

Mindful Wellness

www.healthyhaywood.org

Spring 2011 - Issue 4

COMMUNITY RESOURCES

Haywood Community Connections

452-2370
haywoodconnections.org

REACH

456-7898
reachofhaywood.com

Smoky Mountain Center

1.800.849.6127
smokymountaincenter.com

KARE

456.8995
karehouse.org

Haywood Christian Ministries

456.4838

NAMI

National Alliance on Mental Illness
1.800.541.2682
456-6897
naminc.org

A Health & Human Services Directory

211
nc211.org

MENTAL HEALTH ACTION TEAM SUPPORTS BRAIN

Healthy Haywood's Mental Health Action Team commends Haywood Community Connections, Haywood County Recreation and Parks, and the Waynesville Recreation Center for their vision in the area of brain health. A Brain Gym, is much like its counterpart, a regular gym, only one exercises the brain instead of the body. Their plans to establish a Brain Gym in Haywood County could not come at a better time.

There are a reported 1,650 cases of Alzheimer's in our county. This does not include other dementia-related illnesses. An estimated 5.3 million Americans already have Alzheimer's disease, and as the huge baby-boom generation continues to age, the Alzheimer's Association predicts that nearly a half-million new cases will develop every year – a trend that will last for decades.

Will participation in a Brain Gym prevent someone from contracting Alzheimer's? No. What it will do is enable an individual to build their cognitive reserves. Scientists now know that people generate new brain cells and new connections between them throughout life, and the more mental reserves people build up, experts believe, the better they can stave off age-related cognitive decline. (Continued on 2nd page.....)

How to Access Mental Health Services

- Ask a friend if they can recommend a professional they have heard about.
- Ask a ministerial staff member
- Check with your insurance
- Check the phone book

Key Word Search

Therapist
Mental Health
Counseling

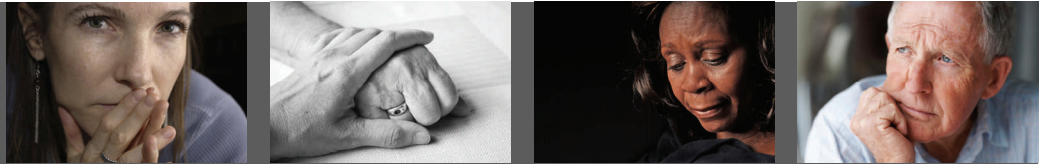
Everyone Has Challenges – You're Not Alone – Help is Available

Know someone who would like to receive this quarterly e-mail newsletter?
Contact the coordinator today – OR – Forward this e-mail on .

The Mental Health Action Team meets the second Thursday of each month at Whitman's Bakery at 2:00pm

Coordinator Information: sduginske@haywoodnc.net 828.452.6675 www.healthyhaywood.org

Healthy Haywood is a program of the Haywood County Health Department & Certified Healthy Carolinians Partnership



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A person who has built cognitive reserves may contract Alzheimer's but should be able to function more normally for a longer period of time than someone who has not practiced good brain health. ("*Boost Your Brain Health*" by P. Murali Doraiswamy, M.D., AARP Magazine, March/April, 2010).

Everyone knows how important it is to maintain physical fitness. It is just as important to exercise the brain and remain cognitively fit. The new gym should appeal greatly to Boomers who may have a longer life expectancy and wish to remain fit into their old age. Older seniors can also benefit from the Brain Gym's programs. Cognitive exercises target memory, hand-eye coordination, processing, and problem solving.

If you are interested in thinking quicker, increasing alertness, elevating mood or improving concentration, the Brain Gym is for you. The main gym will be located at 81 Elmwood Way. A satellite facility will be available at the old armory, and there may be additional satellites as well.

The Gym is expected to open in late summer. If you would like more information contact Haywood Community Connections at 452-2370.

Author, Yvonne Gold is with Haywood Community Connections and active member of Healthy Haywood's Mental Health Action Team. For more information about how to get involved with this team, contact Healthy Haywood Coordinator Steffie Duginske at 452-6675 or sduginske@haywoodnc.net

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