

- <https://www.dhs.wisconsin.gov/adrc/index.htm>
- For help finding your local ADRC or Tribal ADRC: Call 844-947-2372
- Jackson County ADRC - <https://www.adrcjacksoncounty.org/>

ARTICLES On Brain Health

- **Value of Social Interaction**
Social interaction is essential for brain health, acting as a "cognitive workout" that reduces dementia risk, lowers stress, and fosters emotional well-being by releasing neurotransmitters like dopamine and oxytocin.
 - <https://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia/social-isolation>
- **Impact of Hearing Aids**
Hearing aids are crucial for brain health, as they can reduce the rate of cognitive decline by nearly 50% in older adults who are at high risk for dementia.
 - https://www.aarp.org/health/conditions-treatments/hearing-aids-dementia-report/?cmp=PDSJVUE2N9WAG&qclsrc=aw.ds&qad_source=1&qad_campaignid=21298566182&qbraid=0AAAAAC1RsztpjZq42uGrmQupULxlC92OG&qclid=Cj0KCCQiAkPzLBhD4ARIsAGfah8j8vRw1maJpTRPpPPS7mRIFQqeb6Jml8N-MVE9nLdPuMWRpSfo3tHwaAjBNEALw_wcB
- **Need for Physical Exercise**
Regular physical activity, particularly aerobic exercise, is crucial for brain health, enhancing cognitive functions like memory and learning while reducing the risk of dementia and depression. It boosts brain-derived neurotrophic factor (BDNF) for neuronal growth, increases blood flow, and can improve processing speed by four years. Recommended: 150+ mins/week of moderate activity.
 - <https://www.cdc.gov/physical-activity/features/boost-brain-health.html>
- **How Diet Effects Brain Health**
A brain-healthy diet emphasizes whole grains, leafy greens, berries, nuts, fish, and olive oil to reduce cognitive decline and dementia risk.
 - MIND DIET - <https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mind-diet/>
- **Value of Supplements**
Based on Harvard Health research, there is limited evidence that most, if not all, "brain health" supplements prevent or treat cognitive decline or dementia. While a daily multivitamin may slightly improve memory in older adults by correcting deficiencies.
 - <https://www.health.harvard.edu/mind-and-mood/dont-buy-into-brain-health-supplements>
- **Memory Exercises**
To improve memory, engage in brain exercises like solving puzzles (crosswords, Sudoku), learning new skills (languages, instruments, dancing), playing strategic games (chess, cards), and using memory techniques (mnemonics, memory palaces).
 - <https://www.brownhealth.org/be-well/brain-training-and-games-play>

BRAIN GAMES (Free)

Online Games

- Blossom - <https://www.merriam-webster.com/games>
- Stackdown - <https://puzzlist.com/stackdown/>
- Unscrabble - https://un-scrabbled.com/?utm_source=syndication&pubDate=20250623
- Waffle - [Waffle - https://wafflegame.net/daily](https://wafflegame.net/daily) <https://wafflegame.net/numberwaffle>
- Wordle - <https://www.nytimes.com/games/wordle/index.html> Help - <https://www.wordhelp.com/>
- One Word Search - <https://puzzlist.com/onewordsearch/>

Microsoft

- Card Games
- Jigsaw Puzzles
- Sudoku
- Word Games

Card Game Rules

- <https://bicyclecards.com/how-to-play?howManyPlayers=any&whosPlaying=any&gameType=any>