



The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
(309) 513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Note: Our offices will be closed on Wednesday June 19 in observance of Juneteenth Day.

Visit our website: extension.illinois.edu/hmrs

Empowering Brain Health: Six Tips to Fight Alzheimer's

Kristin Bogdonas, University of Illinois Extension Nutrition and Wellness Educator



As we commemorate Alzheimer's and Brain Awareness Month, let's empower ourselves to take proactive steps in the battle against Alzheimer's disease and other forms of dementia. Incorporate these brain-health tips into your daily routine.

Let's explore six tips to aid in the fight against Alzheimer's:

1. Nourish Your Brain with a Healthy Diet

A nutritious diet is fundamental for brain health. Consider the following dietary guidelines:

- **Balanced Diet:** Opt for a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Omega-3 Fatty Acids:** Incorporate foods rich in omega-3 fatty acids, such as fish, nuts, and seeds. These nutrients are associated with a lower risk of cognitive decline.
- **Limit Processed Foods:** Minimize processed foods, sugary snacks, and excessive alcohol consumption, as they may contribute to inflammation and oxidative stress in the brain.

2. Stay Active to Stimulate Your Mind

Physical exercise isn't just beneficial for your body; it's also crucial for brain health. Consider the following:

- **Regular Exercise:** Aim for at least 30 minutes of moderate aerobic exercise most days.
- **Strength Training:** Include strength training exercises to keep both your brain and body in top shape.

Reducing Risk Factors: Regular exercise promotes blood flow to the brain and reduces the risk of chronic conditions like hypertension and diabetes, which are linked to cognitive decline.

3. Challenge Your Mind with Mental Stimulation

Just like your muscles, your brain needs regular workouts to stay sharp. Engage in activities that stimulate cognitive abilities:

- **Puzzles and Brain Teasers:** Solve puzzles, crosswords, and brain teasers.
- **Lifelong Learning:** Read, learn new skills, or play musical instruments. Lifelong learning promotes neuroplasticity, allowing your brain to adapt and rewire itself in response to new experiences.



4. Cultivate Social Connections for Emotional Support

Meaningful social connections play a vital role in brain health:

- **Stay Connected:** Regularly interact with family, friends, and community members.
- **Shared Activities:** Engage in shared activities that reduce feelings of loneliness and isolation.
- **Emotional Support:** Strong social networks are associated with a decreased risk of cognitive decline and Alzheimer's disease.

5. Prioritize Quality Sleep for Brain Restoration

Quality sleep is essential for cognitive function and emotional well-being:

- **Sleep Duration:** Aim for seven to nine hours of restful sleep each night.
- **Bedtime Routine:** Establish a relaxing bedtime routine.
- **Sleep Environment:** Create a comfortable sleep environment and limit exposure to screens and stimulating activities before bedtime.

6. Seek Regular Medical Checkups for Early Detection

Regular medical checkups are essential for monitoring and maintaining brain health:

- **Cognitive Assessment:** Schedule routine visits with your healthcare provider to assess cognitive function.
- **Risk Factors:** Screen for risk factors associated with Alzheimer's disease and other forms of dementia.
- **Open Communication:** Discuss any concerns or changes in memory, thinking, or behavior promptly.
- **Remember,** early detection and intervention are key to managing cognitive decline and maximizing quality of life.

Join the Grow a Row Campaign and Help Provide Fresh Produce for Families in Need!



The Grow a Row campaign is an initiative that encourages local gardeners and volunteers to either dedicate a row of their garden to grow produce for donation or donate excess harvested produce. Whether you are an experienced gardener or a newcomer eager to contribute, every donation counts towards reaching our goal.

This year, University of Illinois Extension is once again partnering with the Floreciente Community Garden and the Palomares Social Justice Center for this year's Grow a Row campaign. Building on last year's success where over 1,500 lbs. of produce were grown and distributed to local families, we hope to double impact by providing 3,000 lbs. of fresh, locally grown produce to 300 families.

Join us in Growing Together!

- **Community Impact:** Every donation counts, providing healthy food options to those in need while fostering community and environmental stewardship.
- **Distribution:** Donated produce is provided at no cost to individuals and families every Sunday in coordination with Palomares Social Justice Center's community meal.
- **Location:** The Floreciente Community Garden, located in the heart of the Floreciente Neighborhood, cultivates plants and strong community ties.

Sign Up: Anyone interested in donating produce can sign up at go.illinois.edu/growarow

For more information contact Sam Wright at palomares.sjc.ri@gmail.com or call (309) 786-62021.



Get your gardening questions answered from Illinois Extension Master Gardeners. Stop by our in-person help desk at our offices in Milan, IL on Wednesdays 9:30 am - Noon. You can also call the Horticulture Helpline at 217-300-9390, or fill out a form online anytime at go.illinois.edu/AsktheMasterGardener



Farmers Markets Near You!

