

BRAIN HEALTH BOOST-A WEEK IN REVIEW



The Week 8 in Review (May 18-May 23)

The Brain Health Initiative's **Brain Health Boosts** are designed to increase your brain and physical health while fighting illness. They intend to provide you with information, activities and tips for promoting and protecting your brain and body health.

In case you missed any **Brain Health Boosts**, here is a recap of this week's posts and where to find them.

- **Brain Health Boost posts:** brainhealthinitiative.org/brain-health/brain-boosts/
- **Brain Health Boost Facebook events:** www.facebook.com/LakewoodRanch
- **Brain Health Boost Lakewood Ranch sponsored events:** mylwr.com/

Monday

- **Brain Health Boost:** [Brain Health Matters and Walking Makes A Difference](#)

Tuesday

- **Brain Health Boost:** [Finding Meaning and Purpose During COVID-19](#)

Wednesday

- **Brain Health Boost:** [Love in the Time of COVID](#). Wednesday, May 20 from 11am to 12pm. One of the most significant impacts of the COVID-19 pandemic is its effects on relationships. COVID-19 has created an environment that has changed and often strained relationship dynamics. Yet, people need relationships, and the support they bring, more than ever. In this Forum, Dr. Joanne Davila will discuss challenges that people face and skills they can use to navigate relationships during this difficult time. **This Forum Features** Dr. Joanne Davila, Professor & Associate Director of Clinical Train Department of Psychology.

Thursday

- **Brain Health Boost:** [Part 4- Social Connection Boosts Child Brain Development](#)

Friday

- **Brain Health Boost:** [Boost Brain Health with Emotional Protective Equipment \(EPE\)](#)
(needs link)

UPCOMING EVENT

- **Brain Health Boost:** Monday, May 25, 3pm. Join the [LWR Memorial Heroes Parade](#).

ONGOING EVENTS



- [Art Works Anywhere](#) is a remote learning service sponsored by the Van Wezel Foundation. These online lessons created by Van Wezel Teaching Artists use the power of the performing arts to encourage learning. Families learn how to create costumes, draw self-portraits and even interact with their favorite stories while learning science, math, reading, and more. Also check out [daily arts-based learning activities](#) from organizations such as the Van Wezel Hall, Embracing our Differences, The Ringling, Asolo and several others.
- **Brain Health Boost:** 10 am: Facebook [Mindful Moment](#) in partnership with Lakewood Ranch: 10-15 minute Mind-Body experience (recorded and can be viewed anytime)
- Tuesday 1pm, through May 26
Brain Health Boost: [Create for Care-Art Projects for Kids](#): hosted by Kori Clark Design, sponsored by Lakewood Ranch
- Consider placing a pick-up or delivery order from one of the [Lakewood Ranch Farmers' Market vendors](#) or visit the [farmers' market Pinterest](#) page for healthy recipe ideas.
- Every Wednesday at 7pm through May 27
Brain Health Boost: [Ranch Nites: Virtual Happy Hour](#)-Live stream performance by local musicians
- **Brain Health Boost:** Facebook Live, in partnership with Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)

- Every Friday at 10 am through May 22
Brain Health Boost: Facebook live in partnership with Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#)
- Sun Coast ARTS Reach Task Force, local arts education experts created [daily arts-based learning activities](#). They are available free to families, teachers, and caregivers and a new calendar is launched every Friday.
- It's common to feel stressed or anxious during these challenging times. Many people are experiencing increased levels of stress, fear and anxiety. The need for social distancing makes it harder to access our normal social supports. Being in contact with people who can relate to your experiences is comforting. Centerstone's CareLine can help you learn about coping skills, find resources, and feel supported. If you or someone you know needs to talk, the team at Centerstone is available to help: **Free and Confidential 24/7 CareLine**
941-782-4300
#CstoneNeverQuits
- **Tidewell Community Hope Line**
To help meet the emotional-health needs of the community during COVID-19, local hospice provider Tidewell Hospice is offering the Tidewell Community Hope Line. This is not a crisis hotline but a "hope" line for people who need help dealing with today's challenges. The service is available 24/7 and is staffed by Tidewell grief specialists, social workers, and spiritual care advisors. The line can be reached at **855-930-HOPE (4673) or 941-556-HOPE (4673)**. (La Línea de Esperanza para La Comunidad esta disponible en Español.) Assistance is also available via email at communityhope@tidewell.org.
- Register online TODAY at www.CenterstoneLifeStory.org



- **Brain Health Boost:** Mindfulness programs for preschoolers and their caregivers are growing world-wide, and can be surprisingly effective. The practices just need to be adapted to young children's hearts, minds, and bodies. Join Rick Hanson, Dan Siegel, Kristin Neff, Elisha Goldstein, Susan Pollak, Chris Willard, 20 other experts, and me exploring how to adapt mindfulness practices to the needs of preschoolers and their caregivers. This free online [Mindfulness for Preschoolers Summit](#) will replay from May 4 – 8 (Rick Hanson's interview is on Monday, May 4). Sessions will be available free for 48 hours. And if you'd like to purchase anytime access, a donation in your name will be made to ABCs and Rice, a charity for underserved Cambodian children. Just [click here to register for free](#).

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference. **To view all Brain Health Boosts [click here](#).**