WTNS Radio OSU Extension Update for April 29, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about brain health, and as always look at some upcoming programs from OSU Extension.

According to the Alzheimer's Association, "Eating a heart-healthy diet benefits both your body and your brain. In general, this is a diet that focuses on foods that are less processed and lower in fat, along with more vegetables and leaner meats and proteins."

In addition to a healthy diet, the Alzheimer's Association suggests these other healthy habits to increase our brain health.

Challenge your mind – Some people are naturally curious, while others must work at it. Put your brain to work and do something that is new for you. Each season, aim to learn one new skill or further develop an existing skill. If you are typically mechanically minded, then try something artistic. And likewise, if art comes more naturally for you, try building something with directions. Challenging your mind may have short- and long-term benefits for your brain.

Stay in school - Education reduces the risk of cognitive decline and dementia. This starts at a young age and continues. Try taking a class at our local library or join an online class about a topic you are interested in. Consider joining a book club.

Get moving - Engage in regular physical activity. You want to raise your heart rate and increase blood flow to the brain and body. How can you build more movement into your day? Leslie Mayle, Registered Dietitian at Coshocton Regional Medical Center, is a big fan of YouTube. You can find all sorts of helpful videos to increase physical activity, even while seated. Chair yoga, Silver Sneakers classes, balance exercises, and many more are available for free viewing.

Protect your head - Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt in vehicles. Do what you can to prevent falls by getting rid of throw rugs, eliminating clutter on floors, and watching out for pets underfoot.

Be smoke-free - The World Health Organization estimated in 2014 that 14% of dementia cases worldwide may be caused by smoking. An analysis in 2015 of over 30 published studies found that current smokers are 30% more likely to develop dementia and 40% more likely to develop

Alzheimer's disease than people who do not smoke. Quitting smoking can lower the risk of cognitive decline back to levels like those who have not smoked. It's never too late to stop smoking.

Sleep well - Quality sleep is important for brain health. Is your bedroom a peaceful place? Make your space as comfortable as possible and establish a routine for bedtime that does not involve electronic screens like television, tablets, or phones.

And now let's see what else is new from OSU Extension. Coshocton County 4-H has opportunities for youth to learn, make connections, and have fun this summer! Cloverbud Camp is for youth ages 5 and in kindergarten through 8 and in second grade as of January 1. Cloverbud Camp will be June 8 at Lake Park from 9 a.m. – 2 p.m. The theme is "Going on an Olympic Adventure!" Cost is free per participant which includes lunch and snack. Registration is due to the OSU Extension office by May 31. Thanks to the Coshocton County Youth Financial Support Committee for their sponsorship of this program.

4-H Junior Camp is July 5–9 at 4-H Camp Ohio. Junior Camp is for youth ages 8 and in the 3rd grade on January 1 through those in 7th grade on January 1. Camp creates an experience of a lifetime for the campers, including new learning experiences, friendships, skills, and fun. Cost for Junior Camp is $135 for all campers thanks to a generous donation from the Coshocton County Youth Financial Support Committee. For questions or further information, please contact OSU Extension or our website coshocton.osu.edu.

Also, I am beginning to plan for food preservation classes this summer. I'll be offering a Freeze Drying class in July and a Canning Basics class in August. Both programs will be held at Schumaker Farms. Be on the lookout for more details in the next few weeks. And remember, you can email me or call me at the office with any food preservation questions you may have or to have your canner dial gauge tested.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!