



Healthy Aging Month

Throughout the month of September, we are focusing on the positive aspects of the aging journey. Now is the time for you and your loved ones to adopt healthy habits and behaviors, manage existing health conditions, and stay connected to your family and friends.

WHY WE LOVE HEALTHY AGING MONTH

It reminds us to stay healthy.

We often get so caught up with our daily routine that we forget to take care of ourselves. This month reminds us of the importance of following a lifestyle that supports healthy aging.

It gives us a chance to learn something new.

Healthy Aging Month is an opportunity to continue learning. Whether it is a class you want to take or a new recipe to try, this is the perfect time to make sure you have a well-balanced lifestyle.

It gives us a chance to expand our knowledge.

Use this month to focus on learning new ways to improve your health and nutrition by speaking to your health care provider and expanding your knowledge of health and nutrition.

To learn more, call 904-529-2800 or visit Clay.FloridaHealth.gov

More than
17%
of Clay County
residents are age
65 or older

**Florida
HEALTH**
Clay County

Healthy Aging Tips

- Visit your health care provider regularly.
- Choose healthy foods rich in nutrients.
- Stay physically active.
- Keep your mind active.
- Participate in healthy activities you enjoy.
- Connect with family and friends.
- Manage stress.

If you have any questions about safely implementing these healthy aging tips, please contact your health care provider.

Facts about Exercise

- Promotes brain health.
- Increases energy levels and stamina.
- Helps maintain muscle mass.
- Improves sleep quality.
- Helps maintain a healthy weight.

Healthy Aging Top Florida

Judith Horstman, Scientific American



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Healthy Aging Carolyn E. Worthington, Thomas J. Dryden, David M. Chauner, 1997 *Healthy Aging in Rural America* United States. Congress. Senate. Special Committee on Aging, 2001 The Scientific American Healthy Aging Brain Judith Horstman, Scientific American, 2012-06-05 Good news about getting older from Scientific American and Scientific American Mind The Scientific American Healthy Aging Brain taps into the most current research to present a realistic and encouraging view of the well aged brain a sobering look at what can go wrong and at what might help you and your brain stay healthy longer Neurologists and psychologists have discovered the aging brain is much more elastic and supple than previously thought and that happiness actually increases with age While our short term memory may not be what it was dementia is not inevitable Far from disintegrating the elder brain can continue to develop and adapt in many ways and stay sharp as it ages Offers new insights on how an aging brain can repair itself and the five best strategies for keeping your brain healthy Shows how older brains can acquire new skills perspective and productivity Dispels negative myths about aging Explores what to expect as our brains grow older With hope and truth this book helps us preserve what we've got minimize what we've lost and optimize the vigor and health of our maturing brains Brain Networks in Aging: Reorganization and Modulation by Interventions Junfeng Sun, Chunbo Li, 2018-02-22 Old adults undertake multiple reduced cognitive abilities in aging which are accompanied with specific brain reorganization in forms of regional brain activity and brain tissues inter region connectivity and topology of whole brain networks in both function and structure The plasticity changes of brain activities in old adults are explained by the mechanisms of compensation and dedifferentiation For example older adults have been observed to have greater usually bilateral prefrontal activities during memory tasks compared to the typical unilateral prefrontal activities in younger adults which was explained as a compensation for the reduced brain activities in visual processing cortices Dedifferentiation is another mechanism to explain that old adults are with much less selective and less distinct activity in task relevant brain regions compared with younger adults A larger number of studies have examined the plasticity changes of brain from the perspective of regional brain activities However studies on only regional brain activities cannot fully elucidate the neural mechanisms of reduced cognitive abilities in aging as multiple regions are integrated together to achieve advanced cognitive function in human brain In recent years brain connectivity network which targets how brain regions are integrated have drawn increasing attention in neuroscience with the development of neuroimaging techniques and graph theoretical analysis Connectivity quantifies functional association or neural fibers between two regions that may be spatially far separated and graph theoretical analysis of brain network examines the complex interactions among multiple regions from the perspective of topology Studies showed that compared to younger adults older adults had altered strength of task relevant functional connectivity between specific brain regions in cognitive tasks and the alternation of connectivity are correlated to behavior performance For example older adults had weaker functional connectivity between the premotor

