



District E-News

March 22, 2021



Newark CCSD 66

503 Chicago Road 815.695.5143

[www.ngsd66.org](http://www.ngsd66.org)

Newark Families and Staff:

Congratulations to NGS K - 4 Students and Mrs. Eike! You all raised \$1643.73! On behalf of the American Heart and Association and our community, thank you to all who donated, participated and raised awareness of cardiovascular disease. Very proud of you all!

2019 - 2020 Yearbook update! They have arrived and were distributed to students who ordered on Friday 3/19. We do have a few extra. You can call either office to arrange pick up. They are \$20.00.

Hot lunch will continue to be free to all students in the school community. If any remote learners need hot lunch, please call Mrs. Hauge at NGS.

Please continue to send all students with a coat and boots. Snow Pants would still be necessary for the K - 4 students to go off the blacktop due to the wetness and mud on the playground area. Gloves and hats can stay in lockers if it warms up this week.. Thank you!

Kindergarten round up agenda and times are also included below for April 30th. Please feel free to share information with others. Kindergarten will go back to full day next year.

We will be forming committees after Spring Break for the Parent-Student Handbook and District Wellness. If you are a parent interested in helping on these committees, please let me know. We value and need your input.

Updated guidance for schools was released last week from ISBE. We still need to distance and wear masks. You can read the guidance here: <http://bit.ly/March8SchoolGuidance>

Thank you to those who took the 5 Essentials survey! NGS is still at 37% response rate and MJH is still at 20% response rate. This is the first year both schools met the 20% threshold! Thank you! The survey will remain open until April 2nd. If you haven't completed, please take 10 minutes to complete. <https://survey.5-essentials.org/Illinois/>

Spring Break is next week! Stay safe and healthy! ENews will return on Monday, April 5th. Classes resume on Tuesday, April 6th! Enjoy the time with family.

Partners in Education,  
Mrs. Turman



### Dates to Remember:

Mar. 24 - PSAT for 8th Graders at NCHS

Mar. 26 - SIP Day 1:15/1:30 dismissal; Q3 report cards home

Mar. 29 - April 5 - Spring Break

Apr. 2 - 5Essentials Survey Closes

Apr. 2 - Good Friday

Apr. 4 - Happy Easter

Apr. 6 - Classes resume; PTO meeting via Zoom 6:00 pm

Apr. 6 - May 14 - IAR (Grades 3 - 8) , Science (Grades 5th & 8th) and Access testing

Apr. 6 - PTO meeting via Zoom 6:00 pm

Apr. 19 - BOE meeting 6:30 pm @ NGS

Apr. 30 - Kindergarten roundup! Flyer Below!

SIP day 11:15/11:30 dismissal

Wellness Committee meeting 12:30 pm

May 4 - PTO meeting 6:00 pm

May 17 - Board of Education Meeting 6:30 pm

May 17 - 5th Step up day/Sports Physicals @ MJH

May 18 - 5B's Drive thru 4:30 - 6:30 pm

May 21 - 8th Grade Graduation 7:00 pm @ MJH

May 28 - Last Day 1:15/1:30 Dismissal

Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.

Follow us on Facebook and Twitter and Instagram!

Website: [www.ngsd66.org](http://www.ngsd66.org)

Youtube channel: Newark School District

**Millbrook Junior High School**  
**Activities Update**  
**Week of March 22 - March 26**  
**\*7th/8th BBB and GBB - please return clean uniforms this week!\***  
*Soccer and Track practices begin after spring break*

