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September 15, 2015



For the past several newsletters, weâ€™ve been introducing you to Clint Maunâ€™s powerful new online interactive training platform, **Care Crowd VT**.

Today, weâ€™d like to share with you some exciting new updates!



You wanted an easier pricing model

We delivered!

We've simplified the pricing model to make it even easier and even more affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than \$1.65 per day (even less if you are a LeadingAge member!), **all of**

the employees at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's humor, experience and wisdom to help your organization **Improve Care from Within!**

Droves of care professionals across the country have been asking for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

If you are familiar with Clint Maun's care expertise, you already know he has enough tips, tools and techniques to fill **weeks** of your time. We've taken that mountain of knowledge and experience, mixed in some of Clint's unique brand of humor, and condensed it all down to **four hours** of *easily digestible, yet immensely powerful* training content. **Care Crowd VT** is your virtual training access point to Clint's wealth of solution-oriented, team-based approaches to improving care nationwide. *By mastering these four fundamental, yet critical courses, Care Crowd members establish a baseline foundation of training that will help them excel in any area of care:*

- **Care is Cool!**
- **Customers are Great!**
- **Teaming Makes it Easier**
- **I (personally) Make a Difference**



Ready to learn more?

*You can now try out the training first-hand with a **Free Trial!***

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you***

can't find better training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing

a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. **Become a Care Crowd member today!**



Food For Thought

A Formula for Alzheimer's™ Prevention?

As a healthcare professional, you are probably well aware that Alzheimer's™ is a seemingly mysterious and therefore often feared disease. Indeed, the diagnosis is devastating, as it destroys memory and other important mental functions and is ultimately fatal—after diagnosis, a person with Alzheimer's™ disease may live anywhere from two to twenty years.

Can it be Prevented?

Researchers have found several factors that increase the risk of developing Alzheimer's™ disease. Some, like age, gender and family history can't be controlled, but there are things you can do to help lower your risk. In fact a study out of Finland found a *formula* for fighting the condition. Those who exercised, changed their diet, made an effort to socialize and who did memory training did significantly better on the memory tests two years after the study started.

Here's a closer look at the formula:

- **Exercise.** There is a link between cardiovascular health and Alzheimer's™. Several conditions known to increase the risk of cardiovascular disease, such as high blood pressure, diabetes and high cholesterol also increase the risk of developing Alzheimer's™. Some autopsy studies show that as many as 80 percent of those with Alzheimer's™ disease also have cardiovascular disease. Regular physical activity helps to control the key risk factors for developing cardiovascular disease (mentioned above). Aim for two and a half to five hours weekly of brisk walking, or aim for a vigorous exercise like jogging for half that time.
- **Whole foods.** A diet that emphasizes colorful, vitamin-packed vegetables and fruits, whole grains, lean protein and beans and other legumes will offer protection against the disease. Additionally, a recent study published in *Alzheimer's™ & Dementia* suggests that the MIND diet may offer optimal protection. The MIND diet combines aspects of the Mediterranean diet with

certain features of the DASH (Dietary Approaches to Stop Hypertension) diet, both of which call for high consumption of fruits, vegetables and fish.

- **Socialize.** Research has shown that people with regular social interactions are significantly less likely to demonstrate cognitive decline when compared to those who are lonely or isolated. Some studies show that even 10 daily minutes of social interaction can improve cognitive performance.
- **Brain training.** Reading, writing, puzzles—anything that engages your thinking skills and keeps your mind active can hinder memory loss, cognitive decline and other mental problems.

“I am not a product of my circumstances. I am a product of my decisions.”
—Stephen Covey



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MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



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