



KALFA eBlast News

September 15, 2017

Contact Us

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DEMENTIA WORKSHOP WELL ATTENDED

The dementia workshop held on September 7, 2017 was well attended with 64 registered for the workshop. Sherrol Carby with the Greater Kentucky and Southern Indiana Alzheimer's Association was the quest speaker. Her presentation on communication with people with dementia and how to deal with behaviors was outstanding. The evaluations on the workshop indicated that the participants got a lot out of the presentation that should help them in dealing with residents afflicted with dementia.

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If any member (Provider or Associate) desires to serve on any standing committee, please let Dean Windsor, KALFA President, know of your interest.

ATTENTION: ASSOCIATE MEMBERS:

If you would like to have a blog on our e-Blast about your products or services, send us your blog not to exceed 150 words by mail or email. Thank you for your support of KALFA!!

ATTENTION: PROVIDER MEMBERS:

We are looking for good subjects to have our next conference call. If you have suggestions for a conference call, please let us know and we will get the speaker and set up the call. The first call was a great success and we want to follow up with some topic that would be of interest to the membership. Thanks!!!

Following is an Article from the *Argentum Daily News for Senior living professionals*:

DANCING CAN REVERSE THE SIGNS OF AGING IN THE BRAIN:

Science Daily reports on a new study, published in the open-access journal *Frontiers in Human Neuroscience*, which suggests that seniors who routinely partake in physical exercise can reverse the signs of aging in the brain. Of all the activities, dancing appears to have the most profound effect. Study lead author Dr. Kathrin Rehfeld of the German Center for Neurodegenerative Diseases remarks, “In this study, we show that two different types of physical exercise (dancing and endurance training) both increase the area of the brain that declines with age. In comparison, it was only dancing that led to noticeable behavioral changes in terms of improved balance.” Volunteers, with an average age of 68, were assigned either an 18-month weekly course of learning dance routines or endurance and flexibility training. While both groups showed an increase in the hippocampus region of the brain, the dance group had the benefit of being challenged with something new each week. Rehfeld states, “We tried to provide our seniors in the dance group with constantly changing dance routines of different genres – Jazz, Square, Latin-American, and Line Dance. Steps, arm-patterns, formations, speed, and rhythms were changed every second week to keep them in a constant learning process.” Rehfeld and her research team will next look to build on this research to trial new fitness programs that have the potential of maximizing anti-aging effect on the brain.

SAVE THE DATE:

**2018 KALFA CONFERENCE AND
EXHIBITION**

May 30 & 31, 2018

The Brown Hotel, Louisville, KY

I mentioned in the last e-Blast that I would be on vacation September 16-24. My plans have changed – we will be on vacation October 21-28. I will be in the office or visiting communities next week. Thank you for your continued support of KALFA!!

**Have a great week!!!
Bob White,
Executive Director, KALFA**