



THE INFORMER



Helping older adults and adults living with disabilities discover resources to plan, prepare for, and support living independently for as long as possible.

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Check out our website for more resources and information!
www.altcew.org

A MESSAGE FROM ALTCEW

Welcome to the summer 2023 issue of **The Informer**!

As we come into the warm summer months, people are at higher risk for heat-related illness. If interested in learning about how to stay cool as the temp rises, read our [summer 2022 issue](#). If needing support this summer, call our helpline at **(509) 960-7281** to speak to a person about local resources and services.

AAAs – 50TH ANNIVERSARY

On May 3rd, we celebrated the 50th anniversary of **Area Agencies on Aging (AAAs)** being signed into law with the 1973 reauthorization of the **Older Americans Act (OAA)**! Area Agencies on Aging are offices established through the OAA that facilitate and support programs addressing the needs *(Cont. on pg. 2)*



CALENDAR OF EVENTS

- 6/10: ALTCEW at Pride 2023
- 6/19: Holiday—office closed
- 7/4: Holiday—office closed
- 7/10: ALTCEW Public Hearing
- 7/12: ALTCEW Public Hearing

Full Calendar of Events: altcew.org/news-events/event-calendar

(50th Anniversary continued from page 1)

of older adults in a defined geographic region and support investment in their talents and interests.

Aging & Long Term Care of Eastern Washington (ALTCEW) is your local AAA for Spokane, Ferry, Stevens, Pend Oreille, and Whitman Counties.

ALTCEW was formed in 1978 through an interlocal agreement between local governments with a goal of providing resources and services to support older adults, people living with disabilities, their families, and caregivers.

Our agency currently employs over 100 staff members and benefits from more than 100 volunteers. Staff and volunteers are trained and available to help adults of all ages plan for the future, and access local resources to live where they want and achieve their goals as they age.

In May, ALTCEW additionally celebrated the 60th anniversary of Older American's Month!

Established in 1963, Older Americans Month (OAM) is celebrated every May led by the Administration for Community Living (ACL). This is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring older citizens. This year's theme was "Aging Unbound". This offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

- **For more information about the Older Americans Act**, visit [Older Americans Act | ACL Administration for Community Living](#).
- **For more information about Aging & Long Term Care**, follow us on [Facebook](#) or [LinkedIn](#).
- **For more information about Older American's Month**, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.

Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life and try new activities. Not sure where to start? Check out local community and senior centers or visit the Spokane Parks & Rec spring 2023 guide at [2023 Spring Activity Guide \(spokanecity.org\)](#).
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities. Washington State has partnered with GetSetUp to provide free virtual classes on a variety of topics for older adults taught by peers! If you're a WA State resident, you can join today for free at [GetSetUp: Live classes for older adults](#).
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities. Aging & Long Term Care has a wide variety of volunteer opportunities where individuals can give back to their community, you can learn more about these on **page 7** of this issue.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. If you are looking for companionship, our free Check and Connect program offers weekly phone calls to older adults. Individuals can speak with a person about their needs, learn about resources, and discuss concerns. Visit [Check and Connect – Aging & Long Term Care \(altcew.org\)](#).

ALTCEW Executive Director attends USAgings Aging Policy & Capitol Hill Day!

By: Savannah Reams –Taylor, Marketing & Outreach Coordinator

Aging & Long Term care's Executive Director, **Lynn Kimball**, attended the USAgings Aging Policy & Capitol Hill Day!

The 29th annual USAgings Aging Policy Briefing & Capitol Hill Day was held April 25-26, 2023. The successful event brought together 150+ advocates from around the country for nearly two days of aging and health policy deep dives and followed visits with Members of Congress and their staff. Thank you to U.S. Senator **Patty Murray** (staffed by **Kelly Jackson**) and U.S. Senator **Maria Cantwell** (staffed by **Astor Tellman**) for meeting with the Washington State delegation.

Aging & Long Term Care is proud to be an active member of USAgings, the national association representing and supporting the network of Area Agencies on Aging and advocating for the Title VI Native American Aging Programs. All of USAgings's members help older adults and people with disabilities throughout the United States live with optimal health, well-being, independence, and dignity in their homes and communities.

