

The Health and Wellness Insider

AHED Newsletter



June is Alzheimer's and Brain Awareness Month



- ▶ In 2019, Alzheimer's disease was the 5th leading cause of death in Santa Clara County
- ▶ Almost 31,000 Santa Clara County residents are living with Alzheimer's disease or a related dementia
- ▶ By 2030, that number will grow to over 56,200 in Santa Clara County

How can we keep our brains active and healthy?

- Stay active (e.g. exercise, do yoga, go on walks)
- Eat healthy and balanced meals
- Get quality sleep
- Make time for friends and family
- Be involved in your community (e.g. volunteer)
- Reduce your stress

These actions help keep our brains healthy. They also help us prevent Alzheimer's disease and other forms of memory loss. There is no cure available so let's act now for more treatment and lifestyle options!

To learn more about Alzheimer's, dementia, brain health, and the Santa Clara County Healthy Brain Initiative, please visit www.alz.org/santaclara



Providers' Perspective:

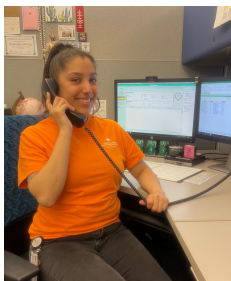
Meet AHED's Maternal Health & Baby Education Team

Since 2016, the Maternal Health & Baby Education team has played a central role in educating future parents. To date, the team has taught over 2,500 patients (prenatal and postnatal). The team offers group classes in English and Spanish to meet the needs of our multicultural patients. They also provide 1:1 classes in other languages, with help from medical translators. Classes are offered in person and virtually.

Whether in-person or online, the team is always looking for new ways to make learning fun. For example, in labor preparation classes, they use birthing balls to show movements that help with labor. In lactation classes, they use anatomy models to teach breastfeeding latches. Their hard work leads to many success stories. In August 2019, the Santa Clara Valley Breastfeeding Task Force recognized the team for providing Mother-Baby Friendly education and promoting the importance of breastfeeding.

The team shares, “We truly love teaching and are very passionate about maternal and baby health. Parents share with us that they feel more confident in caring for their newborns after taking our classes. We take great pride in that!”

Through their work, the team hopes to build a strong community for future parents. They state, “We are so grateful for the unconditional support we receive from our partners and patients. We hope to continue to bring much joy and satisfaction to our patients.”



To sign up for our **FREE** health education programs:

Ask your provider to refer you to us OR call us at **408-885-5436**

Please visit our website for more information: www.scvmc.org/ahed

Ask about our NEW wellness classes!