



Optimize Your Brain Health
Part 2: Cognitive Stimulation & Socialization

Educational & Informational Resources:

1. Presenter Information

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2. Memory Concern Resources

- [10 Steps to Approach Memory Concerns](#) (downloadable PDF)
- Alzheimer's Association free 24/7 Helpline (support for people with all types of cognitive change or dementia, not just Alzheimer's disease): **800.272.3900**

3. Cognitive Stimulation Resources

- Learn something new:
 - [DuoLingo](#): free language learning app
 - Free courses: Coursera, EdX, Khan Academy, Open Culture, etc.
 - [Skill Share](#): classes taught by creators (click "Browse" and type "Free")
 - [BrainHQ](#): evidence-based brain training program
- Emotional Memory
"Sensory Smells Jars": free recipe included in the Sensory for Dementia "Freebie Library" (sign up for the email newsletter to access the free library of resources. You can unsubscribe at any time). Freebie Library & Newsletter:
<https://sensoryfordementia.com/freebie-library-signup/>

4. Socialization Resources

- Sensory experience of a hug without hugging a person:
 - Body Sock
 - Pea Pod
 - Snuggle Sack
- Virtual Socialization:
 - Conversation starters for Zoom conversations: [Gottman Card Decks relationship app](#) or [52 Questions to Bring You Closer Together](#)