MARCH 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Cognitive Impairment!**
- Reach out to **Erika** for more information

Cognitive Impairment

Stay Sharp, Stay Vocal!

Speech Language Pathologists (SLPs) do so much more than help with speech! For seniors, they are "Personal Trainers" for the brain and throat.

Challenge your routine: Your brain loves novelty. If you always do the same puzzles, try something new today such as a word search. New patterns create new neural pathways!

Protect your voice: Take 5 minutes each morning to read the newspaper or a book out loud. Focus on a strong, intentional voice. This keeps your vocal cords strong and ensures the muscles used for swallowing stay fit.

Connect at every meal: Conversation is the ultimate mental workout. It requires you to listen, process, and respond in real-time. Make it a goal to share one story or ask one question during meals with your neighbor!

When to ask for a "Check-Up": Consider reaching out to Erika if you have difficulty finding the right word during a conversation, needing to clear your throat frequently while eating or drinking, or feeling "foggy" when managing multi-step tasks.

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.