March 22, 2026

Dear SCA Health & Wellness Club Members,

We have an exciting and uplifting presentation coming your way, and we would love to fill the room with our wonderful community!

🧠 Upcoming Featured Presentation

Brain Health & Ways to Support Cognitive Wellness
Featuring: Diane Thomas (Alzheimer's Association) & Just for Fun Musical Therapy Singing Group

📅 Wednesday, April 8

📍 Delaware Room – Anthem Center

🕐 1:30 PM

Join us for a *positive and engaging* presentation focused on **supporting brain health as we age**.

We've received wonderful feedback from many of our members expressing interest in learning more about brain health, and we're excited to bring this important and empowering topic to our community.

While this topic will include helpful information and insights related to Alzheimer's and dementia, our primary focus is on:

✨ What we can **do proactively** to support cognitive wellness

✨ Lifestyle habits that promote a **healthy, vibrant brain**

✨ The powerful role of **music, connection, and engagement**

We will also share a brief overview of current Alzheimer's statistics to help build awareness and understanding—paired with meaningful ways we can support ourselves and our loved ones through informed, proactive lifestyle choices.

We are especially excited to welcome **Diane Thomas, an SCA resident, Health & Wellness Club member, and volunteer with the Alzheimer's Association**, who will share valuable insights on brain health and cognitive wellness, along with the *Just 4 Fun Musical Therapy Singing Group*, who will bring an interactive and uplifting element to this experience.

Please note: This presentation is for educational purposes only. There will be no solicitation of donations or fundraising activities associated with this event.

🎶 *We also recommend watching the documentary "Alive Inside" (available on YouTube) to gain a deeper understanding of the powerful impact music can have on all of us—especially those living with Alzheimer's and dementia. This beautiful film reflects the very heart and mission of Just 4 Fun.*

This is not a heavy or discouraging presentation—it's an **empowering conversation about living well and supporting our brains at every stage of life**.

👉 If you haven't already RSVP'd, we encourage you to do so and bring a friend! Click here to RSVP

🌿 Coming Soon at the Club

We have some wonderful programs ahead! Be sure to mark your calendars:

• Everyone Can Meditate - April 27
• Empowered Aging: The Role of Strength Training - May 13
• Cornell Legacy Project - May 28
• Cravings, Weight Gain & Blood Sugar - June 10

👉 Visit our Events Page for full details and registration

🥗 Simple & Delicious Recipe

Mediterranean Cottage Cheese Bowl

A quick, protein-rich, and brain-friendly option you can enjoy anytime!

Ingredients:
• 1 cup cottage cheese
• Handful of cherry tomatoes (halved)
• Sliced cucumber
• 1–2 tablespoons chopped walnuts
• Drizzle of olive oil
• Sprinkle of oregano or everything seasoning

Instructions:
Layer everything in a bowl, drizzle with olive oil, and enjoy!

👉 Packed with protein, healthy fats, and nutrients to support energy and brain health.

🌼 Mindful Moment

Take a moment today to pause, breathe, and reset.

Try this simple practice:
Sit comfortably, close your eyes, and take 5 slow, deep breaths.
On each inhale, think *“calm”*…
On each exhale, think *“release.”*

Even one minute of intentional breathing can help support focus, reduce stress, and bring you back to center.

💛 Thank You & Stay Connected

Thank you for your continued participation and enthusiasm—our club continues to grow, and it’s because of YOU!

We are working hard to bring you meaningful, engaging, and relevant content. If you haven’t already done so, please take a few minutes to share your feedback with our leadership team.

👉 Click here for feedback form

Your input helps shape the future of our club, and we truly value your voice.

We look forward to seeing you soon!

With gratitude,
Lindy Mitchell
President, SCA Health & Wellness Club