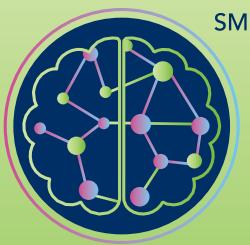


KINNECTIONS BRAIN HEALTH

at Asbury Methodist Village



Kinnections is a research-based brain health assessment and engagement program that provides insights and recommendations to maximize cognitive function. Kinnections combines assessment, goal-setting and coaching, wellness, and therapy for a comprehensive strategy addressing brain health.

GETTING STARTED

It all starts with a comprehensive cognitive assessment that examines the seven cognitive domains: sensory motor; attention; memory; executive function; processing speed; language; social cognition.

The cognitive assessment includes a:

- » Global cognition assessment
- » Subjective memory scale
- » Quality of life indicator
- » Cognitive/motor performance
- » Domain-specific cognitive performance

GETTING ENGAGED

Scoring will determine your cognitive strengths and areas for improvement. Independent living residents may choose to follow their assessment with an ongoing plan with tailored activities and exercise recommendations. They may include:

- » A brain engagement plan
- » Establishment of personal goals
- » Tailored exercise program
- » Nutritional program
- » Monthly 30-minute coaching sessions
- » Enrollment in the Super Seven program addressing cognitive domains

Therapy professionals will work with staff members of assisted living and health care to implement strategies for residents of those neighborhoods.

If there is need for further clinical evaluation, referrals may be made to a physician or rehabilitation professional.

Meet the Kinnections Development Team

Sue Paul, OTR/L, CHC, FAS, BHTC

Sue Paul is an occupational therapist and Certified Health Coach with more than 30 years of experience working with older adults and neurodegenerative conditions including dementia.

Ryan Glatt, MSc, CPT, NBHWC

Ryan Glatt is a trainer and brain-health coach who works with researchers to study the effects of cognitively enhanced and comprehensive exercise plans at the Pacific Brain Health Center.

5 SUE PAUL'S TIPS TO BETTER BRAIN HEALTH

 **“My parents said it. Maybe yours did, too. If it doesn't challenge you, it doesn't change you.” – Sue Paul**



Seek novel experiences

Add randomness and surprise by changing your routines – it's the unpredictable element that challenges your brain.



Nurture with nature

Take a walk in the woods or a nearby park. Being mindful in nature by taking in the sights, sounds and smells helps your brain de-stress, refocus, and revitalize.



Be social

Spending time talking, laughing, and empathizing with others is like doing exercises for your brain. Socialization can help prevent mental decline and lower the risk of dementia.



Keep Moving

Physical activity pumps oxygen-rich blood to all regions of the brain.



Eat well

Eat plenty of fruits, veggies, leafy greens, and whole grains. Stick with healthy fats such as those in nuts and olive oil and maintain a healthy weight.

Enrollment and Pricing Information

Depending on your health status, and if you meet certain conditions, you may qualify for the cognitive assessment and Kinnections through Medicare. A therapist would determine if you qualify.

Most independent living residents will enroll in Kinnections through their Wellness Department. Cognitive Assessment Fee: \$375.

Kinnections Wellness Program: \$35 per month (includes Cognitive Assessment).

Call 301-987-6444 for more information.