

# MindFit

SPECIAL EDITION MAGAZINE

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**6** Pillars of  
Brain Health

New Year  
Resolutions for  
**Better Brain Health**

Meet The Speakers:  
Getting Ahead of  
Brain Health

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# LETTER FROM THE PUBLISHER

## Alzheimer's | ORANGE COUNTY

When was the last time you asked yourself how your brain health is doing? It can be easy to overlook, yet it is just as important as any other aspect of your health.

At Alzheimer's Orange County, we spend a great deal of time educating community members who are already experiencing cognitive challenges or caring for someone who is. We also focus on helping others take a proactive approach to brain health to reduce the risk of cognitive decline. Why? Because preserving and promoting cognitive well-being should be a priority at every age.

In this special issue, you will discover practical tips and suggestions designed to empower and motivate you to make 2026 the year of "Better Brain Health" and take the first steps toward nurturing a healthy brain lifestyle.

We invite you to join us on January 23, 2026, for "**Getting Ahead of Brain Health**", our first-ever brain health conference. Learn from world-class experts who will dive into topics that are as insightful as they are interesting. Admission is **only \$20** and includes parking, lunch and refreshments, plus continuing education credit for those who require it.



Visit [www.alzoc.org/brain](http://www.alzoc.org/brain) to learn more.





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# THE 6 PILLARS OF BRAIN HEALTH



Research shows that small, consistent lifestyle choices can make a big difference in protecting your memory and overall cognitive health. Read below to see how these six pillars can build a strong foundation of a healthy-brain lifestyle to keep your brain strong and resilient.



## Diet and Nutrition

What's good for your heart is good for your brain. A Mediterranean-style diet—rich in fruits, vegetables, whole grains, fish, nuts, beans, and olive oil—supports both memory and overall health. Snack on walnuts, add berries to your breakfast, and enjoy fish rich in omega-3s to nourish your brain.

## Physical Activity

Exercise doesn't just benefit the body, it plays a critical role in brain health. Research shows that physical activity stimulates the brain's ability to maintain and form new neural connections, which are essential for healthy cognition. Increased movement also boosts blood and oxygen flow to the brain, nourishing brain cells and supporting overall function.







## Overall Health

Several medical conditions are associated with an increased risk of dementia, including high blood pressure, diabetes, obesity, depression, high cholesterol, head trauma, and smoking. Managing these conditions through regular medical care, healthy lifestyle choices, and preventive screenings can make a meaningful difference.

## Cognitive Activity

Just as muscles grow stronger with use, the brain benefits from mental stimulation. Staying mentally active encourages blood flow to the brain and supports the development of new neural pathways. Engaging in cognitively stimulating activities may help maintain—or even improve—cognitive function over time. Lifelong learning isn't just enriching, it's a powerful way to challenge the brain and keep it engaged.



## Social Engagement

Staying cognitively active throughout life, via social engagement or intellectual stimulation, is associated with a decreased risk of Alzheimer's disease. Research indicates that connecting with others socially benefits overall health and may delay the onset of dementia. Plan a recurring group exercise event, or regularly volunteer in your community to build social networks and stay connected.



## Sleep and Relaxation

Sleep plays a vital role in brain health. During sleep, the brain forms new connections and supports memory, learning, and decision-making. Most adults should aim for 7–9 hours of sleep per night. In addition to quality sleep, managing stress is essential. Simple practices such as deep breathing, meditation, reflection, or engaging in enjoyable activities can help reduce stress and support mental well-being throughout the day.



# Forgetting something?

## Preventative Care Checklist

- ☒ Blood Pressure
- ☒ Glucose Levels
- ☒ Cholesterol
- ☒ Prostate Exam
- ☐ Memory?

82% of seniors believe that it is important to have their memory and thinking checked.

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Call us today at  
**(949) 753-1663**  
for a **no-cost memory**  
**screening for adults 50+**

Call today at **(949) 753-1663**



# NEW YEAR'S RESOLUTION?

## Better Brain Health

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Exercise more. Eat better. Pick up a new hobby. Learn a new skill. These are the kinds of goals many people include in their New Year's resolutions. How often do we think about setting goals specifically to support our brain health? It may not be top of mind, yet it is just as important as caring for the rest of our body.

The good news is that many common resolutions already support brain health. Activities like physical movement, healthy eating, learning new skills, and staying engaged are all connected to the Six Pillars of Brain Health and can play a meaningful role in keeping your brain strong at any age.



### Simple Goals That Support Brain Health

- ✓ Sleep for 7-9 hours every day.
- ✓ Get at least 150 minutes of exercise each week and move about 30 minutes most days.\*
- ✓ Learn a new skill or language, or sign up for classes for adults at an education or community center near you.
- ✓ Join a group or club, or volunteer outside the home to stay socially engaged.

*\*Check with your doctor before beginning any new exercise program*



# BRAIN HEALTH RESOLUTIONS

Write your 2026 brain health goals below and place it somewhere visible to make it easier to keep you accountable and track your progress.

## Short Term

## Long Term

## Possible Obstacles?

# MEET THE SPEAKERS

## Getting Ahead of Brain Health

Preview the topics and meet the world-class experts presenting at this year's inaugural brain health conference on January 23, 2026.



**Dr. Dung Trinh | Healthy Brain Clinic**

***ALZHEIMER'S UPDATE: PLAQUES, TANGLES, AND BEYOND...***



**Dr. Joshua Grill | UCI MIND**

***UNDERSTANDING DEMENTIA RISK: WHAT YOU CAN—AND CAN'T—CHANGE***



**Dr. Aaron Ritter | Hoag**

***BIOHACKING YOUR BRAIN: WHAT WORKS AND WHAT'S HYPE?***



**Dr. Winnie Pak | Elevated Clinical**

***INFLAMMATION & THE BRAIN***



**Dr. Michael Yassa | UCI**

***RETRAINING YOUR BRAIN AT ANY AGE: THE POWER OF NEUROPLASTICITY***



**Devin Teichrow, MSC | UCI**

***DIGITAL DEMENTIA: IS TECHNOLOGY MAKING US FORGETFUL?***



**Dr. Danny Benmoshe | Los Angeles Neurology**

***THE GUT-BRAIN CONNECTION: HOW YOUR MICROBIOME SHAPES MOOD, MEMORY, AND MENTAL CLARITY***



**Lauren Weiss | Alzheimer's Orange County**

***YOUR BRAIN HEALTH ROADMAP: WHAT TO DO STARTING TOMORROW***

Learn more about the event and register today at [\*\*www.alzoc.org/brain\*\*](http://www.alzoc.org/brain).