:30 p.m.**  
**Cafe**

**This program will run on  
Thursdays until October.**

**Food for the Soul is an hour of music and  
discussion, connecting you to your  
neighbors, to music, to our shared  
history, and life experiences.**

**Come share in the beat, sing along to the  
tune, and be part of the experience. Join  
us in this celebration of music,  
community, and shared stories—you  
belong here.**



*This program is brought to you by Roots of  
American Music  
through a grant from the Cleveland  
Foundation*





# Center Member Group Activities

## Coffee With Friends



When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

Enjoy some coffee and get to  
know someone new!

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## Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe

To be greener, we encourage residents to bring  
their own mugs for coffee.



# Book Club

When: Wednesday, September 3

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *The Last Devil to Die* and will be given *The House in the Cerulean Sea* for next month.



## Lakewood Public Library: Homebound Service



When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



# Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on  
your crafts!



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## Stories On Paper

When: Wednesdays,  
September 10 & 24

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!







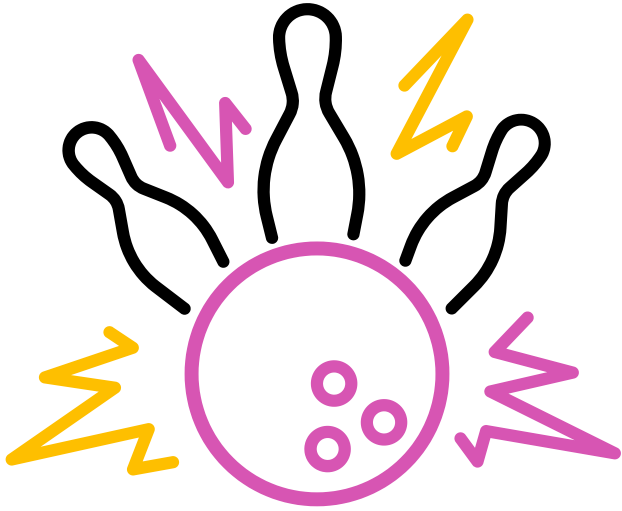
## Tabletop Bowling

When: Wednesdays,

September 10 & 24

Time: 1 p.m. - 2 p.m.

Where: Cafe



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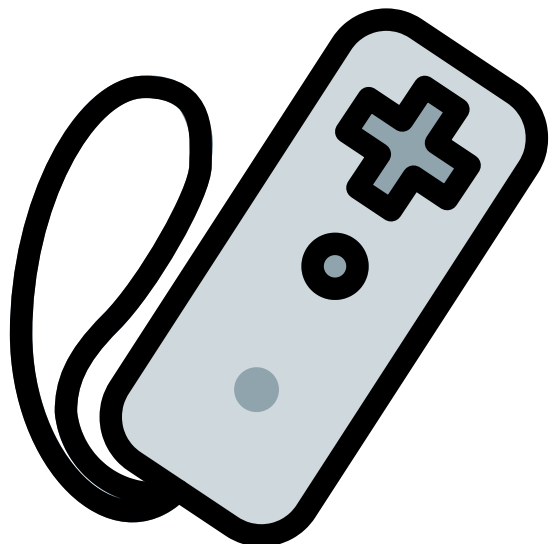
## Wii Bowling

When: Wednesdays,

September 3 & 17

Time: 2 p.m. - 3 p.m.

Where: Cafe



# Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Irene & Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



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## Karaoke

When: Saturdays,

September 6 & 20

Time: 6:30 p.m. - 8 p.m.

Where: Cafe

with Ron Walden





## Janis & Peter

When: Thursdays,  
September 4 & 18

Time: 7 p.m. - 8:30 p.m.

Where: Brosky Commons

This duo performs light classical music. Janis plays the piano and Peter plays the violin.

All are welcome!



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## Janis & Tony

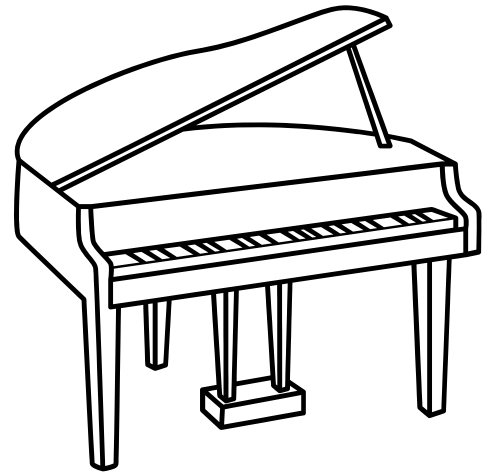
When: Sundays,  
September 14 & 28

Time: 6:30 p.m. - 8 p.m.

