

Thursday, February 9th, 2023



AICA NEWSLETTER

Recurring AICA Activities

- Every **Tuesday** from 4:00-5:00 we offer **Chair Yoga**. Then, from 5:30-6:30 we have a **Level One Yoga Class**. The instructors travel from *Embody Yoga!*
- On **Wednesday** mornings from 10:00-11:00 we have our **Gentle Yoga Class**. In the late afternoon, we offer free **Student Support Sessions** by appointment. Please call (414)-930-9210 if you are interested.
- On **Saturdays**, AICA holds **Youth Prevention Activities** from 9:00-12:00. This weekly event accommodates children from the ages of 6 to 12 years old.

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

Who always has a date on Valentine's

Day?



A calendar!

A Moment of Mindfulness

Define 3 Daily Goals

3 goals a day may seem daunting, but 3 is a manageable number. Instead of making a To-Do List with 20 or more items on it, just keep it simple!

Narrow your list to the top 3 that you know with certainty you can achieve during the day. You can always do more! Just make sure you achieve those top 3.

Having just 3 goals allows you the time and mental energy to focus on them mindfully, and thoroughly. This way, there is no pressure to rush through each action to get to the next one. Hopefully, taking your time with each goal will allow you to enjoy the process of completing them.



Upcoming AICA Events

- **Monday, 2/13/23: Essential Oil Make & Take Class #2 with Suzanne Hurst**
- **Saturday, 2/18/23: Raised Beadwork Class**
- **Monday, 2/27/23: Essential Oil Make & Take Class #3 with Suzanne Hurst**

Spots are currently limited for our Monday night Wellness Classes and other AICA events! You must RSVP for ALL events! Flyers have been going out in the mail in advance, and our website stays up to date with events we are hosting.

Resource:

<https://www.developgoodhabits.com/mindfulness-exercises>



Protecting Your Body & Your Brain

We all know that eating processed food is bad for our health, but did you know that is is bad for your brain too?

Ultra-processed foods may be the worst danger to your body and brain health as you age, researchers say. These foods consist of things that may taste good, like fries, pizza, candy, cookies and more... but they are not good for any part of you. A new study in the medical journal JAMA Neurology states that, eating ultra-processed food may lead to mental decline. If 20% of the food you eat daily is ultra-processed, your risk for mental decline goes up.

All of this processed food is packed with sugar, salt, fat, starch, and powdered protein; they are also laced with artificial flavors, colors, emulsifiers, stabilizers, and preservatives. These "foods," lack nutrients for body and brain health, the NIH says.

The food study found that ultra-processed foods provide Americans 58% of their calories. This puts us more at risk for diabetes, heart disease, obesity, and cancer.

If you want to cut the risks, try cooking your own meals from scratch. It may be hard at first, but the change is worth it, nutritionists say. It is wise to switch to the healthy, whole foods your body needs, and exercise too.

You want to know what you are eating so you can protect your body and your brain. A healthy diet rich in these 5 essential foods will help: leafy, green veggies, fatty fish, berries, tea and coffee, and nuts. These can help keep your blood sugar in check, and slow cognitive decline.

Green veggies are packed with vitamins and more. Fatty fish are a prime protein rich in omega-3 fatty acids. The healthy unsaturated fats in fish can help lower the amount of protein that forms the harmful plaque that causes Alzheimer's Disease.

Berries help improve memory and are loaded with vitamins, antioxidants, magnesium, and potassium. Both tea and coffee give you short concentration boosts. They can help solidify new memories, and may help you reduce your risk for type 2 diabetes. Nuts are full of protein. Research shows walnuts improve cognitive health and help manage hunger.

If you skip the ultra-processed foods, you will be less at risk for diabetes, boost your mental abilities, and reduce your cognitive decline.