

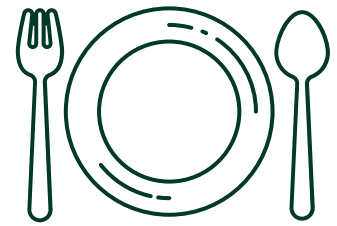
# THE GUIDED LIGHT

LA CROSSE COUNTY'S DEMENTIA NEWSLETTER  
FOR HOPE, SUPPORT, AND RESOURCES

## Nourishing the Mind: How Nutrition Supports Brain Health

### Why Nutrition Matters for Brain Health

The foods we eat play an important role in keeping our brains healthy. Just like the body needs fuel to function, the brain relies on nutrients from food to support memory, learning, concentration, and decision-making. Healthy eating habits can help protect brain function as we age and may reduce the risk of cognitive decline.



### The MIND Diet

The MIND Diet combines elements of the heart-healthy Mediterranean and DASH diets, focusing on whole, plant-based foods while strictly limiting saturated fats and sweets

### The Connection Between Food and the Brain

- Leafy Green Vegetables provide vitamins and antioxidants that help protect brain cells.
- Berries contain antioxidants that may help support memory and thinking skills.
- Fish provides omega-3 fatty acids, which are important for brain function.
- Whole Grains provide steady energy to help the brain stay focused throughout the day.
- Nuts and Seeds contain healthy fats and nutrients that support overall brain health.

# Healthy Foods vs Foods to Limit

## Brain Healthy Foods

- Leafy vegetables
- Berries
- Nuts
- Whole grains
- Beans
- Fish
- Poultry



## Foods to Limit

- Red meat
- Butter
- Cheese
- Fried foods
- Fast food
- Pastries and sweets



## Brain Food Spotlight: Blueberries

Blueberries are a nutritional powerhouse. At just about 80 calories per cup, they are packed with essential nutrients, dietary fiber, and plant compounds known as anthocyanins that deliver massive benefits for your heart, brain, and overall metabolic health



## Recommendations

- 6+ servings of leafy greens per week
- Berries at least 2 times per week
- Fish at least 1 time per week
- Nuts most days of the week
- Whole grains daily

“Of all the organs in our body, the brain is the one most easily damaged by a poor diet.”  
- Dr. Lisa Mosconi, neuroscientist and author.

## 7-Day MIND Diet Challenge

- Eat a leafy green vegetable
- Eat a serving of berries
- Choose whole grains
- Drink 6–8 glasses of water
- Take a short walk
- Eat a handful of nuts
- Share a meal with a friend or family member

## Did you know?

- Eating leafy greens regularly has been associated with slower cognitive decline.
- Berries contain antioxidants that may help protect brain cells.
- The brain uses about 20% of the body's energy, even though it only makes up about 2% of body weight.
- Good nutrition directly fuels cognitive function, memory, and mood
- Drinking enough water throughout the day helps maintain concentration, energy, and mental clarity.

## Need Support?

Contact the La Crosse County ADRC for:

- Memory screening information
- Caregiver support resources
- Dementia education programs
- Community services and referrals

Phone: (608) 785-5700

Website: [lacrossecounty.org/adrc](http://lacrossecounty.org/adrc)





# MARK YOUR CALENDAR!

## July - August - September 2026

### Don't Miss These Programs/Events This Quarter

- OASIS Summer Memory Camp  
**Tuesdays 10:30am-1:30pm July 14, 21, 28 & Aug 4.** The Boys & Girls Club La Crosse, Register: 608-780-0471
- Learn & Connect **Thursdays October 8, 15, 22, 29. 1:30-3:00pm** at GHS East Building, 3rd Floor Neurology. Cognitive & Memory Loss Education for new diagnosis, early-stage caregiving. Register: 608-785-5700
- Aging and Dementia Education & Luncheon by Kathy & Jack Lucey Family Fund for Alzheimer's. **Tuesday October 20<sup>th</sup>** at Black River Beach Neighborhood Center. Registration Coming!

- Hillview Life Center (3511 Park Lane Dr. hlcadulprograms@ywcax.org) For a limited time, our programs are free and open to the public—a unique opportunity to explore this new space before our full members-only programming begins.

Join Us! Building Brain-Healthy Habits  
**July 22 • 10:00-11:00 AM**

Learn simple, research-supported ways to strengthen brain health and lower the risk of cognitive decline. Must Register: [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

**GRIEF & LOSS**  
Free Group Counseling for Care Partners  
(Late Stage Dementia/End of Life)

**Enroll Now!**  
Call or Text Joy  
608-519-3790

Next Session starting soon!

Sessions Meet Weekly for 1.5 hours  
Held in La Crosse, WI  
Facilitated by Joy Buchman MS, LPC, NCC and co-facilitated by Kelsey Flock, CTRS, Dementia Care Specialist  
Funded through the EndAlz Fest Foundation

**Caregiver Wishes**  
CAREGIVER WISH GRANT  
— PRESENTED BY —  
**#ENDALZ FEST FOUNDATION**  
CAREGIVER WISH GRANT

The Caregiver Wish Grant, provided by the EndAlz Fest Foundation, grants wishes up to 1,000 dollars for caregivers supporting a loved one living with Alzheimer's or another dementia. It is designed to ease some of the challenges of caregiving and to support quality of life for both caregivers and their families.

We know caregiving can be heavy, and you carry a lot. Taking the time to complete this application is a meaningful step, and we are glad you are here.



**Who it's for:** Caregivers providing care to a loved one affected by Alzheimer's or another dementia in the Coulee Region (La Crosse, Vernon, Monroe, and Trempealeau counties).



**What it offers:** A grant of up to 1,000 dollars to support caregiving needs or the caregiver's well-being.



**How it can be used:** To make caregiving easier or to bring relief, joy, or connection to the caregiver and family.



**When it's reviewed:** Applications are reviewed at least once per quarter by the EndAlz Fest Foundation.

### EXAMPLES OF WISHES

These are just a few ideas. Your wish should reflect what would help you most.

- Respite support (for example, temporary in-home help or adult day services).
- Family time or activities (outings, short trips, or shared experiences).
- Home changes that support safety or care (accessibility or safety modifications).
- Self-care and wellness for the caregiver (counseling, classes, restorative activities).

### HOW TO APPLY

Mail your completed application to:  
**EndAlz Fest Foundation**  
Caregiver Wish Grant  
2917 Wild Rose Ln  
Onalaska, WI 54650

OR

Apply online at [endalzfest.com](http://endalzfest.com).

## DEMENTIA Live®

"Because it's frightening to care for someone you don't understand"

**\*Interested in next session?**

Call 608-785-5700 or  
Scan QR Code



**FOR ONGOING**  
local dementia programs,  
resources, support...

**BROWSE:** La Crosse County Programs  
Guide - <https://tinyurl.com/34yt2wbn>

**CALL:** Aging & Disability Resource Center of  
La Crosse County - 608-785-5700