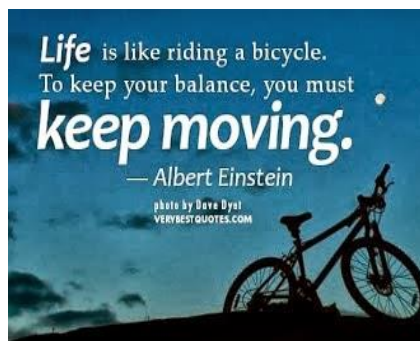


# COMMUNIQUÉ



Electric bikes are now becoming very popular with cyclists of all ages and especially seniors. There are more bikes on the highways and there are some requirements in state law on how motorists treat cyclists.

According to Washington law auto drivers must allow at least three feet of space when overtaking or passing a bicycle on the highway. Also, motorists can cross the yellow line, if the way is clear, to allow for the three feet.



See [What's Happening at the Bay Club](#) for fitness and other Club activities.

## Brain Health, Exercise & Diet

Doctors have long advised that physical activity could help keep a healthy brain fit. Now there is new research that indicates that a simple exercise routine could have positive effects on older Americans who have mild memory problems.

According to Alzheimer's Association chief scientific officer Maria Carrillo, "physical activity of any sort may reduce damaging inflammation and increase blood flow to the brain."

Social isolation is also known to increase people's risk of memory problems according to Carillo.

Here are some simple exercises for seniors that includes balancing, endurance and flexibility.

Source: Lauren Neergaard, Associated Press.

## Just Keep Moving!

There are eleven foods researchers have consistently correlated with a lower risk of dementia.

1. Berries – strawberries, blueberries and acai fruit.
2. Coffee/Caffeine.
3. Leafy Green Vegetables.
4. Nuts.
5. Some Types of Cocoa/Chocolate – dark chocolate, not milk chocolate,
6. Low to Moderate Amounts of Alcohol.
7. Fish – salmon, sardines, tuna, halibut and trout.
8. Cinnamon – has antioxidant and anti-inflammatory benefits.
9. Curcumin/Tumeric.
10. Fruits and Vegetables.
11. Mediterranean Diet.

Note: Some risks are out of our control but diet is highly within our control.

Source: *Verywell Health* July 15, 2021.