

Engaging the Library Community in Health and Wellness

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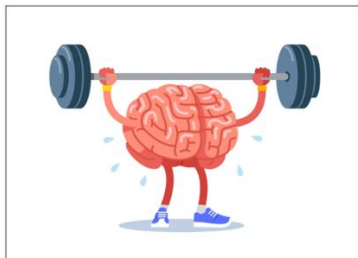
Seven Habits That Affect Memory

In an [article published online September 6, 2025](#), experts discuss every day habits that could be hurting your memory. Your habits and daily choices affect your memory. Nerve cells called neurons send information to the rest of your body. The brain cannot replace neurons that are damaged or destroyed by injury or disease so it's important to take care of them.

Everyone starts to lose brain tissue starting in their 40's. Brief memory lapses may become noticeable in the 50's and 60's. Infrequent or minor slips in memory are a normal part of aging. Some people are able to compensate for these changes because a healthy lifestyle has helped developed a cognitive reserve. Getting enough sleep, eating a balanced diet and staying physically active are a few of the habits that help your brain perform at it's best.

Normal Age-Related Memory Changes Include:

- Difficulty remembering a name, a word, or where you put things like cell phone, keys, or glasses
- Slightly reduced working memory or reduced capacity in tasks that require holding and processing information at the same time
- More reliance on cues including calendars, to-do lists, and notes or reminders



Monthly Health Focus — Brain Health Files in “Monthly Health Focus” folder are located in this [Dropbox](#) subfolder and are for use with Library communications, website, and health events. At 3 pounds the brain isn't very large, but those 3 pounds hold your personality, memories, and it encompasses all aspects of thinking, learning, remembering, and making decisions. It's important to take care of your brain!

Health Focus Programming
Direct to Patrons
Oct. 7: Habits for a Healthy Brain
Oct. 14: Memory and Aging:
What's Normal?
Oct. 16: Health Literacy
Oct. 21: Dementia: Types,
Symptoms, Caregiving

Work with the industry's best.

Recipes of the Month – First of Fall
[Herb-Roasted Sweet Potato Skins](#)
[Baked Apples & Sweet Potatoes with Crunchy Topping](#)
[Roasted Pear Salad with Blue Cheese Dressing](#)
[Cranberry-Tomato Barbecue Sauce](#)



The cooler weather harvests are here and ready to enjoy. Fall flavors are tart, sweet, and savory. Pick up the seasonal bounty at the grocery store or your local Farmers' Market. [Click here](#) to access ConnectWell where you can view the Healthy Recipe Collection.

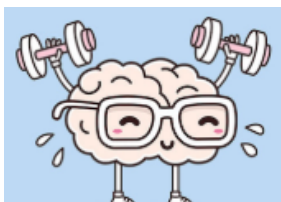
*Library to insert link to ConnectWell's database on your website [here](#).

Virtual Health Programming Direct to Library Patrons

ConnectWell provides Health & Wellness programming direct to library patrons each month to build awareness of the material in the database. Each month there is a Health Literacy Program and 3 Programs that focus on the Monthly Health Focus Topic. Content from the ConnectWell Health & Wellness Database is shared during the programs.

- Copy and paste these listings right into your library's calendar of events.
- Include these listings in email blasts, digital and hardcopy newsletters so your patrons can participate.
- Use social media as a way to create awareness and post regularly.
- Create flyers and post at the library in multiple places and on bulletin boards, and share flyers with community partners.

October 2025: Brain Health



Program: Lifestyle Practices for a Healthy Brain

Delivered by ConnectWell

Date: Tuesday, October 7, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, participants will review lifestyle habits that can keep your brain healthy including nutrition, exercise, sleep, social interactions, and how to challenge your brain. Content from the ConnectWell Health & Wellness Database will be shared during the program.



Program: Memory and Aging: Memory Changes with Age and What You Can Do to Support Memory Health

Delivered by ConnectWell

Date: Tuesday, October 14, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, you will learn what are normal memory changes that occur with age and what you can do to support memory health. Content from the ConnectWell Health & Wellness Database will be shared during the program.



Available Anytime, Anywhere. With a Library Card.

Program: Health Literacy

Delivered by ConnectWell

Date: Thursday, October 16, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, participants will learn how to access the ConnectWell Health & Wellness Database on the library website and search for health information. Participants will get an overview of all of the capabilities of ConnectWell in order to utilize the database to search and find information on a wide range of health conditions, lifestyle medicine, and healthy recipes.



Program: Dementia: Types, Symptoms, Lifestyle Practices, Caregiving Needs, and Resources

Delivered by ConnectWell

Date: Tuesday, October 21, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, you will learn about the various types of dementia, the symptoms, lifestyle practices and caregiving needs along the continuum, and resources available on ConnectWell. Content from the ConnectWell Health & Wellness Database will be shared during the program.

November 2025: Mental Health



Program: Mental Health: How you Think, Regulate Your Feelings, and Behave

Delivered by ConnectWell

Date: Tuesday, November 4, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, you will learn about mental health and the many ways to positively impact one's mental health. Content from the ConnectWell Health & Wellness Database will be shared during the program.



Program: Stress Can Impact Mental Health
Delivered by ConnectWell

Date: Tuesday, November 11, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, you will learn about stress management practices to prevent stress from negatively impacting your mental health. Content from the ConnectWell Health & Wellness Database will be shared during the program.



Available Anytime, Anywhere. With a Library Card.

Program: Health Literacy
Delivered by ConnectWell

Date: Thursday, November 13, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, participants will learn how to access the ConnectWell Health & Wellness Database on the library website and search for health information. Participants will get an overview of all of the capabilities of ConnectWell in order to utilize the database to search and find information on a wide range of health conditions, lifestyle medicine, and healthy recipes.



Program: Mental Health Disorders: Symptoms and Treatments
Delivered by ConnectWell

Date: Tuesday, November 18, 2025

Time: 7:00-7:30 pm ET, 6:00-6:30 CT, 4:00-4:30 PT

[Register Here](#)

In this program, you will learn about mental health disorders, their symptoms, and the range of treatment options. Content from the ConnectWell Health & Wellness Database will be shared during the program.

December 2025: No Virtual Health Programming Direct to Library Patrons Due to Holiday-Related Library Programming

Virtual Health Programming Direct to Library Patrons Will Resume in January