- **USAgings's 2023 Policy Priorities:** usaging.org/Files/Policy-Priorities-2023-508.pdf
- **2023 Aging Policy Briefing Materials:** usaging.org/content.asp?admin=Y&contentid=1482



Kelly Jackson (Office of Senator Patty Murray) with Mary Mitchell, [Aging King County](#); [WA Association of AAA](#) State Director Cathy Knight; Lynn Kimball, ALTCEW; Nicole Kiddoo, [Lewis-Mason-Thurston AAA](#); and Christina Marneris and Mike Reardon, [AAA & Disabilities of Southwest WA](#)



Mike Reardon, [AAA & Disabilities of SW WA](#); Astor Tellman, Office of Senator Maria Cantwell; Nicole Kiddoo, [Lewis-Mason-Thurston AAA](#); Mary Mitchell, [Aging King County](#); Lynn Kimball, ALTCEW; [WA Association of AAA](#) State Director Cathy Knight; and Christina Marneris, [AAA & Disabilities of SW WA](#)

ALTCEW is Creating Our 2024—2027 Area Plan!



Aging & Long Term Care pursues the development of services and support systems for older adults and people in need of long-term care in Eastern Washington. To do this, ALTCEW gathers feedback, examines trends, and develops ways to meet community needs in our service area.

What is an Area Plan?

All Area Agencies on Aging are required to develop an Area Plan. This includes demographics, trends, budget information, available services, and much more. The plan also provides an overview of how the agency prioritizes services and distributes funding. This is revised every four years, and updated every two. The final plan is submitted to the Aging and Long Term Support Administration.

How can I provide my input?

Prior to any Area Plan updates, Aging & Long Term Care holds public hearings to gather input on proposed changes. At these hearings, ALTCEW presents the proposed budget for the following calendar year, any changes to service prioritization, and any other changes to the Area Plan.

Want to attend an upcoming public hearing for ALTCEW's 2024—2027 Area Plan?

- Visit our event calendar: altcew.org/news-events/event-calendar
- Contact Anessa Boyer at Anessa.Boyer@dshs.wa.gov or (509) 777-1523

Want to read through our previous 2020—2023 Area Plan?

- View here: altcew.org/wp-content/uploads/sites/24/2020/06/Area-Plan-Final-Copy-11.26.19.pdf

VISION STATEMENT

Our Vision is to provide the best home and community based services to support healthy living and aging in place.

- * We Listen... to our community to understand individual needs.
- * We Adapt... to our changing world.
- * We Provide Solutions... using innovative services to improve quality of life.

CAREERS

Consider a career at Aging & Long Term Care!

Our agency is regularly hiring to fill a variety of positions! At Aging & Long Term Care, we work together to promote well-being, independence, dignity, and choice for all older adults and individuals needing long-term care. **To learn more about careers and benefits, visit our careers webpage (altcew.org).**

CONNECT WITH OTHERS

Interested in getting involved in the community, meeting others, and learning new skills?

Check out these resources:

- ⇒ **Check and Connect:** Receive weekly phone calls from volunteers to connect with an individual and learn about local resources. Learn more: altcew.org/check-and-connect
- ⇒ **GetSetUp:** An online community of people who want to learn new skills, connect with others and unlock new life experiences. Learn more: getsetup.io/partner/Washington
- ⇒ **Well Connected:** A virtual community offering phone and online activities. This program builds a community through games, group conversation, and education. Learn more: covia.org/programs/well-connected
- ⇒ **Spokane Parks & Recreation:** Explore the natural beauty of our region and join one of the Parks & Rec's activities. Learn more: my.spokanecity.org/parksrec

Unwinding Continuous Medicaid – For Those Losing Apple Health

Losing your Washington Apple Health (Medicaid) insurance?

Washington Healthplanfinder connects Washingtonians who've lost Apple Health with qualified health insurance plans (QHPs) and financial help to lower their monthly premiums. Individuals and families who lose Apple Health should sign up for a health plan through [wahealthplanfinder.org](https://www.wahealthplanfinder.org) 60 days before or after their Apple Health plan ends. This allows their new plan to begin the next day!

Is health insurance available through Washington Healthplanfinder affordable?