Where: Brosky Commons

This duo performs 40's and 50's music.

Janis plays the piano, and Tony sings standards and show tunes. All are welcome!



# Friday Trivia

When: Friday, September 26

Time: 2 p.m. - 3 p.m.

Where: Cafe



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## Health & Wellness Activities

### Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**





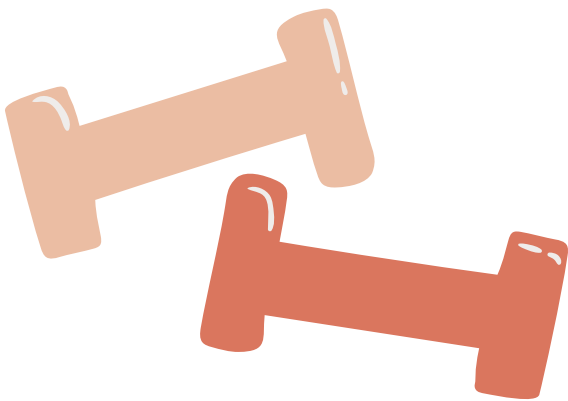
# Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights  
in this seated class.



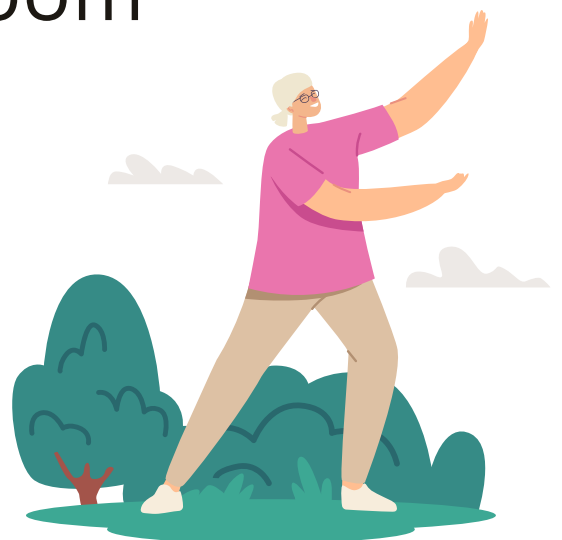
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## Tai Chi w/ Jan

When: Every Thursday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room



# Creative Therapy Activities

## Music & Memories Class

When: Every Thursday  
Time: 2:30 p.m. - 3:30 p.m.  
Where: Community Room  
with Gavin



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## Art Therapy

When: Every Tuesday  
Time: 4 p.m. - 5:30 p.m.  
Where: Craft Room  
with Jocelynn



# Religion & Worship

## Activities



### Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room  
with Ms. Tyburski

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### Bible Study

When: Wednesdays, September 10 & 24

Time: 11 a.m. - 12:30 p.m.

Where: Community Room  
with Ron & Lilie Walden



# Barton Center

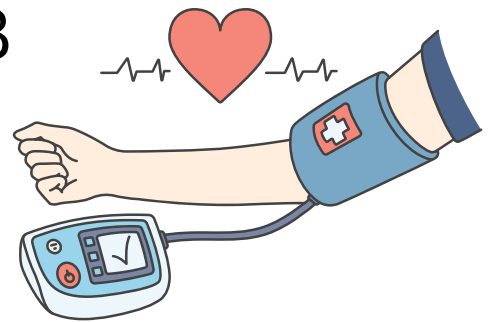
## Wellness Corner

### Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, September 18

Time: 10:30 a.m. - 11:30 a.m.

Where: Cafe



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## Fitness Center

OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**





**Dr. Mark Massie  
Podiatrist**

**When:** Thursdays

**Time:** 9 a.m. - 3 p.m.

By appointment ONLY  
216-402-4233



**Anthony Lima  
Licensed Massage Therapist**

**When:** Tuesdays and  
Saturdays  
By appointment ONLY

**Call or Text:**  
216-704-0794

**Email:**  
[GITmassage@hotmail.com](mailto:GITmassage@hotmail.com)



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**Free Hearing &  
Hearing Aid Checks**

