



美國華聯商會

Peninsula Chinese Business Association

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Dear Members and Friends,

In the November newsletter, I talked about how Alzheimer's disease impacts patients' loved ones. Chronic illness deteriorates patients' memories and recognition. Think positively - they're completing a part of their journey. It's like reading - they're coming to the end of a chapter, but not the book.

In some circumstances, the family hurts deeper because the path of acceptance is challenging. We should face the sun, leave the shadows behind, and move forward with understanding and empathy to improve their well-being and ours. The definition of well-being differs from person to person. Most agree it includes the presence of positive emotions such as joy and a sense of fulfillment. Well-being can also mean approaching each day with a positive attitude.

Maintaining the quality of life can impact well-being. It is like getting a check-up at the doctor. Some patients may have depression because they lost their spouse or possessions or experienced financial collapse. They could also experience side effects from their medication. It is critical to recognize the signs of depression and get treatment from medical professionals.

Staying idle all day can damage brain health. Studies have shown that regular physical activity helps maintain a healthy body and positive mind, improving well-being. Moreover, physical activity can boost the immune system, lower blood pressure, enhance sleep quality, strengthen the heart, lower anxiety, slow the decline in thinking skills, and more. Engaging in lifelong learning, listening to music, singing, and playing brain games are great activities for mental stimulation to build cognitive reserve.

Having a sense of self-worth and purpose can be strong motivators to live. People think they are less of a burden when they are actively contributing. For many patients, particularly seniors,

helping others is highly enjoyable. They often engage in food preparation, writing a shopping list, folding laundry, reporting the day's weather, etc.

Social isolation worsens health. Staying connected with people boosts self-esteem, a feeling of confidence, speech therapy, and cognitive reserve. Patients can improve their social engagement is to chatting with their neighbors or having regular Sunday dinners with family.

The above is nothing new or unique. All we need to do is take action. We can help patients embrace lifestyle changes and behaviors - no skills are necessary. Keep at it, and know every little bit helps.

As I mentioned earlier, life is like a book. There are exciting experiences and joyful moments to discover in each chapter. Is it critical to remember everything after finishing reading the book? In my opinion, enjoying every moment of the process is the best outcome of the reading.

Stay healthy,

Johnny DaRosa

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