



LIFESTYLE CHANGES TO REDUCE THE RISK OF DEVELOPING DEMENTIA FOR CITIZENS (PART I)

It is natural for our memory or thinking capacity to change as we age. For some people, these changes can become more noticeable, making it hard to remember certain details or complete daily tasks. **This is known as dementia, a word used to describe when someone has trouble remembering things or thinking clearly.** Dementia is a medical condition that mostly affects people in old age, but there are things we can do to keep our brains healthy as we grow older.

Our Citizens know the importance of taking care of our bodies, minds, and spirits. While dementia brings challenges, there are ways to keep our minds strong and healthy by incorporating changes to our daily habits. **Here are four lifestyle changes which can help to reduce the risk of developing dementia and maintain a healthy brain.**



Incorporating Traditional Foods to Meals

Our ancestors lived off the land, growing crops like corn, beans, and squash, while hunting and fishing for foods like bison and pickerel. Vegetables, lean meat, and fish helped nourish their bodies and minds.

Incorporating a variety of fruits and vegetables like berries, spinach, and squash into meals is good for the mind. Fresh water fish are beneficial because they contain healthy fats that support the brain. Remember to drink plenty of water, as staying hydrated is crucial for your brain to function well. By including traditional meals and water into your regular routine you are nourishing your body and mind for the long run just like our ancestors did.

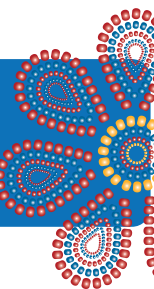


Keep Moving and Stay Active

Moving your body, whether it's hunting, ice fishing, or jigging, helps keep your mind sharp. Even helping around the house by chopping wood or carrying water is great workout for your brain and muscles! **Be sure to listen to your body and engage in activities that feel comfortable.**

Want more helpful tips on reducing the risk of developing dementia? Stay tuned for Part II, coming soon!

We will explore more lifestyle changes, cultural practices, and ways to keep your mind sharp for the long term



If you need Mental Health Support, you can contact our **Mental Wellness Support Line at 1-833-390-1041 ext. 1.**



Get Plenty of Sleep

Our minds need to rest just like our bodies. Sleep gives your mind time to reset, heal, and get ready for the next day. Without enough sleep, it becomes harder to focus and remember things.



Stay Connected with Your Family and Friends

The Red River Métis have always valued their communities and families. We come together to celebrate, share stories, and take care of one another. Staying connected with others is one of the best things you can do for your mental health.

Talking with your family, friends, or neighbors helps your brain stay active. Whether you are playing Bingo, sharing stories, or beading a flower, being around others is important for your mental health.

Following these healthy habits can keep our minds and bodies strong. Staying connected to our traditions, families, and communities helps us live a meaningful healthy life.

The Health and Wellness Department of the MMF is dedicated to improving the lives of Citizens through research, healthcare services, and innovative solutions. By working collaboratively and engaging with the community, we can better understand and address the unique health needs of Citizens while respecting and preserving our rich cultural traditions.

Want more helpful tips on reducing the risk of developing dementia? Stay tuned for Part II, coming soon!

We will explore more lifestyle changes, cultural practices, and ways to keep your mind sharp for the long term

If you need Mental Health Support, you can contact our **Mental Wellness Support Line at 1-833-390-1041 ext. 1.**