

Senior Wellness Program

MGH-Revere Health Center
Massachusetts General Hospital



MASSACHUSETTS
GENERAL HOSPITAL

BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE

Wellness Center



Physical Exercise



STRENGTH TRAINING
SW Classes 2x/week



TAI CHI & CHAIR YOGA
SW Classes 2x/week

Mental Stimulation

Solving mysteries, riddles and puzzles is good for brain health.



Research shows that these activities have even more “brain health” effect if they are done in social settings.

Senior Wellness incorporates brain health games into group activities, including quizzes, “naming animals with three letters”, tongue twisters, and “working words”.

Nutrition for Brain Health

A Mediterranean style diet which is rich in low glycemic index foods, high in antioxidants and naturally improves cholesterol profiles, can protect brain cells and improve cognitive function.

Senior Wellness incorporates brain and heart healthy foods at special gatherings, including berries, green leafy salads, etc.

References:
Pasinski, M. (2011). Beautiful Brain, Beautiful You. New York, New York: Hyperion.
Alzheimer's Association -Brain Health (2014): <http://www.alz.org>.

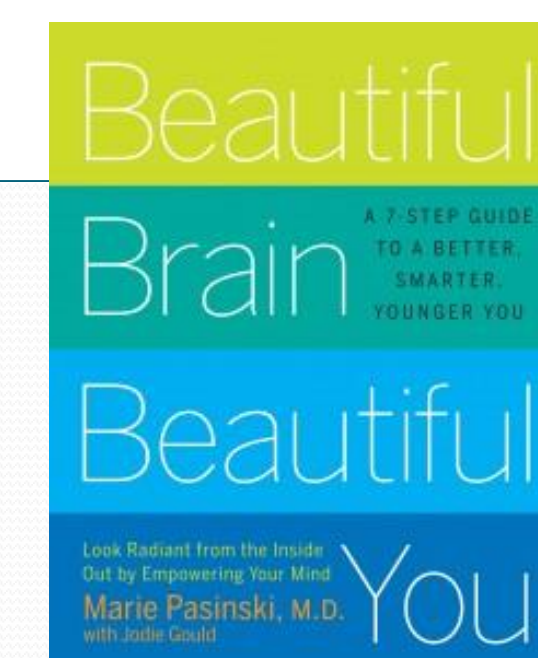
BRAIN HEALTH

Guidelines for Brain Health

- 1) Physical exercise**
increases brain blood flow and brain volume, promotes new brain cells, improves cognitive function and reduces the risk of dementia.
- 2) Mental stimulation**
strengthens brain cells and the connections between them, and may even create new brain cells.
- 3) Brain-healthy nutrition**
promotes better brain blood flow, associated with improved memory and decreased risk of dementia.
- 4) Mental Health**
the early detection and treatment of depression is vital for brain health,
- 5) Social Interaction/Connectedness**
maintains brain vitality and boosts mood.

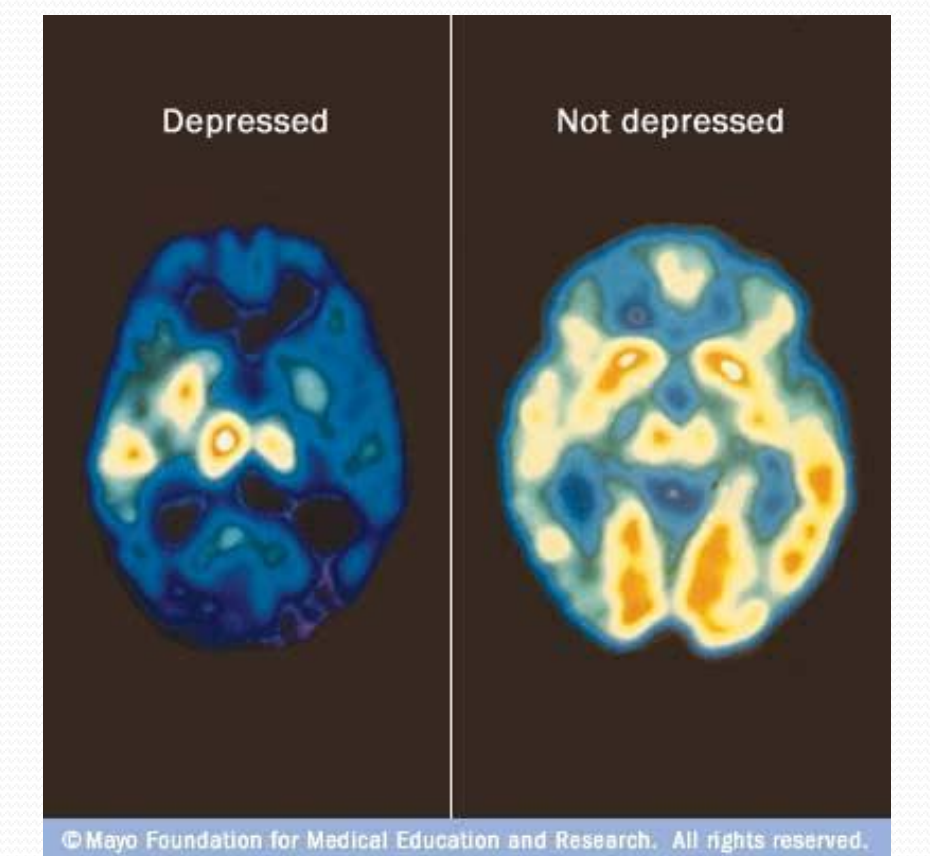
Combine for best results!!

Activities combining physical, mental and social activity are the most likely to prevent dementia.



Mental Health

Brain-imaging studies have found that in depression, there is shrinkage in part of the brain responsible for tasks such as memory, sensory integration, and the planning of actions.



Feel Good Bingo

Helps seniors start the conversation about the signs and symptoms of depression in a comfortable, social environment. Each player's game card contains various icons depicting common symptoms of depression (ie., “lonely”, “restless”), which we have found to generate very meaningful discussion in SW.



Mind Body Practices

Mindfulness, Relaxation Response, Appreciation/Gratitude, Optimism and Humor are woven into our SW groups and activities.

Social / Connectedness



Group Gatherings

SW groups 1 1/2 hrs, 2x/month

- mutual support
- interactive games
- creative crafts
- talks & discussions

Field Trips

SW visits to museums, movies and lunch.

Intergenerational Activities

SW activities with Revere Youth Zone and local schools.