

Health & Wellness

May
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Issue 20

Neurodegenerative Diseases and Diet

This month's Health & Wellness topic is Neurodegenerative Diseases and Diet. This issue will go over how nutrition can affect the impact of symptoms for neurodegenerative diseases.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's May Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Neurodegenerative Diseases and Diet



Introduction

Neurodegenerative diseases are characterized by the progressive functional loss of neurons in the brain, causing cognitive impairment and motoneuron disability.



Neurodegenerative Diseases and Diet

Common neurodegenerative disorders include Alzheimer's disease, Parkinson's disease, and multiple sclerosis.

While there is no cure for these disease states, clinical treatments for symptoms may include medications, lifestyle modifications, and other types of therapies.

Lifestyle therapies may include specific foods, natural supplements, and diet plans.

Specific nutrients and dietary patterns have been investigated for their neuroprotective properties. Adherence to dietary guidelines that emphasize consumption of fruits, vegetables, fish, and fiber were related to better cognition among those with and without cognitive impairments.

Specific nutrients such as omega-3 fatty acids and vitamin D, as well as specific diets such as Mediterranean-style and ketogenic diets, have shown benefits of prevention, slowing progression of disease symptomology, and improving quality of life for patients.

Walnuts

Walnuts are a rich source of omega-3 fatty acids and antioxidants and continue to be studied for their potential brain health benefits. A study found that 28g of walnuts per day combined with less red and processed meat intake significantly reduced brain atrophy.

Resveratrol

Resveratrol is a polyphenol with antioxidant, anti-inflammatory, and neuroprotective properties that is found in many foods, including blueberries, dark chocolate, and grapes. Resveratrol has been found to delay cognitive impairment in patients and improve brain volume.

Ginkgo Biloba

Ginkgo Biloba leaf extract has been suggested to improve cognitive function and may improve mild dementia with appropriate dosage and administration.

Carotenoids, Vitamin D, and Omega-3

Many nutrients that act as antioxidants and anti-inflammatory agents may influence the mechanisms associated with the disease pathology.

These include:

- Phenolic compounds (found in olive oil, turmeric, berries, etc)

- Omega-3 fatty acids (found in fish, walnuts, etc.)

- Fat-soluble vitamins (vitamins A, D, E , K)

- Isothiocyanates (found in cruciferous vegetables)

- Carotenoids (the orange, yellow, and red plant pigments)

Mediterranean Diet

May help prevent Alzheimer's disease, dementia, heart disease, and stroke

The Mediterranean diet is inspired by the lifestyle and food preparation from countries near the Mediterranean Sea. Research has shown this diet increases lifespan, improves brain and eye function, and even helps combat rheumatoid arthritis

This diet emphasizes:

- Eating mostly plant-based foods like fruit and vegetables, whole grains, seeds, nuts and beans

- Olive oil as the main source of fat

- A moderate amount of fish

- Small amounts of red meat and even white meat like chicken

- Limited amounts of sweets

- Red wine, in moderation (no more than two glasses per day)

Sample dinner menu:

- Baked salmon

- Bean salad with olive oil and vinegar dressing

- Whole wheat bread dipped in olive oil

- Baked pears with walnuts



MIND Diet

The **MIND** diet is a combination of the **Mediterranean** diet and the **DASH** (**Dietary Approaches to Stop Hypertension**) diet

MIND stands for **Mediterranean-DASH Intervention for Neurodegenerative Delay**

High blood pressure is a risk factor for dementia, so the MIND diet focuses on eating foods that can lower your blood pressure, including:

- Green, leafy vegetables like kale and spinach
- All other vegetables and beans
- Berries (blueberry, raspberry, and blackberry)
- Whole grains like oatmeal, quinoa, and brown rice
- Calcium-rich foods like low-fat and nonfat dairy
- Foods low in saturated fat and foods with healthy fats, like nuts and olive oil
- Fish at least once a week
- Poultry (chicken or turkey) - Make sure it's not fried
- Red wine, but no more than one glass a day
- You should limit your intake of butter and margarine, cheese, red meat, fried food, pastries, and other sweets - All of those foods have saturated fats and trans fats, which you want to avoid.

Sample dinner menu:

Spinach salad with cherry tomatoes and lower-calorie dressing
Grilled chicken
Steamed broccoli



Health & Wellness Education

WRAP UP

While there is no cure for these disease states, nutrition plays an essential role in their evolution.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

5	2	7	1					3
			7		9		5	1
	9				4			
9	1						4	
			6	4	2			
	3						6	5
			8				7	
2	5		4		3			
7					6	3	2	8

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

RIDDLE OF THE MONTH

What is full of holes but still holds water?