Mon, Mar. 22	<b>Even Day - 8th Algebra to NCHS; 8th math to MJH</b> <u>5th/6th Boys Camp 3:00 - 4:30; No Girls camp</u>
Tues, Mar. 23	<b>Odd Day - all 8th graders report to NCHS</b> Homework Club 3:00 - 3:45 pm <u>5th/6th Boys Camp 3:00 - 4:30; No Girls camp</u>
Wed, Mar. 24	<b>Even Day - Remote Learning 9 am - 2 pm</b> Note: All 8th graders report to NCHS before 8:00 am! PSAT testing today! No phones or smart watches - need approved calculator and #2 pencils - See letter that was sent <u>5th/6th Boys Camp 3:00 - 4:30; 5th/6th Girls Camp 6:00 - 7:30 pm</u>
Thurs, Mar. 25	<b>Odd Day - all 8th graders report to NCHS</b> Homework Club 3:00 - 3:45 pm <u>5th/6th Boys Camp 3:00 - 4:30; 5th/6th Girls Camp 6:00 - 7:30 pm</u>
Fri, Mar. 26	<b>Even Day - 8th Algebra to NCSH; 8th math to MJH</b> Eligibility is run on Fridays at 10:00 am. Student Athletes must be academically eligible! <u>5th/6th Boys Camp 1:15 - 2:45; 5th/6th Girls Camp 6:00 - 7:30 pm</u> <b>SIP Day - dismissal 1:15/1:30 - Spring Break Begins!</b>

**8th Grade Notes:**

- Springfield Trip is officially cancelled. We don't think the buildings will be open. We will be refunding your money that was paid last year. Please look for those checks coming home in the next week or so.
- Graduation is May 21st. Individual and Group photos will be taken on Graduation Day beginning at 5:45 pm.
- A Diploma letter will be coming home with your 8th graders. Please make sure you return with how you want your students' names on their diploma.

**Newark Community Consolidated School**  
**District #66**

*Ms. Demetra Turman, Superintendent/Principal*  
*Mrs. Pam Rowe, Principal*

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March 10, 2021

Dear Newark CCSD 66 Parents, Families and Staff:

Thank you to all who filled out the 4<sup>th</sup> quarter parent survey. After going through the responses, here is our data:

115 responses (10 however were duplicate responses from the same family)

15 families from MJH did not respond.

11 families from NGS did not respond.

68.7% voted yes to return in person 5 days a week for quarter 4.

13.9% said no, not to return to 5 days a week.

17.4% had no opinion either way.

9 students will remain remote at Newark Grade School for quarter 4.

9 students will remain remote at Millbrook Jr. High for quarter 4.

After several discussions with the high school, we will remain on our normal schedule as we have for the first three quarters to finish out the year. This means that we will continue to be in person on Mondays, Tuesdays, Thursdays and Fridays. Wednesdays will continue to be remote from 9:00 am – 2:00 pm (8:00 am for 8<sup>th</sup> graders attending high school classes). We will continue to offer lunch to go on Wednesdays for everyone who wants it and on the other days our remote learners can pick up lunch if they chose.

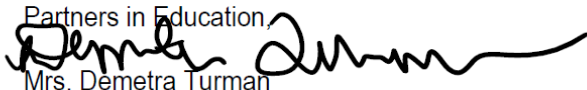
As shared in ENEWS, we share many services with NCHS including buses and teachers for many of our programs. We feel it is best to stay on the same schedule with the high school. We want our families with students at both districts to stay on the same schedule.

When we return for 4<sup>th</sup> quarter on March 22<sup>nd</sup>, we will no longer be doing temperature checks at the door. HOWEVER, we ask that parents continue the self – certification through the Teacher Ease system as you have been. We will also symptom check any visitors. We are still required to wear masks, space 3 – 6ft apart, and wash/sanitize our hands. We will continue with our cleaning protocols that are in place.

Our goal is to start the 2021 – 2022 school year in person full five days a week, normal hours. As vaccinations increase, we are hopeful we can start next year with a more “normal” feeling.

Again, thank you for all of your support and understanding this year through this pandemic. Our incredible staff have done an amazing job and it has been a total community and team effort keeping our kids in person this school year. Thank you to everyone for all of your work! Here's to a strong finish for 4<sup>th</sup> quarter!

