

Caring for Seniors

Are there exercises that may prevent Alzheimer's disease?

Just as physical activity keeps your body strong, mental activity keeps your mind sharp and agile. That's why it's important to continue to learn and challenge yourself — whether it's by learning a foreign language, switching careers or doing crossword puzzles. As one Japanese proverb states, “We begin aging when we stop learning.” The mind plays an integral role in our health. It's important to wake up every morning and look forward to the day — and an essential part of that means continuing to learn and keeping an active mind.

Medical studies show that seniors who continue to work, actively participate in community life, regularly exercises, play intellectual games can avoid the onset of dementia and Alzheimer's disease for many years.

If you have any specific questions regarding caring for Alzheimer's patients please call me at Affinity Care.

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Affinity Care provides professional Home Health Care for Seniors and Disabled. Call us with your questions: **732-790-2796** or e-mail: sc@AffinityCareNJ.com.

Visit our web site www.AffinityCareNJ.com to check resources available for seniors.

Affinity constantly searches, trains and employs the best caregivers in Central NJ.