



Real food. Real community. Real well-being together.

August 2026

*Nutrition for a Sharper Mind – Late Summer tips to
Support Brain Health in Older Adults*

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Woods BBA, State
Dementia Care
Specialist Senior
Manager**

Community Corner

Join us this August as we explore simple nutrition habits that help support a sharper mind. Discover how late-summer food choices can boost memory, focus, and overall brain health for older adults.

As the summer sun reaches its peak, many older adults find their routines shifting right along with the season. August is a perfect time to take a fresh look at how the foods we choose can help support clearer thinking, steadier energy, and overall brain health. This month, we're shining a spotlight on one of late summer's most iconic crops—corn. Naturally sweet, versatile, and packed with nutrients, corn offers far more than flavor. It can play a meaningful role in supporting memory, mood, and overall wellness. Join us as we explore how simple seasonal ingredients can help nourish both body and mind.



Indiana Bureau of Better Aging
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Creamy Summer Corn & Veggie Skillet

Soft texture, warm flavor, and packed with nutrients

Ingredients:

- 2 cups fresh corn kernels (or frozen, thawed)
- 1 small zucchini, diced
- 1 small carrot, finely diced or grated
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1/4 cup low-sodium vegetable broth
- 1/4 cup low-fat milk or unsweetened oat milk
- 1 tablespoon chopped fresh basil or parsley

Instructions:

Warm the olive oil in a skillet over medium heat.
Add the onion and cook until soft.
Add the zucchini and carrot and sauté until tender, about 5 minutes.
Stir in the corn kernels and vegetable broth. Simmer for 3–4 minutes.
Add the milk and cook gently until the mixture becomes creamy.
Season with pepper and stir in the fresh herbs before serving.

Estimated Nutrition Per Serving: (4 servings total)

- Calories: 131
- Protein: 3.8 g
- Total Fat: 4.8 g
- Carbohydrates: 21.2 g
- Fiber: 3.0 g
- Sodium: 67 mg
- Potassium: 338 mg



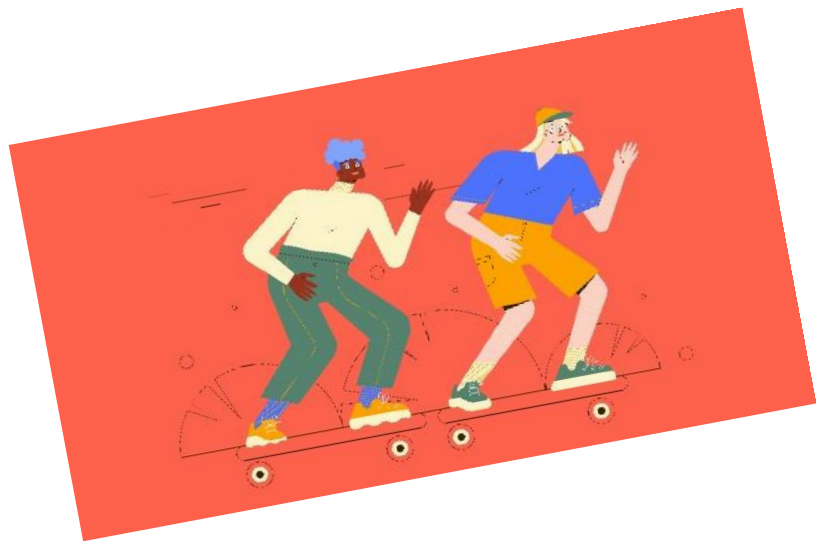
Why It's a Smart Choice

- Soft, easy-to-chew vegetables
- Low in sodium to support heart health
- Potassium-rich to help maintain muscle function
- Filled with late-summer produce packed with antioxidants

Memory Word Search

ALZHEIMER'S
MEMORY
BRAIN
CARE
SUPPORT
DEMENTIA
NEURONS
COGNITION
RESEARCH
AWARENESS
CONFUSION
FAMILY
CORTEX
LIMBIC
DENDRITE

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



Supporting Hoosiers Living with Alzheimer's Disease and Related Dementias (ADRD)

Living with Alzheimer's or dementia can feel overwhelming, but Indiana offers a strong network of support for individuals and their care partners. From local memory cafés to statewide education programs, these resources help families stay informed, connected, and supported.

Indiana caregivers and those living with Alzheimer's or dementia don't have to navigate this journey alone. The state offers a rich tapestry of support; from local support groups and community initiatives to legal assistance and respite services. One of the greatest resource hubs available across the state are the Indiana's Area Agencies on Aging. Often referred to as the AAAs, they are regional organizations dedicated to supporting older adults across a multitude of aging resources. This includes individuals living with dementia, and their care partners. The AAAs provide case management, information, and referrals for aging and disabled populations, ensuring families can access the services they need close to home; with 16 locations strategically placed regionally in the state.

Established under Indiana state code, AAAs help put the goals of the Dementia Care Specialist Program (DCSP) into action across the state. They play a vital role in helping Indiana become a dementia-capable state. Through the DCSP, AAAs work to improve health outcomes for people living with dementia by incredible Dementia Outreach Specialists (DOS). Each AAA has a DOS that works to increasing awareness of dementia resources, enhancing the dementia-trained workforce, and expanding access to home and community-based services in the communities they serve. To find out the closest AAA to you and the DOS serving that region to <https://www.in.gov/fssa/ddars/bba/dementia-care-specialist-program/>.

By tapping into community-based networks, care partners and individuals living with dementia in Indiana can find meaningful connection, practical tools, and personalized guidance on their journey.

Other helpful ADRD resource links are:

- **Alzheimer's Association Indiana Chapter:** alz.org/Indiana
- **Dementia Friends Indiana:** dementiafriendsindiana.org

-Kimberly Woods, BBA

Dementia Care Specialist Senior Manager

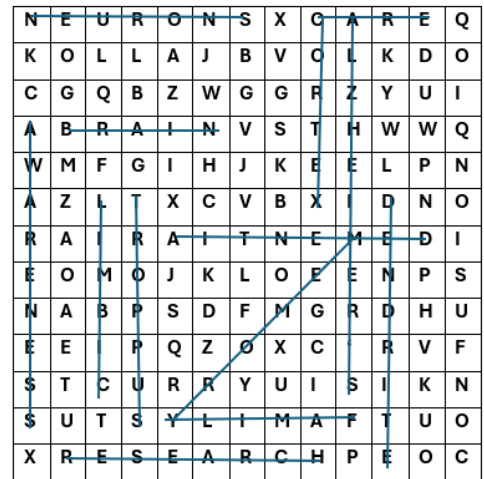
Dementia Strategic Plan Coordinator

Community Corner

Healthy Aging Tips

- Eat one green vegetable every day
- Walk 30 minutes most days (or when able)
- Call or visit a friend
- Read a book or work a puzzle
- Aim for 7-8 hours of sleep

Healthy habits work together to support your brain and overall well-being



Brain-Healthy Foods to Enjoy

Eat More	Why It Helps
 Green leafy vegetables	Rich in vitamins and antioxidants that support brain health.
 Berries	May help protect brain cells from aging.
 Fish (2 times/week)	Provides omega-3 fats that support memory and thinking.
 Nuts	Healthy fats and vitamin E nourish the brain.
 Beans & Lentils	Fiber and protein help maintain steady energy.
 Whole Grains	Provide fuel for your brain throughout the day.
 Olive Oil	A heart-healthy fat that also benefits the brain.

Foods to Enjoy Less Often

 Fried foods •  Processed meats •  Sweets •  Butter •  Pastries

This Month's goal: Eat berries three times this week.