Partners in Education



Mrs. Demetra Turman

**Newark Grade School**

503 Chicago Road

Newark, Illinois 60450

Phone: 815-695-5143

Fax: 815-695-5776

**Millbrook Junior High School**

8411 Fox River Drive, PO Box 214

Millbrook, Illinois 60536

Phone: 630-553-5435

Fax: 630-553-1027

## COVID TESTING ONSITE!

Our school district has received the appropriate approvals to begin offering rapid COVID-19 antigen tests to students and staff in our district. This test will be administered by the school nurse to staff or students who have a signed permission form and a signed doctor's order, and who is exhibiting symptoms consistent with COVID-19 infection. The test requires a nasal swab sample collected from both nostrils. To collect the sample, the swab is inserted approximately one inch into each nostril and rubbed gently over the inside of the nasal passages. The results will be available within 15 minutes after testing. (all forms are available on the website)

Only people who exhibit symptoms consistent with COVID-19 within the last 7 days are eligible to take this test. The test is not cleared for use in asymptomatic individuals. Every student or staff who qualifies for this test will be asked permission prior to testing. For students, parents will be contacted for permission prior to testing even with a signed permission form on file for the student. Student, parent, and the student's health care provider will be contacted the same day in writing and via the family's choice of phone, text, or email with the results of the test.

Taking this test is never required. One of the benefits of offering COVID-19 testing in the schools is that non-COVID illnesses can be rapidly identified allowing students, student's siblings, and staff to remain present in school without unnecessary isolation while waiting for health care provider visits, testing, and results.

If the individual's illness, even though not related to COVID-19, necessitates them staying out of school until well enough to return, at least relatives are not required to be absent also.

Week ending	Positive Reported District Cases	% of Population	% change	# in Healthy Quarantine	% of Population	257 Staff/Students
August 21	0	0	0.00%	0		
August 28	0	0	0.00%	0		
Sept. 4	0	0	0.00%	0		
Sept. 11	0	0	0.00%	0		
Sept. 18	0	0	0.00%	0		
Sept. 25	0	0	0.00%	0		
Oct. 2	0	0	0.00%	0		
Oct. 9	0	0	0.00%	0		
Oct. 16	1	<1%	100.00%	MJH remote		staff
Oct. 23	1	<1%	0.00%	MJH Remote		Staff
Oct. 30	3	<2%	66.67%	13	6%	1 Staff; 2 students
Nov. 6	0	0	0.00%	25	10%	0
Nov. 13	2	<1%	100.00%	31	12%	2 - staff
Nov. 20	1	<1%	50.00%	NGS Remote (27)	10.50%	1 - student
Nov. 27	1	<1%	0.00%	NGS Remote (27)	10.50%	1 - staff
Dec. 4	1	<1%	0.00%	10	4%	1 - staff
Dec. 11	0	0	0.00%	8	3%	0
Dec. 18	1	<1%	100.00%	10	3.80%	1 - staff
Dec. 25	2	<1%	0.00%	12	4%	2 - staff
Jan. 1				Winter Break		
Jan. 8				Winter Break		
Jan. 15	0	0	0.00%	9	3.50%	0
Jan. 22	0	0	0.00%	13	5%	0
Jan. 29	0	0	0.00%	3	1%	0
Feb. 5	0	0	0.00%	5	1%	0
Feb. 13	0	0	0.00%	1	<1%	0
Feb. 19	0	0	0.00%	1	<1%	0
Feb. 26	0	0	0.00%	1	<1%	0
March 5	0	0	0.00%	5	1%	0
March 12	0	0	0.00%	3	<1%	0
March 19	0	0	0.00%	0	0	0

## Information Regarding Available RAPID RESULT ANTIGEN TESTING FOR COVID-19

You may be familiar with hearing the names of these 3 types of tests.

RT-PCR (real-time reverse-transcriptase Polymerase chain reaction) test detects virus genetic material.

Antigen test detects specific proteins on the surface of the virus.

Antibody test looks for antibodies made by the immune system in response to virus infection.

Most of us have taken a molecular test. The molecular test requires processing of the sample in a laboratory.

Beginning in February, a 15-minute rapid result antigen test will be available to staff and students at NGSD 66.

