

COMMUNIQUÉ



“Success comes to those too busy to look for it.” - Thoreau

[This month at the Bay Club.](#)

Dental Health Tips

[Gum disease](#) can lead to gastric cancer and stomach cancer.

[Here](#) are the best electric toothbrushes.

[Reasons](#) your gums are bleeding.

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Fitness enthusiasts are welcome.



Pilates for Parkinson's Class

This class begins On Monday, September 8 at 11:00 a.m. Sign up at front desk or call 360-437-2208.

See [August issue](#) for details.

World Alzheimer's Month

World Alzheimer's Month takes place every September and World Alzheimer's Day is on 21 September each year. It's a global opportunity to raise dementia awareness and support people affected by the disease.

- Is your memory slipping?
- Is forgetfulness becoming a problem?
- Have you misplaced your keys, cell phone or glasses?
- Do you sometimes have trouble finding the right word?

[Click here](#) to learn more.

Certain medications can bring on brain fog:

“Some kinds of drugs -- over the counter and prescribed -- can cause brain fog. If you take medicine and notice that your thinking isn't as clear as it should be or you suddenly can't remember things, call your doctor.” Source: WebMD

[Here](#) are some ways to improve your memory.

How to guard against Alzheimer's

“A mediterranean style diet that is rich in leafy greens, omega -3s, berries and whole grains have been shown to support memory, mood and cognitive function.”

The following science-backed supplements may help including:

- Omega-3 fatty acids.
- Citicoline.
- Phosphatidylserine
- L-theanine.
- Lion's mane mushroom.
- Magnesium L-threonine.
- Lithium orotate.

[These medications](#) may affect your brain health.

Physical activity, especially moderate-intensity activities like walking can increase blood flow to the brain that stimulates protein that enhances learning and memory. The 150 minutes a week recommendation for aerobic exercise weekly is again recommended.

Source: Jennifer Campbell, The American Legion Magazine, Sept 2025