Below is a list of some of our local Illinois farmer's markets:

QC Farmers Market, Rock Island

Saturdays, 8 am - noon

17th St. and 1st Ave, (West lot of Schweibert Park)

Aledo Main Street Farmers Market

Thursdays, June 13- Sept 26, 4 - 6 pm

Central Park, Aledo, IL

Geneseo Farmers Market

Saturdays, 8 am - noon

June to October

Pearl Street (between 2 sides of the city park)

Kewanee Farmers Market

Wednesday & Saturdays, 8 am - noon

May 13 - Oct 28, 2023

Tremont & Third Streets, (next to the Amtrak Station).

Workshops and Webinars

Mental Health First Aid for the Agricultural Community, June 25, 9 am - 4 pm



Learn how to help someone experiencing mental health or substance use issues. This one-day online session is designed to give participants the knowledge and skills needed to provide crucial support to individuals facing mental health or substance use challenges within the agriculture community. Sign up at: go.illinois.edu/mentalhealthfa

Communication Training for Edge-of-Field Farmers

Cultivating Conversations

Tues June 25 | 9 am - 2:30 pm
Knox County Farm Bureau
180 S. Soangetaha Rd. Galesburg, IL

Four local producers will share their first-hand experience using edge-of-field practices and the valuable lessons learned along the way. At this event you will:

- Connect with local farmers
- Get answers to your questions about edge-of-field practices
- Learn about potential cost-share opportunities
- Connect with local resource professionals who install edge-of-field practices in Illinois.

Water quality expert Catherine DeLong, Iowa State University, will share practical strategies and considerations farmers can use when talking about the positive impacts of edge-of-field conservation practices.

Breakfast and lunch are included.

Register by June 20 at:
go.illinois.edu/EdgeOfField
or call (309) 342-5180



Garden Guardians: Understanding & Supporting Lady Beetles in IL, June 11, 1:30 PM



Ladybugs, lady beetles, or ladybirds, whatever name is used, are beneficial insects in home gardens. However, native beetle populations have been declining across North America for a number of reasons. Learn about some lady beetles found in Illinois and ways to help the population thrive in this Four Seasons Gardening webinar. Register at go.illinois.edu/LadyBeetles

Microplastic Pollution: The Big Problem with Tiny Plastic, June 13, 1 PM



Plastic is the most common debris found in oceans and lakes. Microplastics are smaller than a grain of rice, and scientists don't fully understand their impact on aquatic ecosystems, especially in the Great Lakes. In this webinar, you'll explore where microplastics come from, what we know about the consequences of microplastic pollution, and steps anyone can take to help solve this complex plastic problem with Sarah Zack, pollution prevention Extension specialist. Sign up at go.illinois.edu/microplastics

Don't Go It Alone: Improving Your Social Connections, June 13, 10 AM



Research increasingly shows that social isolation and loneliness can profoundly affect the quality of life, especially for older people. Participants will explore the various consequences of isolation and loneliness and strategies for keeping in touch with others. Register at go.illinois.edu/2024HCELessons



4-H Workshops & Events

Family fun with Illinois Extension, Mercer County Agriculture Education, Mercer County Farm Bureau, Mercer County Soil & Water Conservation, Mercer County YMCA, & ROE 33.

Join us Fri June 14 in Aledo, IL for Farm in the Park & the 4-H BBQ

Bring your family for a fun day exploring agriculture at Farm in the Park in Central Park from 3:30 - 6 pm

FREE hands-on educational activity stations, games, petting zoo, crafts, jump house, and more!



Get dinner at the 4-H BBQ at the Aledo Fire Station from 5-7 pm
Dine in or Carry Out

\$10 pork chop sandwich meal or \$5 hot dog meal.

A delicious way to support Mercer County 4-H!



The fun continues with a free movie at dusk in Central Park!



4-H at the Henry County Fair Cambridge, IL | June 17- 23

Check out the 4-H Shows during the annual Henry County Fair. The 4-H Food Stand will also be open. It's a great way to support the program while you enjoy a fresh squeezed lemon shakeup and other delicious items!

Henry County 4-H Shows

Saturday, June 15

- General Projects Judging, 9-11 a.m.
- General Projects will be on view in the Art Hall building during the fair starting Tues June 18.*
- Dog Obedience & Showmanship 2 p.m.

Tuesday, June 18

- 4-H Food Stand opens, 8 a.m. - 3 p.m.
- No 4-H Shows

Wednesday, June 19

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Bucket Calf Show, Noon
- Beef Exhibitor Games, 3 p.m.
- Master Showmanship, 6:30 p.m.

Thursday, June 20

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Swine Show, 8 a.m.
- Beef Show (steers and heifers) 9 a.m.
- Sheep Show (after swine show)
- Goat Show (after sheep show)
- Junior Livestock Auction, 6:30 p.m.

Friday, June 21

- 4-H Food Stand open 8 a.m. - 3 p.m.
- Horse Show, 9 a.m.

Saturday, June 22

- 4-H Food Stand open 8 a.m. - 3 p.m.
- Rabbit Show, 8 a.m.
- Poultry Show, 9 a.m.