



Join us for a FREE informative webinar.\*

# A New Look at Brain Aging: Helping Community Members Understand, Manage, and Maintain Brain Health



## DATE / TIME

Tues, February 14, 2023

1:00 – 2:00 PM ET



## REGISTRATION

*This webinar is designed for individual members and leadership of Congregations as well their healthcare providers.*

### FREE for Congregational Members\*

*\*This webinar is cosponsored by NRRO and is free to all members of a Congregation. Please see registration instructions for details.*

### To Register Online

[Go to www.avilainstitute.org](http://www.avilainstitute.org) to register for this webinar.

### Registration Directions

Registration directions are included on pages 2-4 of this flyer. For additional assistance, please contact support@avilainstitute.org.



## VIDEO ARCHIVES

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For over 50 years, the common perspective on brain aging has been one of inevitable decline in thinking skills and memory. Recent research has illuminated the new, more hopeful perspective that proactive interventions can prevent or decelerate brain function decline, while appropriate reactive interventions can minimize existing losses. Lifestyle choices, such as adequate physical and mental exercise, sleep, social activity, stress management, and a sense of purpose are key factors in healthy brain function. Other important factors, like a managed surrounding environment, better scheduled interventions, and more educated caregivers can also help maintain quality of life.

This presentation will highlight the ways that members of religious communities can better understand and assess cognitive decline within their community, procedures to determine which interventions may be helpful for those experiencing cognitive decline and how to implement them, and ways to develop systems that contribute to the long-term health and well-being of the entire community.



### Meet the Presenter: Alfred Norwood, MBA, BS


Alfred has been developing curriculum and teaching for the Avila Institute of Gerontology for the last 15 years. He has created and presented workshops and in-services on a number of topics associated with aging. He is a great believer in the integration of biological

and behavioral research for dementia treatment. He has years of experience working as a consultant for long-term care systems and facilities and training staff in the use of non-pharmaceutical, individualized care plans for residents with moderate to severe dementia.



## STEPS FOR WEBINAR REGISTRATION

1. To register, click this link: <https://avila.elevate.commpartners.com/nrro-webinars>  
You will see the current title for the upcoming NRRO cosponsored webinar listed.
2. Click the green "Register" button.



1-2

# NRRO Webinars

Since 2011, The National Religious Retirement Office (NRRO) and the Avila Institute of Gerontology (AIG) have been collaborating to offer webinars to Religious Communities. The webinar topics are chosen by NRRO and AIG, and reflect the expressed needs and interests of Religious Communities. The co-hosted webinars do not offer continuing education credit hours.

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### Approaches to Managing Conflict Within Community Life

📅 Includes a Live Web Event on 08/09/2022 at 1:00 PM (EDT)

