

# Masterpiece Living Data Revelations

## November: Alzheimer's Disease Awareness Month



Imagine what it would be like if you found yourself struggling to carry on a normal conversation because you couldn't find the words to piece together a sentence; or, if you got lost on your drive home from work and had no idea where you were. Maybe before you started your journey home you looked at your car keys and had no idea what they were used for.

*Unfortunately, people with cognitive impairment face these types of challenges every day. "It won't happen to me," many say. However, statistics show:*



**1 in 3 older adults dies with Alzheimer's Disease or some form of dementia.**

**Dementia is the sixth leading cause of death in the US.**



## Forging a Fit Brain:

Fortunately, there are preventive measures an individual can take to lower one's risk of experiencing dementia-related symptoms. Research shows the following are key factors to reduce risk:

## Physical Activity



Physical activity is one of the most beneficial activities we can do for keeping a healthy brain.

## Social Connections



Engaging in social connections helps us to maintain a sharp mind.

## New Challenges



Challenging the mind in novel and complex ways helps maintain cognitive function.

## Focus on the Findings:

Data collected from individuals living within the Masterpiece Living network shows the following:

**95%**

Maintain or increase their activity levels within the area of intellectual wellbeing.



**46%**

Almost half rated their memory as being better than others their own age.



## Toolbelt for the Brain:

Organizations that are part of the Masterpiece Living network benefit from the vast array of tools and resources. Individuals can take advantage of these opportunities in order to stay mentally sharp.

Brain Health University by Masterpiece, Neurobics+ by Masterpiece Living, and Dr. Rob's Cognitive Connections resources are three great examples.



### MPL Partners in Action:

Click [HERE](#) to see how The Birches, a Masterpiece Living partner, has leveraged these resources in an article published by the Chicago Tribune.