

**Photo 1** CEO of the Alzheimer's Association Houston & Southeast Texas Chapter Richard Elbein presents to volunteers.

**Photo 2** Sadie Levitch daughters, Barbara Levitch- Paull and Marilyn Levitch-Hassid, Richard Elbein, Seven Acres CEO Marsha Cayton, Life Enrichment and Volunteer Services Director Jill Newman and Chief Financial & Administration Officer Brad Monahan.

## **Seven Acres Volunteers Explore Brain Health with Richard Elbein**

Seven Acres Jewish Senior Services held its 36th annual Volunteer Auxiliary Sadie Levitch Memorial Educational Workshop on Nov. 18. This year's event featured Richard Elbein, CEO of the Alzheimer's Association Houston Southeast Texas Chapter, as the luncheon guest speaker. Elbein delivered a highly informative presentation on brain health.

Sadie Levitch dedicated her time to volunteering at Seven Acres from 1970 to 1972, and the event was sponsored by her two daughters, Marilyn Levitch-Hassid and Barbara Levitch- Paull.

"Thirty-six years is really something for us to think about," Levitch-Hassid said. "It's a way to give the volunteers something for themselves, but also something that supports the work they do here at Seven Acres. That was really key for my mom and, of course, a good lunch."

The afternoon opened with warm greetings and cheerful smiles as volunteers filled the Seven Acres auditorium. Tables were elegantly set with refined décor and vibrant floral centerpieces. Seven Acres chef Noel Tobias served a delightful menu that included a super salad topped with salmon, freshly baked bread, and a chocolate bowl parfait for dessert.

Elbein discussed several behaviors that influence brain health and how they affect the development and progression of Alzheimer's disease.

"Sleep, smoking, physical activity, and cognitive and social engagement all play a role," he said. "Anything that's good for heart health is going to be good for brain health. That means every decision you make that isn't good for your heart also isn't good for your brain."

"The Alzheimer's Association really is our guiding source of knowledge," Seven Acres CEO Marsha Cayton said. "If we can tap into that, learn together, and work to beat this disease, it benefits all of us. There's probably no one in this room who hasn't been affected by it in some way."

In closing, this year's event was both an enriching learning experience and a resounding success. Seven Acres and The Medallion extend sincere appreciation to the

Levitch family and to all the volunteers whose continued dedication has sustained this program year after year.

"I appreciate Marilyn and Barbara not only for their work on this luncheon, but for everything they contribute throughout the year to this organization. We truly look forward to the year ahead," said Cayton.

If you are interested in volunteering at Seven Acres or The Medallion, please contact Jill Newman at (713) 778-5782.