

THE MONTHLY CONNECT

JUNE IS NATIONAL ALZHEIMER'S & BRAIN AWARENESS MONTH



June is Alzheimer's & Brain Awareness Month, when we talk openly about keeping our brains healthy and understand more about Alzheimer's disease and dementia.

It's important to know that Alzheimer's can affect anyone – young or old, male or female, from any walk of life. Everyone is at risk because everyone has a brain.

Sadly, as of 2025, Alzheimer's remains the only major deadly disease that doctors can't prevent, cure, or even slow down.

This month gives us a chance to learn more about this serious condition that impacts so many people and their families.

[Learn more](#) about healthy aging.

EXERCISE INITIATIVE OF THE MONTH: TAI CHI

This gentle form of exercise can help maintain strength, flexibility, and balance, and also can improve your brain health.

Research supported by the [National Center for Complementary and Integrative Health](#) also suggests that tai chi can help improve reasoning, planning, problem-solving and memory among older adults who show no evidence of significant cognitive impairment. Adults with mild cognitive impairment due to dementia saw a boost in cognitive ability too.



Tai chi is a great form of exercise because it combines mental focus with movement. In other words, the brain has to think about what comes next while the body stays active.

RECIPE OF THE MONTH: SHEET-PAN ROASTED SALMON & VEGETABLES



Salmon is considered a beneficial food for brain function due to its high content of omega-3 fatty acids.

Ingredients:

- 1 pound fingerling potatoes
- 2 tablespoons olive oil
- 5 garlic cloves
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 5 to 6-ounce fresh or frozen skinless salmon fillets
- 2 medium red, yellow and/or orange sweet peppers, cut into rings
- 2 cups cherry tomatoes
- 1 ½ cups chopped fresh parsley
- ¼ cup pitted kalamata olives,
- ¼ cup finely snipped fresh oregano
- 1 lemon

View the full recipe [here](#).