Participation is strictly voluntary. The District will only test staff and students reporting or exhibiting one or more COVID-19 related symptoms.

Type of Test	Antigen Test	Molecular Test
How is the sample taken?	Nasal or throat swab	Nasal or throat swab; saliva or sputum test
What does it test?	Diagnose current COVID-19 infection by detecting viral proteins	Diagnose current COVID-19 infection by detecting viral genetic material
How are the results used?	Help public health officials identify and recommend isolation for people with active infection. Help verify symptoms are not a result of COVID-19 infection and lessen non-attendance days.	Help public health official identify and recommend isolation for people with active infection.
Who administers the test?	Staff trained according the CDC and LHD requirements in a site operating under a CLIA Certificate of Waiver	Nasal and throat swabs can be self-collected in the company of or by the health professional. Tests must be conducted by trained staff in a CLIA Certified Laboratory or point-of-care testing site operating under waiver.
How long does it take to get results?	15 minutes	1 – 3 days
Other information	May be more likely to miss a current infection compared to molecular tests. Testing of asymptomatic individuals increases the likelihood of a false results.	Considered the most accurate for COVID-19 detection and typically performed in a specialized laboratory.

### Why are we offering this option?

If the individual tests negative, the symptom(s) can be attributed to an alternate cause – removing the need to quarantine for 10 days, and immediate family for 14 days, until a negative test or alternate diagnosis is made by a healthcare provider.

There are strict compliance requirements.

- Any individual who wants to have this testing option available must have a standing physician's order on file.  
(see attached)
- Students need written consent from a parent or legal guardian on file.  
(see attached)
- Every person must assent to the test before it is performed.
- Parent notification will be confirmed prior to performing each test.
- Both positive and negative results will be sent to the IDPH reporting system within 24 hours of test administration, to the local health department, to the physician who provided the standing order, and of course to the individual who was tested (or parent as appropriate).
- Testing will be done privately, and the District will adhere to all HIPAA, FERPA, and ADA applicable laws and regulations.





Box tops - Sign up and scan them in for our school:

<https://www.boxtops4education.com/>

Please keep scanning in!



Don't forget to use <https://smile.amazon.com/> and choose Newark - Millbrook PTO for your donation.



**TeacherEase**  
Software for Standards-based Learning

## Teacher Ease Parent Portal

*Quarter Three - January 11 - March 19th*

Parents need to sign up for Teacher Ease asap. Notifications have been sent to sign up.

In teacher ease:

- check your child's grades, attendance, behavior logs, fees, etc.
- Complete the COVID screening EACH school day for each child.
- When checking grades, be sure you scroll down on the cell phone app
- Quarter 3 Midterms on Friday, February 12th
- If your student is missing an assignment, it will be marked with an "M" or an "I" for incomplete. This does reflect on their grade until it is turned in.
- Have a yahoo email? Please make sure you check your spam/junk folder

## March: Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week."

Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

Learn more at: <https://womenshistorymonth.gov/about/>



**Welcome to Kindergarten Roundup**  
**Kindergarten 2021-2022**  
**April 30, 2021**

**1:15 - 1:30**      Arrival in cafe

**Parents / Adults**

**1:30**      Walk down to room  
**1:45**      Mrs. Turman/Questions - Cafe  
**2:00**      Registration Info - Mrs. Hauge  
**2:15**      Mrs. Schmidt  
**2:30**      Dismissal

**Kindergarten**

Walk down to room  
Kindergarten Lesson  
Kindergarten Snack  
Kindergarten Bus Ride  
Kindergarten returns from ride

# Newark CCSD 66 | 2020-2021 CALENDAR

**4** Independence Day

JULY '20						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

JANUARY '21						
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24	25	26	27	28	29	30
31						

**8** Teacher Institute – No School  
**11** Classes Resume  
**15** School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**18** M.L. King Day No School

