

Caring for Someone with Dementia

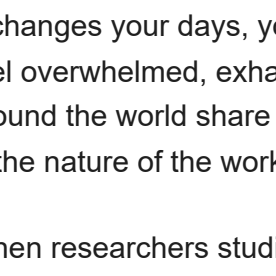
Why You Don't Have To Do It Alone

PACIFIC NEUROSCIENCE INSTITUTE
Brain Wellness & LIFESTYLE

Pacific Brain Wellness & Lifestyle Newsletter | JUNE 2026

Spotlight Story: Caring for Someone with Dementia

* You Are Not Alone, and You Shouldn't Have to Be



Claudia L. Wong, FNP-BC

Nurse Practitioner, Pacific Brain Health Center

Caring for a loved one with **dementia** is one of the hardest things a person can do.

It changes your days, your sleep, your relationships, and your sense of self. If you feel overwhelmed, exhausted, or isolated, know that tens of millions of caregivers around the world share those exact feelings. There is **nothing wrong** with you. This is the nature of the work.

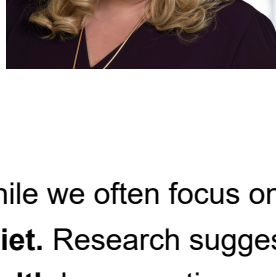
When researchers studied what dementia caregivers talk about most, **the same themes came up again and again**: how to handle difficult behaviors such as agitation, wandering, and repetitive questions. Caregiver grief and loneliness. Stress that never seems to let up. Money and legal concerns. And the constant tension between taking care of someone else and taking care of yourself.

In one large review of the research, **"being supported"** was the single most important need that family caregivers identified. Not more information. Not more training. Support.

[LEARN MORE](#)

Dr. Miller's Memory Minute

* The Importance of Self Care



Karen Miller, PhD

Senior Director, Brain Wellness & Lifestyle Program

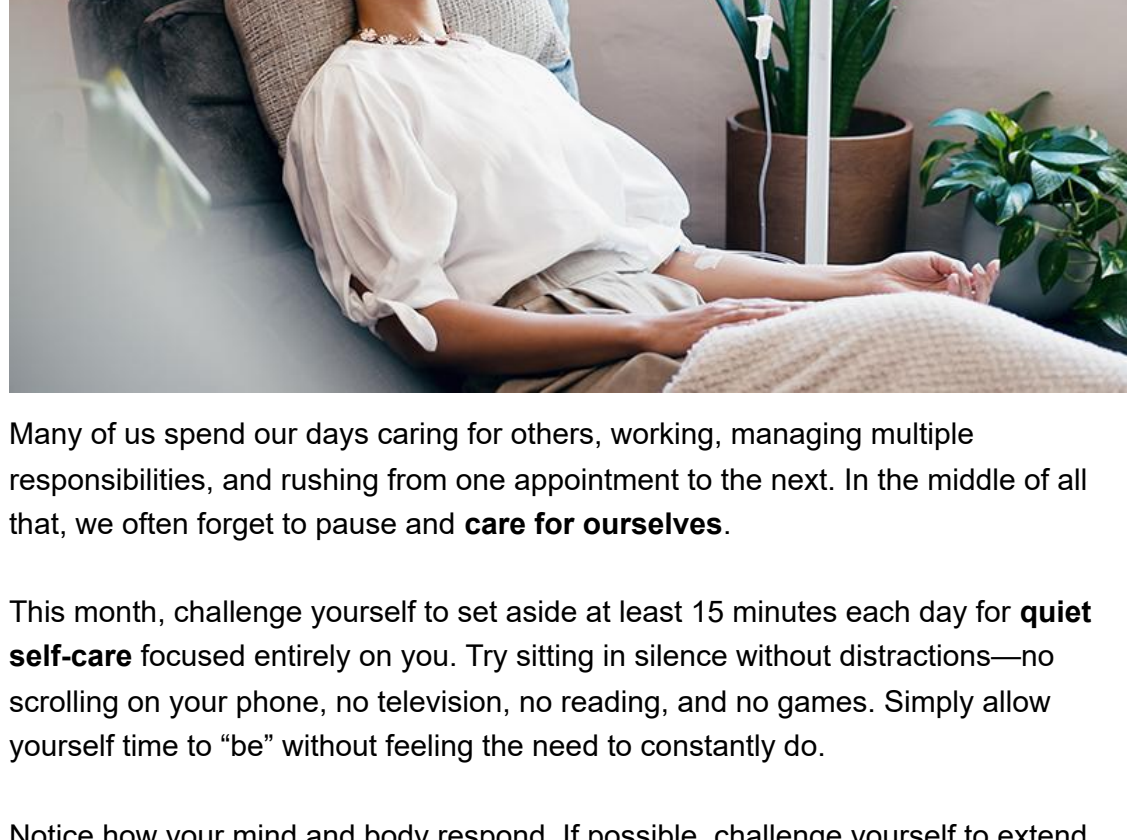
Our lives are filled with constant stimulation—notifications, conversations, traffic, screens, and endless background noise.