Many people seeking coverage will find high-quality Cascade Care Silver or Gold plans on Washington Healthplanfinder for less than \$10 a month. This is thanks to Cascade Care Savings, Washington's new state-funded premium assistance program. Cascade Care Savings provides additional financial help to individuals and families earning up to 250% of the federal poverty level — that's up to \$34,000 annually for an individual and \$70,000 for a family of four. These plans are offered by all carriers on Washington Healthplanfinder, have lower deductibles, and cover important services like doctor's visits, mental health services, and prescription drugs with low co-pays before the deductible.

Can I still get health insurance later?

For those who are unable to enroll within 60 days of their Apple Health end date, there may be additional opportunities to get a new plan through [wahealthplanfinder.org](https://www.wahealthplanfinder.org). Special enrollment periods allow individuals and families to sign up for a health plan, when they experience qualifying life events — including job loss, income changes, and household changes (moving counties, birth, marriage, etc.). Those unable to enroll within 60 days of losing Apple Health and unable to use an existing special enrollment period can also request their circumstances be reviewed, which Washington Healthplanfinder will do on a case-by-case basis.

Need help?

Contact Washington Healthplanfinder directly by contacting their Customer Support Center or find help from Washington Healthplanfinder enrollment partners. Free language assistance is available in more than 200 languages. Call **1-855-923-4633** (TTY **1-855-627-9604**).

Are you aging or disabled and losing Medicaid? We can help! Contact local support by calling Aging & Long Term Care's Community Living Connection's program. We are here for you. Call **(509) 960-7281**.



The graphic features a green background. At the top left is the Washington Healthplanfinder logo, which consists of a stylized starburst icon followed by the text "washington healthplanfinder" and the tagline "click. compare. covered." below it. The main headline in large, bold, dark blue font reads "No longer on Washington Apple Health?". Below the headline, in a smaller dark blue font, is the text "Don't wait to apply at [wahealthplanfinder.org](https://www.wahealthplanfinder.org)". At the bottom of the graphic is a photograph of two women with dark curly hair. The woman on the left is wearing a yellow t-shirt and holding a blue and white megaphone to her mouth, appearing to shout. The woman on the right is wearing a maroon t-shirt and has her hand to her mouth in a surprised or excited expression.

Aging & Long Term Care at Pride 2023

By: Savannah Reams-Taylor, Marketing & Outreach Coordinator

Aging & Long Term Care is participating in the 2023 Pride parade and hosting an informational booth to pass out resources to the community!

This will be the second year in a row that ALTCEW has been represented at Pride to show their support for the LGBTQ+ community. “Participating in Pride is not just important; it could be lifesaving. Not being accepted or understood is often a barrier to those needing services. We want everyone to know that ALTCEW is inclusive and strives to serve all of our client populations. Everyone matters.” – **Kari Stevens, Community Living Connections Director.**

The first Spokane Pride took place in 1992, when PFLAG (Parents, Families, and Friends of Lesbians and Gays) sponsored and coordinated the first march through the streets of Spokane with a few hundred people. Since then, Spokane Pride has grown, hosting several thousand people in 2019. When the pandemic hit, Spokane Pride was forced to adjust and hosted a month of outdoor, distanced activities like a kickball tournament! In 2021, the parade adjusted to become a drive-thru parade outside the Spokane Arena. When the traditional Parade & Festival was able to return in 2022, it was bigger than ever with over 50,000 attendees throughout the day. The influx of people was quite a surprise, but a welcomed one.

Are you looking for LGBTQ+ resources? **Learn about these local organizations that offer a variety of services and supports in Eastern Washington:**

- ⇒ [Odyssey Youth Movement | LGBTQ Youth Resources | Spokane, WA](#): A local group that works closely with Spokane Pride. They are dedicated to being a safe space for LGBTQ+ youth to hang out, get taken care of, learn, and more! A hub for LGBTQ+ Youth resources in our area.
- ⇒ [Lgbtq | Spectrum Center Spokane](#): Spectrum hosts community care events all year long, in addition to providing education and facilitation. Some of the events Spectrums helps to facilitate include queer clothing swaps, queer book club, the upcoming 2-Spirit Powwow, and their GAPP (Gender Affirming Products Program) which provides free, no-barrier-to-entry gender-affirming products and services.
- ⇒ [PJALS - Peace and Justice Action League of Spokane](#): PJALS is all about activism and supporting the community. They host regular workshops on different causes, including “Why Race Matters Workshops”, and “Approaches to Change & Power Mapping Workshop”.
- ⇒ [Spokane Pride](#): Spokane Pride is the organization that hosts the annual Pride Parade & Festival, along with other affirming pop-up events throughout the year. When able, Spokane Pride also sponsors other smaller organizations and events.
- ⇒ [HOME | sannw](#) (Spokane AIDs Network): SAN provides support and information for individuals living with AIDS, safe spaces for building community, and awareness on HIV/AIDS.



