

For Immediate Release

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ALZHEIMER'S ASSOCIATION AND ERIE COUNTY DEPARTMENT FOR THE AGING HOST "BRAIN FOOD" EVENT TO PROMOTE HEALTHY EATING FOR BRAIN HEALTH

Erie County, NY — The Alzheimer's Association Western New York Chapter, in collaboration with the Erie County Department for the Aging, hosted an engaging and educational event titled "Brain Food" on Friday, November 7 at the William-Emslie YMCA. The presentation focused on how healthy cooking and nutrition can help prevent diabetes and dementia, drawing dozens of community members interested in learning more about brain-healthy living.

During the one-hour session, attendees explored the strong connection between diet, diabetes prevention, and long-term brain health. Experts highlighted that type 2 diabetes is not only a major health concern on its own, but also a significant risk factor for developing Alzheimer's disease and other dementias. Research shows that people with diabetes are nearly twice as likely to develop cognitive decline, as high blood sugar and insulin resistance can damage blood vessels in the brain and affect memory and thinking.

Speakers emphasized the importance of nutrient-rich foods, balanced meal planning, and sustainable lifestyle changes that can help reduce these risks. The interactive program featured cooking demonstrations, practical tips for daily eating habits, and information about community programs that make it easier for older adults to access healthy, affordable food.

Promoting awareness about how conditions like diabetes impact brain health is essential to supporting healthy aging," said Randy Hoak, Commissioner of the Erie County Department for the Aging. "Through initiatives like 'Brain Food,' we're helping residents understand that good nutrition is a key part of maintaining both physical and cognitive well-being."

Per the CDC, more than 10% of the total population is living with diabetes and many more are at risk of prediabetes – conditions that can be managed or prevented through diet and exercise. By promoting healthy nutrition as a foundation for both diabetes and brain health, the "Brain Food" events will empower participants to take small, achievable steps toward improving their overall well-being.

The Alzheimer's Association, City of Buffalo, and Erie County continue to collaborate on community initiatives that educate and support older adults in living active, healthy, and engaged lives.

This series will be available on Friday November 14th at 11am at Schiller Park Senior Center and Thursday November 20th at 11am at Buffalo Urban League.

For More Information Visit

Alzheimer's Association WNY - <https://www.alz.org/wny> - 24 Hour helpline 800.272.3900

Buffalo Center for Health Equity - <https://buffalohealthequity.com/>

Erie County Department for the Aging - <https://www3.erie.gov/aging/> - 716-858-8526

Erie County Office for Health Equity - <https://www3.erie.gov/health/health-equity> - 716-858-2152