While we often focus on staying productive, our **brains also need moments of true quiet**. Research suggests that intentional quiet time can **support long-term brain health** by promoting neuroplasticity, mental clarity, and self-awareness.

After a long day of commuting, working, and interacting with people, I make it a priority to take 15 minutes completely for myself to "silence the brain." When I get home, I change into comfortable clothes and lie down in a quiet room. There is no television, no cell phone, and no music—just the soft hum of the fan and the birds chirping outside.

These few uninterrupted moments allow my mind to reset before I reconnect with my family for dinner, an evening walk around the neighborhood, and the nightly news. **Even a short period of intentional stillness** can help us feel more grounded, focused, and present.

Dr. Miller's Self Care Challenge



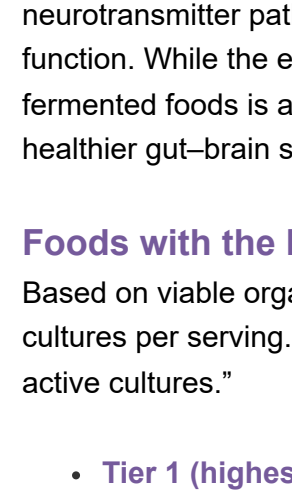
Many of us spend our days caring for others, working, managing multiple responsibilities, and rushing from one appointment to the next. In the middle of all that, we often forget to pause and **care for ourselves**.

This month, challenge yourself to set aside at least 15 minutes each day for **quiet self-care** focused entirely on you. Try sitting in silence without distractions—no scrolling on your phone, no television, no reading, and no games. Simply allow yourself time to "be" without feeling the need to constantly do.

Notice how your mind and body respond. If possible, challenge yourself to extend your quiet time to **30 minutes** whenever you can. Your brain may thank you for it.

The Balanced Plate with Molly

* Probiotic Foods: A Daily Habit for a Healthier Gut & Brain



Molly Rapozo, MS, RDN

Registered Dietitian & Senior Brain Health Coach

Fermented foods have been part of traditional diets for centuries, and modern research continues to explore how these foods influence our gut microbiome, inflammation, metabolic health, and even mood.

While the effects are modest and vary by strain and dose, including **1–2 servings of probiotic-rich foods daily** is a simple, food-first strategy that supports both gut and brain health.

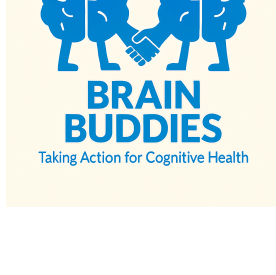
How Probiotic Foods Support Brain Health

A healthier, more diverse microbiome produces short-chain fatty acids and other metabolites that communicate directly with the nervous system. These compounds help regulate inflammation, support the gut barrier, and influence neurotransmitter pathways involved in mood, stress resilience, and cognitive function. While the effects are subtle and vary by strain, regular intake of fermented foods is associated with improved emotional well-being and healthier gut–brain signaling.

Easy Ways to Include Probiotics in Meals and Snacks

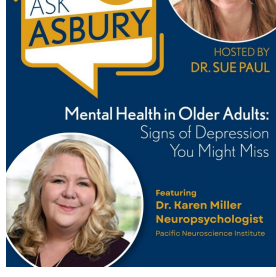
- Add a spoonful of **kimchi** or **sauerkraut** to grain bowls, eggs, or salads
- Enjoy **yogurt** or **kefir** as a snack, smoothie base, or breakfast bowl
- Stir **miso** into dressings or add to soup after cooking
- Use **fermented pickles** as a side or chopped into salmon or chickpea salad
- Add a splash of **kombucha** as a mocktail base or afternoon pick-me-up

Support this Summer



Dementia Caregiver Support Group

Join our **online support group** designed for caregivers taking care of a loved one living with any stage of dementia. Sessions are **FREE in July** with rolling enrollment. [See pdf flyer for more details.](#)
July 15, 22, & 29, 2026 | Wed, 3 - 4 pm PT
[>> Register Now](#)



Brain Buddies: July Summer Session

Brain Buddies is a supportive, action-focused group co-hosted by Molly Rapozo, Brain Health Coach, and Bud Williams, Brain Health Enthusiast. Build lasting habits in a welcoming space designed to keep your brain sharp and your lifestyle vibrant.