Volunteer with ALTCEW

Aging & Long Term Care of Eastern Washington is looking for volunteers!

Volunteering is a powerful way to give back to your community and make a meaningful difference in the lives of others. From building valuable skills to improving mental health, volunteering has the power to transform both individuals and communities.

Currently Aging & Long Term Care needs volunteers for the upcoming Medicare season. Our **Statewide Health Insurance Benefits Advisors** program helps individuals understand their Medicare rights and options. Volunteers counsel people of all ages, adults living with disabilities, and people getting ready to retire about their Medicare choices and options. You don't have to know Medicare – we'll train and mentor you! Learn more: altcew.org/volunteer/statewide-health-insurance-benefits-advisors.

Aging & Long Term Care also needs volunteers to call clients weekly to check in on their wellness and provide companionship. The **Check and Connect** program helps individuals reduce feelings of isolation and learn about local resources. Volunteers set their own hours and work remotely. Learn more: altcew.org/volunteer/community-living-connections.

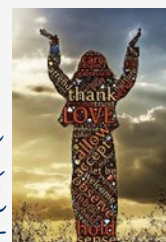
Below, we will hear from a couple of our volunteers and discover why they believe that volunteering is such a worthwhile and rewarding experience.

Kathe, SHIBA
volunteer, 2 years.



"My volunteer work keeps my brain active and engaged and I love being able to give back to the community... I began volunteering during the pandemic and for a couple years, it was my primary source of interaction with the outside world. I so appreciate being able to share Medicare information with fellow volunteers and our clients! People who want to help others and give back to the community while staying engaged in what matters will find SHIBA very beneficial. We're always learning and growing our skills!"

Jessica, Check and Connect
volunteer, over a year.



"The Check and Connect program enriches lives in the most basic ways, as so many people just need to know someone cares about them. We can change the world with small gestures every day, and a phone call can be that small gesture that means so much... I like the feeling that someone is looking forward to connecting with me. I just reach out and change someone's day or week by being available. And they change my day or week as well... My clients count me as a friend. We laugh and chat and tell stories. One gal who I've been talking to for a year says 'Love ya!' when we're saying goodbye. Does that make my day? Yes, many times over. I am grateful for the lift my ALTCEW friends give me."

A heartfelt THANK YOU to the volunteers featured above, in addition to our many other volunteers that support older adults and adults living with disabilities in Eastern Washington!

If interested in volunteering with either of these programs or learning about other volunteer opportunities, visit altcew.org/volunteer or call (509) 458-2509 and ask to speak to the program you are interested in volunteering with.

Fresh Produce – Senior Farmers Market Nutrition Program

As we age, it becomes increasingly important to prioritize our health and well-being. One way to do this is by eating a nutritious and balanced diet, which can help prevent chronic illness and improve overall health outcomes. However, if on a fixed income, accessing fresh and healthy foods can be a challenge. The **Senior Farmers Market Nutrition Program (SFMNP)** helps to address this gap.

This program is designed to improve the nutritional health of low income seniors by providing them with an electronic benefit card that can be used to purchase fresh fruits and veggies from certified farmers' markets. Eligible participants will receive \$80 on an electronic benefit card. Educational information about the benefits, selection, storage, and preparation of fresh foods is also provided to participants.

The **2023 SFMNP season begins in June for the farm season, and ends October 31st.** Information on participant eligibility, how to apply, how much produce you can get, and where markets are located is available at altcew.org/senior-farmers-market-nutrition-program. Individuals can also call our Senior Farmers Market Hotline at **(509) 477-4442** to hear recorded information on this program.



Refreshing Ways to Use Seasonal Summer Fruits!

