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National Senior Health and Fitness Day May 25 with Mind Matters in Oakland

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By [Laurel Zien](#), East Bay Senior Care Examiner

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Senior Health and Fitness Day will be celebrated on **Wednesday, May 25** with a free *Mind Matters* program beginning at 2:00 pm at Salem Lutheran Home, 2361 East 29th Street, in Oakland.

Presenter **Dr. Susan Londerville** has spent the last 20 years building her expertise as a medical director and private physician specializing in aging and memory loss. Her program is free and open to the public, and will cover various aspects of memory care.

Among her topics are:

- What is Brain Fitness and Does It Work?
- Can I take a Vitamin or Supplement Today to Help My Brain Tomorrow?
- What are Five Things I Can Do Right Now to Help a Loved One with Memory Loss?
- What are the Latest Trends in Medical care for Alzheimer?s? Dementia? Other diseases?

Dr. Londerville is the medical director at Salem Lutheran Home, a five-acre campus of cottages, apartments and other independent and assisted living care facilities located in Oakland's Dimond District.

Dr. Londerville is known for speaking in everyday language about an issue that affects individuals, caregivers and families. In her talk, *Mind Matters*, Dr. Londerville will focus on compelling ways in which people can help themselves and others increase the health of their aging brain. She will provide answers to questions and concerns relating to normal aging and early recognition of brain impairment. Questions she will address include: Is it normal aging when we can't remember where we parked the car, or burned the rolls or is it a symptom of something which should be shared with a physician?

A brief question and answer period follows Dr. Londerville's presentation. Healthy refreshments and information will be provided by local health food vendors and senior service organizations.

Registration

Admission is free, but seating is limited. To RSVP, call 510-269-4650. For more information on Salem Lutheran Home, call 510-534-3637 or visit the Salem [website](#).

About National Senior Health & Fitness Day

National Senior Health & Fitness Day is always held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. An estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the nation's largest health promotion event for older adults. Visit the Fitness Day [website](#) for more information.

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