**4** Late Registration 1:00-3:30  
**11** Late Registration/Popsicles with the Principal 4:00-6:30  
**17** Teacher Institute – No School  
**18** Teacher Institute – No School  
**19** First Day of Student Attendance Full Day

AUGUST '20						
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FEBRUARY '21						
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21	22	23	24	25	26	27
28						

**12** School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal  
**15** Presidents' Day No School  
**24** Remote Planning Day - no students

**7** Labor Day No School

SEPTEMBER '20						
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MARCH '21						
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21	22	23	24	25	26	27
28	29	30	31			

**17** Remote Planning Day – no students  
**19** End of Q3  
**26** School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**29** Spring Break until April 6<sup>th</sup>

**9** School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal  
**12** Columbus Day No School  
**21** Parent Teacher Conferences 4-7  
**22** Parent Teacher Conferences 2-7 Early Dismissal – MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**23** No School  
**31** Halloween

OCTOBER '20						
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APRIL '21						
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**2** Good Friday  
**4** Easter Sunday  
**6** Classes Resume  
**30** School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal  
**Q4** Midterms

**3** Election Day – State Holiday No School  
**25** School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal  
**26** Thanksgiving Day No School  
**27** No School

NOVEMBER '20						
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MAY '21						
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30	31					

**9** Mother's Day  
**12** School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**17** Band Concert  
**28** Last Day of Student Attendance – MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**31** Memorial's Day

**14** Band Concert  
**21** MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**22** Last Day of School Attendance MJH 1:15 Dismissal: NGS 1:30 Dismissal  
**23** Winter Break until January 8<sup>th</sup>  
**25** Christmas

DECEMBER '20						
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JUNE '21						
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27	28	29	30			

**1-4** Emergency Day/E-learning  
**7** Emergency Day /E-learning  
**20** Father's Day

Calendar Template © calendarlabs.com



# Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
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JANUARY '22						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

3 Teacher Institute  
4 Students return  
14 SIP 1:15/1:30  
17 M.L. King Day – No School

3 – late registration 1:00 – 6:00 pm  
16 Teacher Institute  
17 Teacher Institute  
18 First Day of Student attendance

AUGUST '21						
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FEBRUARY '22						
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20	21	22	23	24	25	26
27	28					

18 SIP 11:15 /11:30  
21 Presidents' Day – No School

6 Labor Day No School  
9 SIP day 11:15/11:30

SEPTEMBER '21						
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MARCH '22						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

18 SIP 1:15/1:30  
21 – 25 Spring Break  
28 School resumes

8 Teacher Institute  
11 Columbus Day – No School  
27 PT conferences 4 – 7  
28 1:15/1:30 Dismissal  
PT conferences 2 – 7  
29 No School  
31 Halloween

OCTOBER '21						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL '22						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

15 Good Friday – No School  
17 Easter Sunday  
18 No School – East Monday  
29 SIP 11:15/ 11:30

23 SIP day 1:15/1:30  
24 No School  
25 Thanksgiving Day  
26 No School

NOVEMBER '21						
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MAY '22						
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22	23	24	25	26	27	28
29	30	31				

08 Mother's Day  
11 SIP 1:15/1:30  
27 Last Day of Student Attendance 1:30 dismiss  
30 Memorial's Day

17 SIP Day 1:15/1:30  
20 First Day of Winter Break  
25 Christmas Day

DECEMBER '22						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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JUNE '22						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

19 Father's Day

# Bear Necessities



**Where:** Serena United Methodist Church  
Route 52  
Serena UL

***OR***

Norway United Methodist Church  
2642 N. 3650<sup>th</sup> Road  
Sheridan, IL 60551  
(located in the town of Norway)

**When:** 3<sup>rd</sup> Saturday of every month  
**10 AM to NOON**

**Who Qualifies:** People with a Link Card  
and valid photo ID - need to present

**Items to be distributed:**

Bar Soap	Shampoo
Dish Soap	Toilet Paper
Laundry Soap	Toothpaste

*For any further information or questions,  
please call:*

***Pastor Rich 815-751-2290***



## Wellness Weekly

# Keeping your brain sharp isn't about working more puzzles

By Laura Williamson, American Heart Association News

Mental decline is one of the most feared aspects of growing older. People will do just about anything to prevent it, from swallowing supplements touted as memory boosters to spending hours solving Sudoku and crossword puzzles.