Tired of eating the same fruit, the same way? Switch it up this summer by preparing seasonal summer fruit in unique ways!



- ◇ **Try infused water**—If plain water doesn't sound appealing, try adding some fresh fruits and herbs for flavor. Some popular combinations include watermelon mint, strawberry cucumber, and raspberry lemon.
- ◇ **Freeze it**—Fruits like sliced strawberries and apricots, or whole grapes and blackberries are the perfect cool, healthy, and tasty snack.
- ◇ **Fire up the grill**—Add fruit to your grill lineup! Some fruit such as peaches and plums are great grill companions. Topped with yogurt, granola, and a drizzle of honey, or eaten plain, these can be a tasty snack, dessert, or part of a meal.

A Matter of Balance

The next round of “A Matter of Balance” classes are beginning in June and July!

A Matter of Balance (MOB) is an award-winning class designed for those who have fallen or who have a fear of falling. Taking this free class will not only help participants view falls as controllable and make lifestyle changes to reduce falls, it will also increase their strength and balance.

In addition to Spokane, we are excited to be providing classes in the Tri and Whitman Counties. A Volunteer Coach Training in Pullman is also scheduled in June.

If you or a loved one would benefit from the class, or if you're interested in volunteering, call **(509) 777-1571** or visit altcew.org/programs-services/preventing-falls to learn more.



Get Help Managing Medications

Get help managing your medications with Aging & Long Term Care's award winning Advanced Medication Management Program (AMMP).

AMMP helps clients find solutions to address complex health conditions such as asthma, diabetes, COPD, and hypertension. Advanced Medication Care Coordinators (AMCCs) and pharmacists work together to create safe and effective medication management plans catered to meet each individual's needs. Our purpose is to ensure clients are using medications in the most safe and effective way!

At this time, we are working with patients over the age of 50 with chronic health conditions and who currently take multiple prescriptions.


How our Program Works:

- Client enrolls in the program (no charge). Call **(509) 960-7281** to learn more.
- AMCC visits with the client and identifies prescriptions and challenges.
- Client meets with a clinical pharmacist and AMCC.
- The pharmacist reviews the client's health status, makes any necessary medication recommendations, and shares this with the client's health care provider.
- AMCC follows up with the client and pharmacist for continued consult until the client is comfortable that the medications they are taking are safe and effective.

Learn more:

altcew.org/programs-services/medication-management

The DO'S and DON'TS of MEDICINE DISPOSAL



When was the last time you cleaned out the expired medicines in your medicine cabinet?

The expiration dates on your medicines may be easy to overlook, but they are there for a reason. Once a medicine has reached its expiration date, it **may not provide the treatment you and your family need.**

Dispose of your MEDICINES WHEN THEY ARE:

damaged

expired

unused

unwanted

How SHOULD YOU DISPOSE of them?

For all over-the-counter (OTC) medicines and many prescriptions, safe in-home disposal is easy.

Follow these steps to dispose of expired medicines in your household trash:

MIX

Mix expired medicines with a substance like dirt, kitty litter, or used coffee grounds.

(Don't crush tablets or capsules).


SEAL

Place the mixture in a container like a zip-top or sealed plastic bag.

DISPOSE


Throw the container away in your household trash.

Do I have OTHER OPTIONS for DISPOSAL?



COMMUNITY TAKE-BACK DAYS

Check out DEA.gov to see if there is an approved medicine take-back program in your community. Take-back programs are also sponsored by police departments, municipal buildings, or pharmacies.




REMEMBER

There are a handful of medicines that **should only be disposed of** by flushing down the toilet or through a drug take-back program. FDA.gov provides a list of these medicines and specific disposal instructions.

PRESCRIPTION TIP

When disposing of a prescription product, remove the label or scratch off all personal information on the label.

Sponsored by



EDUCATE before YOU MEDICATE

National Council on Patient Information and Education

For more information, visit KnowYourOTCs.org/safe-disposal.



MARK YOUR CALENDARS – Medicare Open Enrolment Starts October 15th!

By: *Monica Kudrna, SHIBA Coordinator*

For the more than 1.3 million Medicare beneficiaries in Washington state, this is an important time of year. Medicare’s Open Enrollment Period – also called the Annual Election Period – runs each year from October 15th to December 7th.

