



assisted living | dementia care

## Epoch Bulletin

March 2024

We dedicate this bulletin to the extraordinary elder women who have graced us through life with resilience and compassion. As we celebrate their strength, we recognize the importance of prioritizing their health and well-being.

Expert in Assisted Living & Dementia Care

*Happy Women's Day*



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 Age with Resilience 

**5** Healthy Tips for Women 

**#InspireInclusion - Healthy aging**

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What expert has to say!

**Newsweek**



## Optimism May Help Women Stay Mobile in Older Age

Author: [Lydia Smith](#)

“

Optimistic older women are found to maintain some physical abilities better as they age, according to Harvard T.H. Chan School of Public Health researchers. A study of nearly 6,000 women aged over 65 as they were tested at four different time points over six years revealed that those with a positive outlook experienced a slower decline in mobility. Furthermore, it was found that more positive people may be better protected against the inflammatory damage of stress..

[Read the full article here](#)

**MEDICALNEWS**TODAY



## Dementia risk linked to shorter time between first period and menopause

Author: Dr. Hee Kyung Park, PhD, of the Division of Psychiatry at University College London

“Although this study showed the protective effects of longer lifetime estrogen exposure, there are inconsistencies in the results in human studies. Future diverse cohort studies should determine the effects of estrogens on the risk”...(Contd.)

[Read the full article here](#)

## Epoch News!



**PHARMABIZ.com**  
india's most comprehensive pharma portal

### **Epoch Elder Care launches its 2nd assisted living home in Pune, “Epoch Picasso House”**

“Epoch Elder Care, an expert in assisted living and dementia care services in India, recently announced the launch of “Epoch Picasso House” in Undri, Pune. With its second assisted living home in Pune, this expansion is a step forward in implementing Epoch’s mission to provide holistic, person-centered care that enables elders to have the highest quality of life. The new home is a perfect blend of comfort, care, and warmth, designed for elders who require assistance in their activities of daily living or have chronic medical conditions”...(Contd.)

[Read the full article here](#)



# FINANCIAL EXPRESS

Read to Lead

## Supporting Elders with Dementia: A Holistic Care Guide

"While aging is a natural process, it can bring about a variety of changes that leave the elderly vulnerable and stressed about their health and wellness, one of the more serious of which is dementia".

We bring you an enlightening article penned by Ms. Neha Sinha, CEO of Epoch Elder Care and a dementia specialist. This article emphasizes the critical significance of adopting a holistic approach to dementia care"...(Contd.)

[Read the full article here](#)

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