**When:** Monday, September 8

**Time:** 10 a.m. - 4 p.m.

**Where:** Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



# **Barton Center**

## **Transportation Services**



**(216) 221-4282**

**COST: \$2 one-way \$4 roundtrip**

**Monday - Friday 9 a.m. - 11:15 a.m.**

**1 p.m. - 3:15 p.m.**

**Must book in ADVANCE**

**Westgate Trip:**

**Wednesday, September 10**

**Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.****

**You must be on time for your ride, or the car will leave without you!!**

**Barton transportation reserves the right to refuse rides based on resident behavior.**

# ***A Word from the Property Manager***

**Dear Residents of the Westerly Apartments,**

**I want to extend my gratitude to everyone who attended last month's town hall meeting. It was encouraging to see an increase in participation from our community.**

**These gatherings are vital for sharing concerns, asking questions, and staying informed about developments at both the Westerly and Barton Center. It's essential that we communicate openly and respectfully.**

**One of the key topics discussed was smoking. As a reminder, our building maintains a strict smoke-free policy, which all residents have acknowledged upon moving in. For those who do smoke, we have designated areas outside the property for your convenience.**

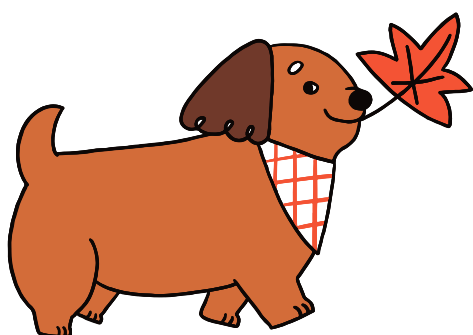
**Additionally, a few reminders: please remember to lock your doors, candles are NOT permitted, and be mindful when you have your shades open.**

**Should you have any questions or wish to schedule a one-on-one meeting, please don't hesitate to reach out.**

**Together, let's continue to strengthen our community as we progress forward.**

**Thank you!**

**Best,  
Meg**





# Service Coordinators' Corner

Service Coordinators Present:



Nicole Klingel Ohio  
Department of Insurance

## MEDICARE TALK

Listen to a representative from OSHIIP discuss your Medicare /My Care benefits and options and get the answers you need.

**Date:** Friday, September 12

**Time:** 1:30 p.m. -2:30 p.m.

**Location:** Cafeteria

Free Giant Eagle Raffle



Mike DeWine, Governor, John Husted, Lt.  
Governor, and Judith French, Director

The Ohio Senior Health Insurance Information Program (OSHIIP) is a division of the Ohio Dept. of Insurance. All Medicare talks are free. OSHIIP provides only unbiased information. We do not sell insurance.

# Service Coordinators' Corner



Westerly Service Coordinators Bring You A

## Peace of Mind Seminar

*How do you want to be remembered?*

Losing a loved one is a difficult experience for anyone to go through, but the weight of the loss for your family can be lightened knowing that your wishes were honored. We invite you to a special presentation on the importance of arranging your final wishes so you will feel confident that your final wishes will be granted. We will also discuss affordable options, veterans' benefits, travel and relocation protection and answer any questions you may have. We hope to see you there!

**Friday, September 26 from 1:30-2:30 pm**

**In the Cafeteria**

***Snacks and a Raffle will be provided***

Presented by Julie Graf Skinner,  
Funeral Director and Pre-planning Advisor



# ***Service Coordinators' Corner***

**Lakewood Community Services Center's** monthly food distribution will be on Friday, September 19 from 3:30 p.m. - 5:00 p.m.. H2O kids will be delivering to your door. Please remain in your apartment to receive your monthly food delivery. If you are no longer interested in receiving these groceries, please contact your Service Coordinator.

## **HEAP**

The new season just began in July, and we have the new application forms. The deadline for applying for the benefit (a one-time government check towards your heating costs) for this season is May 31, 2026. If you need assistance with the application, see your Service Coordinator. Recipients of a subsidy program are not eligible.

## **Thank you**

Thank you to our volunteers that helped and assisted the Service Coordinators for our Annual Health & Wellness Fair. The health fair was a success in part due to our volunteers. We would like to personally thank Martha Maddox, Cassandra Dreby, Nancy Shannon, Mary Mullet, Millar Graves, and Jerry Rose.

# *Service Coordinators' Corner*

## **Communicating with Someone who has Alzheimer's**

If your loved one has Alzheimer's disease, these suggestions can make communicating smoother and less frustrating for the both of you. Alzheimer's Disease is a brain disorder that affects more than 5 million Americans. It is only one of many forms of dementia. It erodes the ability to think, reason and remember. As dementia progresses and mild symptoms become more severe, difficulties using language intensify making it harder for people with the disease to express their thoughts, wishes, and feelings to others. But there are strategies that families, friends, and caregivers can turn to when traditional methods of communication fall short.