During this time, those on Medicare:

- Can switch from Original Medicare to a Medicare Advantage plan and vice versa.
- With Original Medicare can join, drop, or switch a Part D prescription drug plan.
- With a Medicare Advantage plan can switch to a different Medicare Advantage plan.



Contact Aging & Long Term Care of Eastern WA, your local SHIBA office, at 509-625-4801 or visit www.altcew.org/.



The **Statewide Health Insurance Benefits Advisors (SHIBA)** program – part of the Office of the Insurance Commissioner - is ready to help with all of these decisions. Medicare is not a one-size fits all program. Each person’s needs, situation and benefits are different – and that includes spouses who may have their own unique Medicare plan. To learn more about SHIBA, visit altcew.org/programs-services/medicare.

GET HELP PAYING FOR MEDICARE – See if you qualify for a Savings Program and/or Extra Help!

Two programs that may help you save on Medicare

If you’re enrolled in Medicare, you may qualify for programs to help you save money whether you have Original Medicare or a Medicare Advantage plan - - and applying is easy:

1. The Medicare Savings Programs

If you qualify, Medicare Savings Programs may cover:

- Part A & Part B premiums
- Medicare copayments & deductibles

Medicare Savings Programs for help with Medicare Parts A & B costs (Effective April 1, 2023)

| | Income less than: |
|----------------------|--|
| Single Person | \$1,660 per month \$19,920 per year |
| Couple | \$2,239 per month \$26,868 per year |

NOTE: As on Jan 1, 2023, there is no resource/asset test for the MSPs. This means you won’t be asked to verify any resource such as bank account balances.

2. Extra Help (also called Low-Income Subsidy)

If you qualify, Extra Help for Medicare Part D prescription drug coverage covers:

- Premiums & deductibles
- Some copay costs & donut hole/coverage gap

Extra Help for Medicare Part D (Effective Feb. 2023)

| | Income less than: | Resources less than: |
|----------------------|--|----------------------|
| Single Person | \$1,843 per month \$22,116 per year | \$16,660 |
| Couple | \$2,485 per month \$29,820 per year | \$33,240 |

NOTE: People who work may have even higher incomes than what these charts show. For both programs, resources do not include the home you live in and one car.

To schedule your one-on-one appointment with SHIBA, or to speak with SHIBA about Medicare Savings Programs, call (509) 625-4801 Mon - Fri, 8:30 - 5 PM.

BRAIN HEALTH CORNER

Keeping Your Brain Healthy

By: Tara Hill-Matthews, Dementia Resource Catalyst

Almost half (44%) of adults between the ages of 50 and 64 are concerned about getting dementia, according to a recent National Poll on Healthy Aging. There are many risk factors for dementia—like age, genetics and family history—that we can't change. However, there are also several lifestyle changes that we can make to reduce the risk of dementia. **The adjustments that may be most effective are:**

- **Manage hypertension, heart conditions and diabetes:** Follow the guidelines from your doctor to manage these conditions. These may include:
 - Taking prescribed medications as directed
 - Modifying your diet and physical activity
 - Remember: what's good for your heart is good for your brain!
- **Increase physical activity:** CDC studies show that physical activity can improve thinking, reduce the risk of depression and anxiety and help you sleep better.
- **Quit smoking:** Evidence shows that smoking increases the risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- **Get enough quality sleep:** 1/3 of American adults report that they usually get less sleep than the recommended amount. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- **Take a class:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- **Protect your head:** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

What change will you make today to stay sharp?

For more information, check out the resources below:

- [National Poll on Healthy Aging](#)
- [Alzheimer's Association Facts and Figures](#)
- [Benefits of Physical Activity | Physical Activity | CDC](#)

How to Access Local Dementia Support in Eastern Washington?

Visit Aging & Long Term Care's website or call the helpline Mon - Fri, 8:30 - 5PM:

www.altcew.org | (509) 960-7281

Visit the WA State Alzheimer's Association website or contact their 24/7 helpline:

www.alz.org | 1-800-272-3900

Visit the Spokane Area Dementia Friendly Community website and subscribe to their newsletter:

altcew.org/about-who-we-are/spokane-area-dementia-friendly-community