cortex and a region in the left dorsolateral prefrontal cortex in a working memory task Interventions like cognitive training and neuro modulation e g transcranial magnetic stimulation have been shown to be promising in regaining or retaining the decreasing cognitive abilities in aging However only few neuroimaging studies have examined the influence of interventions to old adult s brain activity connectivity and cognitive performance This Research Topic calls for contributions on brain network of subjects in normal aging or with age related diseases like mild cognitive impairment and Alzheimer s disease The studies are expected to be based on neuroimaging techniques including but not limited to functional magnetic resonance imaging Electroencephalography and diffusion tensor imaging and contributions on the influence of interventions to brain networks in aging are highly encouraged All these studies would enrich our understanding of neural mechanisms underlying aging and offer new insights for developing possible interventions to retain cognitive abilities in aging subjects Lifestyle and Healthy Aging to Prevent Cognitive Decline and Dementia Kristin Rene Krueger,Ayse Kuspinar,Mathieu Hainselin ,Celeste Annemarie De Jager Loots,Breno J. A. P. Barbosa,2025-11-05 Lifestyle factors such as physical activity cognitive activity healthy social engagement and diet have become the focus of brain health and dementia prevention given the failure of pharmacological treatment to fundamentally reduce dementia risk Age and genetics are non modifiable risk factors for cognitive decline and dementia However we now have evidence that lifestyle behaviors can reduce the risk of cognitive decline and dementia even among older adults with high genetic risk Cognitive decline and Alzheimer s disease and related dementias ADRD are worldwide problems that disproportionately affect persons with fewer resources throughout their lifespan Low and middle income countries currently have a higher incidence of ADRD compared to high income countries Individuals with fewer resources even if they live in high income countries are diagnosed at earlier ages and more often than individuals with more resources The goal of this Research Topic is to spotlight the latest research findings about the connections between lifestyle and brain aging or dementia including interventions that support brain health in diverse communities around the globe Particularly we wish to highlight the newest insights on the role of lifestyle in maintaining brain health in healthy adults who are at risk for cognitive decline from mid life to the very old and promoting brain health in people with cognitive decline and dementia This Research Topic will contribute to advancing the knowledge on the potential risk factors of cognitive decline including family history unhealthy lifestyle chronic physical and mental health conditions or low educational attainment We aspire to generate many ideas that expand how we conceptualize interventions for dementia prevention in persons at the highest risk With this aim we welcome the submission of any type of manuscript supported by the journal including Original Research Review Brief Research Reports etc describing novel insights on the impact of lifestyle on brain aging and dementia the underlying neurobiology and the interventions aimed at maintaining brain health and reducing cognitive decline The expected content includes but is not limited to the following themes Diversity of lifestyle areas and interventions physical activity cognitive activity social engagement food intake alcohol abuse or drug abuse pet relations

etc Impact of lifestyle factors on risk factors and biomarkers of cognitive decline and dementia Interaction between environmental and lifestyle factors Neurobiological underpinnings linking lifestyle to risk factors or biomarkers of dementia Intervention programs targeting lifestyle Ecological validity of interventions for harder to reach groups old adults people with low degree of education or low resources cultural or religious barriers etc Evidence from randomized controlled trials RCT and observational studies which will help the planning of future RCTs aiming at reducing ADRD at the individual population and global levels *Good Health* ,1896 Health and Environment in America's Top-rated Cities Rhoda Garoogian,Andrew Garoogian,1994 **Toward Healthy Aging** Priscilla Ebersole,Patricia A. Hess,Ann Schmidt Luggen,2004 Toward Healthy Aging is a definitive comprehensive source for health promotion and health maintenance in gerontologic nursing education Noted for its use of Maslow s hierarchy of needs this resource and its author team have been praised for the text s wellness based and holistic approach comprehensive coverage of common as well as not so common conditions in the older adult accuracy of content and pedagogic aids that promote student understanding This popular resource provides a solid understanding of how to effectively provide holistic care promote healthy lives and address end of life issues and concerns Instructor resources are available please contact your Elsevier sales representative for details

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Unveiling the Magic of Words: A Report on "**Healthy Aging Top Florida**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Healthy Aging Top Florida**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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