Communication is difficult for people with Alzheimer's disease because they have trouble remembering things. They may struggle to find words or forget what they want to say. You may feel impatient and wish they could just say what they want, but they cannot.

### **Help Make Communication Easier**

The first step is to understand that the disease causes changes in communication skills. The second step is to try some tips that may make communication easier:

- Make eye contact and call the person by name.
- Be aware of your tone, how loud your voice is, how you look at the person, and your body language.



# *Service Coordinators' Corner*

- Encourage a two-way conversation for as long as possible.
- Use other methods besides speaking, such as gentle touching.
- Try distracting the person if communication creates problems.

To encourage the person to communicate with you:

- Show a warm, loving, matter-of-fact manner.
- Hold the person's hand while you talk.
- Be open to the person's concerns, even if he or she is hard to understand.
- Let him or her make some decisions and stay involved.
- Be patient with angry outbursts. Remember, it is the illness "talking."

To speak effectively with a person who has Alzheimer's:

- Offer simple, step-by-step instructions.
- Repeat instructions and allow more time for a response. Try not to interrupt.
- Do not talk about the person as if he or she is not there.
- Do not talk to the person using "baby talk" or a "baby voice."

## **Be Direct, Specific, and Positive**

Here are some examples of what you can say:

- "Let's try this way," instead of pointing out mistakes.
- "Please do this," instead of "Don't do this."
- "Thanks for helping," even if the results are not perfect.

# *Service Coordinators' Corner*

You can also:

- Ask questions that require a yes or no answer. For example, you could say, “are you tired?” Instead of “how do you feel?”
- Limit the number of choices. For example, you could say, “would you like a hamburger or chicken for dinner?” instead of “what would you like for dinner?”
- Use different words if they do not understand the first time. For example, if you ask the person whether they are hungry and you do not get a response, you could say, “Dinner is ready now. Let’s eat.”
- Try not to say, “don’t you remember?” or “I told you.”

Alzheimer’s disease is being diagnosed at earlier stages. This means that many people are aware of how the disease is affecting their memory. Here are tips on how to help someone who knows that he or she has memory problems:

- Take time to listen. The person may want to talk about the changes they are noticing.
- Be as sensitive as you can. Do not just correct the person every time they forget something odd. Try to understand that it is a struggle for the person to communicate.
- Help the person find words to express thoughts and feelings but be careful not to put words in the person’s mouth or “fill in the blanks” too quickly.
- Be aware of nonverbal communication. As people lose the ability to talk clearly, they may rely on other ways to communicate their thoughts and feelings. Look for facial expressions to show how they are feeling.

# *Service Coordinators' Corner*

Everyone who has a brain is at risk of developing Alzheimer's disease, a disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. As the disease advances, the brain shrinks dramatically due to cell death. Individuals lose their ability to communicate, recognize family and friends, and care for themselves. Alzheimer's disease, the most common form of dementia, is one of the nation's largest public health crises. It is the only cause of death among the top 10 life-threatening conditions in the United States that cannot be prevented, cured or even slowed.

Worldwide, there are 47 million people living with Alzheimer's and other dementias. And without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help end this epidemic.



# Service Coordinators' Corner

There is growing evidence that people can reduce their risk of cognitive decline. The Alzheimer's Association and its experts are sharing **10 Ways to Love Your Brain** - tips that may help reduce the risk of cognitive decline:

1. **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.
2. **Hit the books.** Education in any stage of life will help reduce your risk of cognitive decline and dementia.
3. **Butt out.** Smoking increases the risk of cognitive decline. Quitting can reduce that risk to levels compared to those who have not smoked.
4. **Follow your heart.** Cardiovascular disease, stroke, obesity, high blood pressure and diabetes negatively impact your cognitive health.
5. **Heads up!** Brain injury can raise your risk of cognitive decline and dementia.
6. **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
7. **Catch some ZZZ's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
8. **Take care of your mental health.** Seek medical treatments if you have symptoms of depression, anxiety, or other mental health concerns. Also, it is important to manage your stress.
9. **Buddy up.** Stay socially engaged.
10. **Stump yourself.** Challenge and activate your mind. Read a book, complete a jigsaw puzzle or crosswords.