But do these things really keep the aging brain sharp? The short answer is, not really.

"It can certainly help you concentrate if you spend an hour or two doing puzzles," said Dr. Vladimir Hachinski, a Canadian neurologist and global expert in the field of brain health. "It's good because you're exercising your brain. But don't expect too much from it."

One in 8 Americans age 60 or older report having at least some memory loss and roughly 35% of them report problems with brain function, according to the Centers for Disease Control and Prevention. While this doesn't always lead to full-blown dementia, the number of older people in the United States struggling with cognitive issues is growing: The CDC predicts the number of people in the U.S. with dementia – including its most common form, Alzheimer's disease – will nearly triple to roughly 14 million people by 2060.

Research suggests there are indeed ways to prevent or delay many types of cognitive loss, but they don't involve fish oil supplements or brain teasers. Instead, Hachinski and others in the field agree, people who want to preserve good brain function should take the same steps they would to protect their hearts.

"If you have a good heart, you have a good brain," said Dr. Rong Zhang, professor of neurology at UT Southwestern Medical Center in Dallas. "Whatever risk factors are bad for your heart, such as high blood pressure, smoking, obesity or a lack of physical activity, these things are also bad for your brain."

### **The link between heart health and brain health is well established.**

The American Heart Association and an expert-led Lancet Commission advise people to focus on their risk factors for heart disease and stroke. These include lowering blood pressure, blood sugar and cholesterol levels; getting enough sleep; not smoking; limiting alcohol intake; eating a healthy diet; exercising at least 150 minutes per week; maintaining a healthy weight; and staying socially active. The Lancet Commission recently expanded its list of dementia risk factors to also include head injuries in mid-life and exposure to air pollution.

Researchers believe at least 40% of dementias can be prevented or delayed by modifying these risk factors. Hachinski said the percentage could well be higher if more strokes were prevented. He was the lead author of a 2019 paper published by the World Stroke Organization calling for the joint prevention of stroke and dementia.

Stroke doubles the chance of developing dementia and high blood pressure is a powerful predictor of stroke, Hachinski said, adding that an estimated 90% of strokes are preventable.

"All major dementias have a vascular (blood vessel) component," he said, because the brain needs good blood flow to provide it with sufficient nutrients and oxygen to work properly. "If you control the vascular component, you can diminish or prevent dementia."

While major strokes cause an obvious and sudden decline in cognitive function, it's more common for people to have smaller, silent strokes they don't even realize are happening, Hachinski said. These "mini-strokes" have been shown to accelerate mental decline, as does uncontrolled blood pressure at any age.

Type 2 diabetes, which often can be prevented or delayed by losing weight and increasing physical activity, also increases the risk of dementia by 60%.

"By and large, the onset of dementia is gradual," Hachinski said, likening the process to "descending into an abyss. It can happen in different ways, at different rates and to different depths." The best way to slow that decline, he said, is to identify your personal risk factors and then tackle the biggest ones. Do you need to lose weight? Exercise more? Eat a healthier diet? Lower your blood sugar?

"Know your family history. Have some idea of what you're facing," he said. "Get your blood pressure taken. Risk factors love company. If you have high blood pressure, you undoubtedly have other things going on."

During the day, the brain uses a lot of energy, in the process discarding excess proteins that build up like junk in a teenager's room. "The brain needs a way to get rid of these bad proteins," Zhang said, "to clear away the waste. When there is a lot of garbage in the environment, it hurts the brain."

Exercise helps with this clearance, and so does sleep, he said.

Building good brain health habits should start long before cognition starts to decline, experts advise.

"In middle age, the risk begins to climb rather rapidly," Hachinski said. "It's never too late, but the earlier, the better. I think the most important thing is to begin."

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