WORD SEARCH

X	N	U	T	R	I	E	N	T	S	T	Q	R	C
M	L	F	Q	Q	G	R	T	H	E	R	A	P	Y
F	E	X	N	Q	E	V	Q	N	I	N	V	D	D
O	H	D	Z	S	M	N	M	G	Y	P	L	I	A
C	N	F	I	N	F	I	E	K	G	W	Y	S	S
S	O	R	U	T	V	Y	N	U	W	I	O	E	H
G	B	G	P	N	E	R	H	D	R	O	V	A	J
U	V	M	N	W	C	R	I	M	D	O	Q	S	Y
B	V	J	X	I	K	T	R	O	D	L	N	E	G
Q	P	H	L	T	T	N	I	A	I	N	R	S	U
T	H	V	F	W	Q	I	Q	O	N	A	R	S	I
G	D	J	M	D	C	O	V	N	N	E	Z	B	X
D	A	V	A	B	O	Q	Y	E	A	A	A	Q	F
I	M	P	A	I	R	M	E	N	T	G	L	N	G

WORD BANK

Neurons	Impairment	Nutrients	DASH
Functional	Disease	Mediterranean	MIND
Cognitive	Therapy		

Our Picks of the Month

May Recipe: Shirley Temple

Recipe from: The Pioneer Woman

Ingredients:

- 1 ½ oz grenadine
- 1 12 oz can lemon-lime soda or ginger ale, chilled
- Maraschino cherries



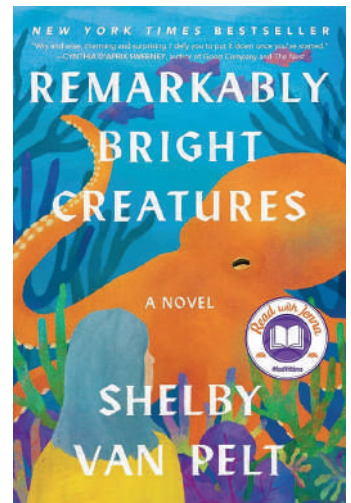
Directions:

1. Fill a tall, narrow glass or highball with ice
2. Pour grenadine over ice
3. Pour in the lemon lime soda or ginger ale. Stir.
4. Garnish with cherries and serve cold.

Book Pick of the Month

Remarkably Bright Creatures by Shelby Van Pelt

70 year old Tova forms an unlikely friendship with Marcellus - a giant Pacific octopus at the aquarium where she works. Together they work to figure out what happened to her son the night he disappeared.



Now a film on Netflix!

ANSWER KEY

5	2	7	1	6	8	4	9	3
6	8	4	7	3	9	2	5	1
1	9	3	2	5	4	6	8	7
9	1	6	3	8	5	7	4	2
8	7	5	6	4	2	1	3	9
4	3	2	9	1	7	8	6	5
3	6	9	8	2	1	5	7	4
2	5	8	4	7	3	9	1	6
7	4	1	5	9	6	3	2	8

X	N	U	T	R	I	E	N	T	S	T	Q	R	C
M	L	F	Q	Q	G	R	T	H	E	R	A	P	Y
F	E	X	N	Q	E	V	Q	N	I	N	V	D	D
O	H	D	Z	S	M	N	M	G	Y	P	L	I	A
C	N	F	I	N	F	I	E	K	G	W	Y	S	S
S	O	R	U	T	V	Y	N	U	W	I	O	E	H
G	B	G	P	N	E	R	H	D	R	O	V	A	J
U	V	M	N	W	C	R	I	M	D	O	Q	S	Y
B	V	J	X	I	K	T	R	O	D	L	N	E	G
Q	P	H	L	T	T	N	I	A	I	N	R	S	U
T	H	V	F	W	Q	I	Q	O	N	A	R	S	I
G	D	J	M	D	C	O	V	N	N	E	Z	B	X
D	A	V	A	B	O	Q	Y	E	A	A	A	Q	F
I	M	P	A	I	R	M	E	N	T	G	L	N	G

Riddle Answer:

What is full of holes but still holds water?

Answer: A sponge



**DuPage Senior
Citizens Council**



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Providing Meals and More...



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