Starting July 7, 2026 | Tues 10 am PT | 10 Sessions
[>> Register Today](#)

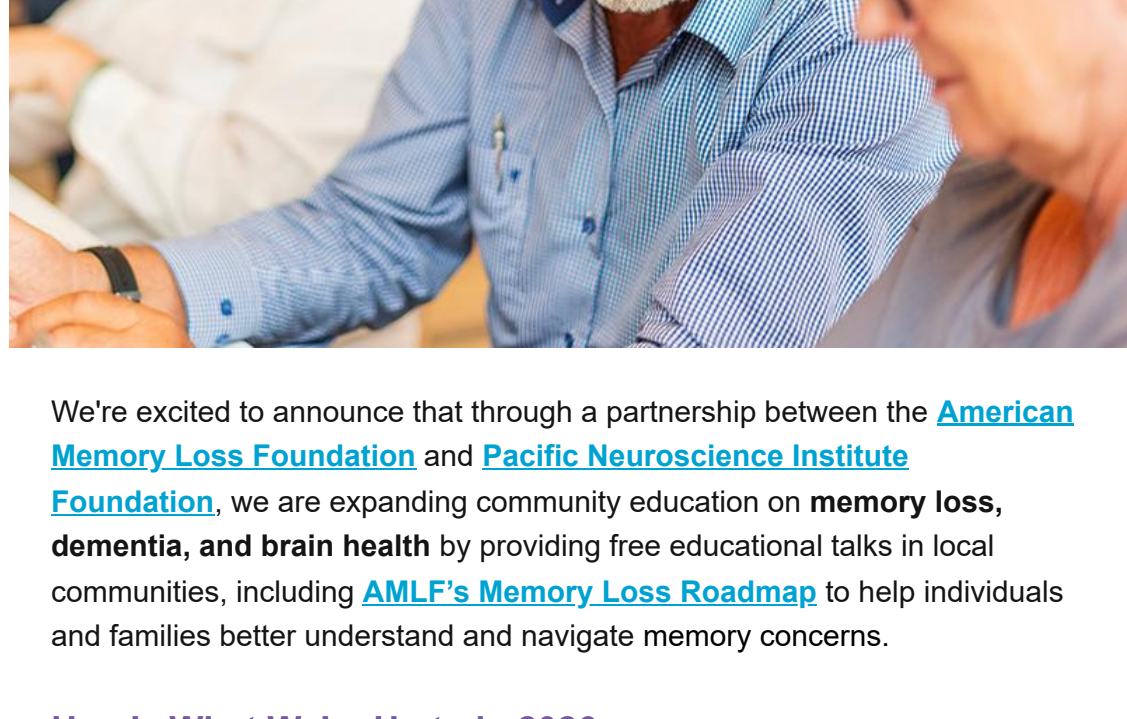


New Video: Mental Health in Older Adults

Mental health in older adults does not always look the way people expect. Signs of depression you might miss include changes in energy, focus, or engagement can be easy to overlook, but they matter.

Watch this **informative webinar** hosted by Dr. Sue Paul of Ask Asbury as PNI's neuropsychologist **Dr. Karen Miller** shares insights on recognizing the signs of depression and supporting well-being as we age.
[>> Watch Now](#)

Community Education Events



We're excited to announce that through a partnership between the [American Memory Loss Foundation](#) and [Pacific Neuroscience Institute Foundation](#), we are expanding community education on **memory loss, dementia, and brain health** by providing free educational talks in local communities, including [AMLF's Memory Loss Roadmap](#) to help individuals and families better understand and navigate memory concerns.

Here's What We're Up to in 2026

- Inglewood Senior Center - **June 12th**
- Vi Senior Living, La Jolla - **June 17th**
- Virtual Brain Health Center (virtual) - **June 18th**
- Ciela Senior Living, Pacific Palisades - **June 20th**
- Mercer Island Senior Center, WA - **June 29th**
- WISE & Healthy Aging - **July 23rd**
- WISE & Healthy Aging - **August 31st**
- Senior Concerns, Thousand Oaks (virtual) - **September 17th**
- WISE & Healthy Aging - **September 24th**
- Culver City Senior Center - **December 3rd**

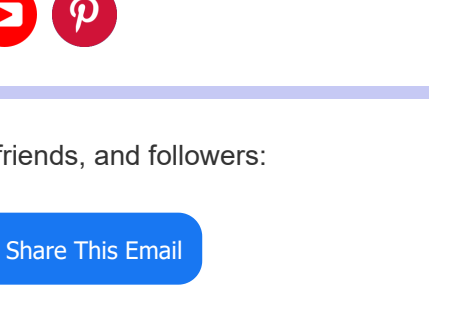
Brain Wellness & LIFESTYLE

PROGRAM

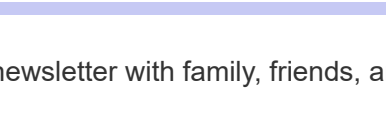
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