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Flyer

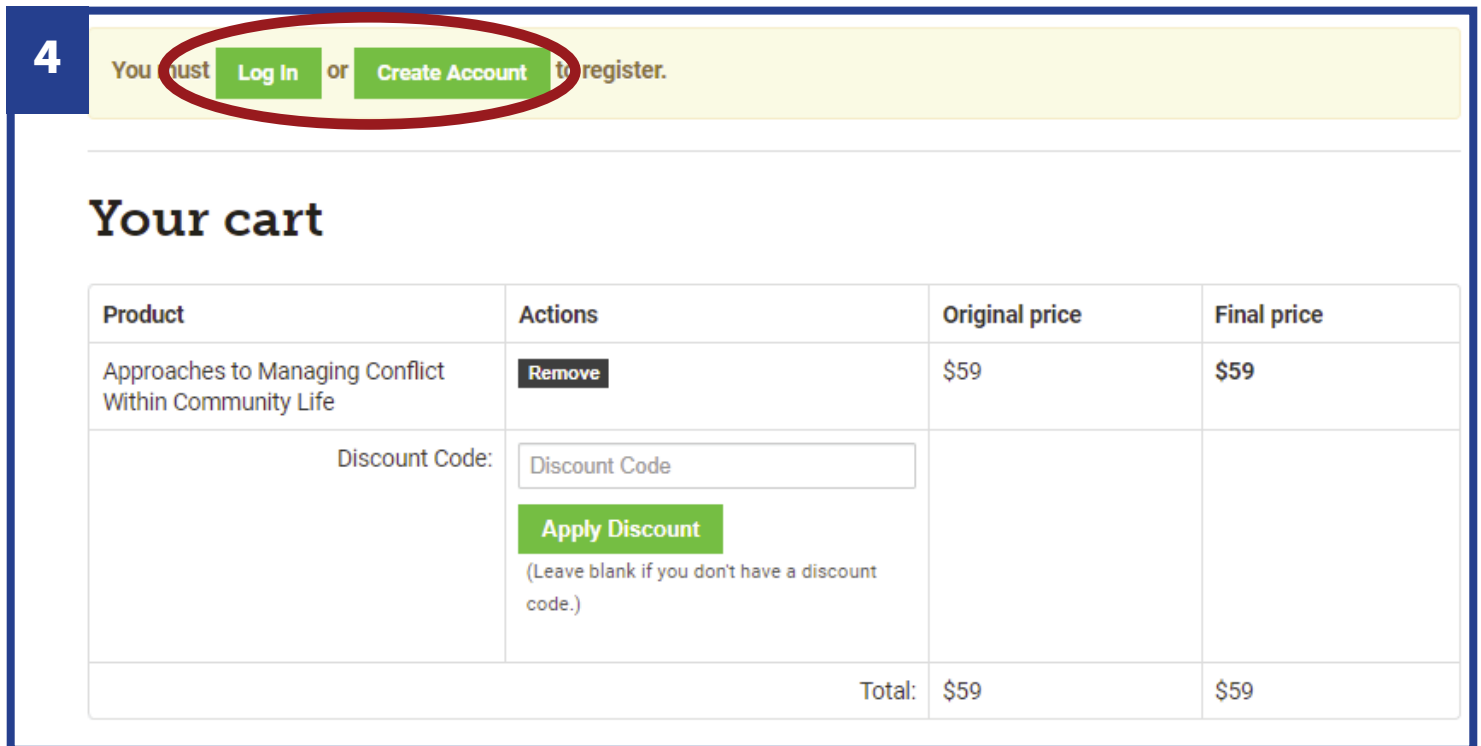
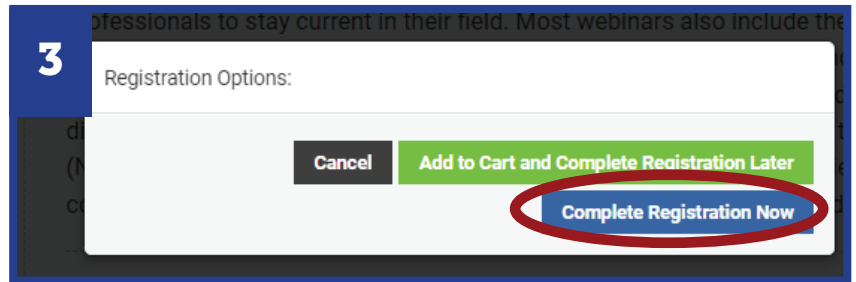
August 9, 2022 NRRO Webinar @ 1:00-2:00 PM ET

Register
More Information



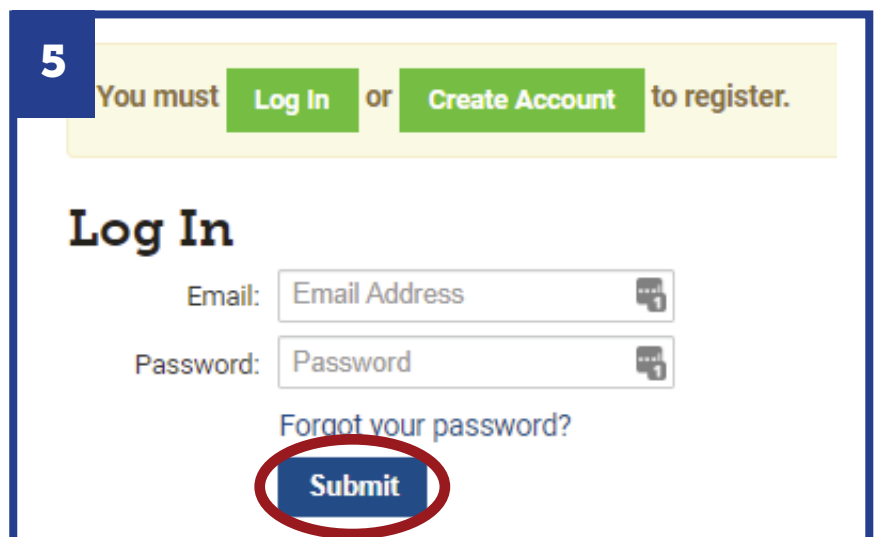


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Password

First Name \*

Last Name \*

Title

(Additional Fields not pictured)

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- Social Worker \*
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- Recreational Therapist \*
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