

## Health & Wellness

There are still no approaches that have been proven to effectively treat or prevent Alzheimer's disease and related dementias. However, as with many other diseases, there may be steps we can take to help reduce the risk and slow its progression. In this edition of our Health & Wellness Newsletter, we explore how our team work to preserve brain health through mental, social and physical means.

### HEALTHY AGEING



#### Art as Exercise for the Brain: Enhance Cognitive Function with I Create Classes

Creating art is a wonderful way to give your brain a workout! There is evidence to show that participation in mentally stimulating activities is linked with a lower risk of cognitive and functional decline in people with dementia.

Through participation in art therapy programs like our I Create classes, older adults can continue to interact with their peers, help to improve mood, and enhance motor skills. Sign up now and get your brain in shape with art therapy.

[Learn more](#)

### EVENTS



#### New Hub of Activity

7 FEBRUARY 2023

Southern Cross Care will help to shape up the Fleurieu Peninsula with the official launch of its Goolwa Community Hub. The new and improved hub offers the following services;

- Health & Wellness, including allied health and group exercise.
- Community Respite
- Home Care, supplying care and support to keep you at home.

#### Open Day Details

**Date** Tuesday 7 February  
**Time** 9.00am to 4.00pm  
**Place** Goolwa Community Hub, 1 Wildman Street, Goolwa

Join us for an open day full of health, wellness and home care activities, FREE massages, educational seminars, demonstrations, giveaways and a FREE sausage sizzle.

[Learn more](#)

### NEWS



#### Mind and Body Benefits of Tai Chi: Group Classes Available at Largs Bay and North Plympton

Exercise is essential for maintaining good blood flow to the brain and encouraging new brain cell growth. As a form of exercise, tai chi can significantly improve cognitive ability and mood.

Scientists at the University of South Florida and Shanghai's Fudan University found that people over 60 years who practised tai chi three times a week showed significant increases in brain volume, and improved memory and cognitive function. People can reduce their risk of dementia by living an active lifestyle, and those with dementia already, can adopt an active lifestyle to slow its progression.

We believe in the benefits of tai chi so much that we've got group classes running at our [Largs Bay](#) and [North Plympton](#) Health and Wellness locations!

[Sign up >](#)



#### Combating loneliness for a healthier brain

Loneliness can have detrimental effects on brain health, making it crucial for caregivers to prioritize socialization for those under their care.

A report from the National Academies of Sciences, Engineering, and Medicine in America suggests that social isolation is associated with about a 50% increased risk of dementia!

Loneliness may contribute to cognitive decline through various pathways including: depressive symptoms, poor sleep, increased blood pressure, increased inflammation and physical inactivity.

Maintaining connections to family, friends and other community members can help foster the wellbeing of older adults for longer.

[Read more >](#)



#### Stay Active: Respite Trips for people living with dementia

Being occupied, active and engaged reduces the physical and mental impact of the disease and improves an individual's capacity to remain living in the community.

Our respite cottages in [Darwin](#), [Myrtle Bank](#) and [Mount Barker](#) offer weekly group-based bus trips into the broader community!

Trips can include:  
Lunches and dinners at restaurants, activities like bowling and mini golf, excursions to places like beaches, museums and animal sanctuaries.

For more information call:  
Myrtle Cottage - [08 8379 7759](tel:0883797759)  
Willow Fern Cottage - [08 8391 5047](tel:0883915047)  
Darwin Respite - [08 8946 1824](tel:0889461824)

Click below to find about more Health & wellness services

[Find more >](#)

### Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach, ensures every client is supported in their journey to be Better for life.



#### EXPLORE OUR SERVICES

[Health & Wellness](#)

[Home Care](#)

[Retirement Living](#)

[Residential Care](#)

## Better for life



[www.southerncrosscare.com.au](http://www.southerncrosscare.com.au)

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