

Brain Fitness Program

Pillar 2



Connect with Others

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A free membership program for people 55 and better, promoting healthy aging through education, social activities and volunteerism.

Welcome to the Celebrate Seniority at-home Brain Fitness program, packet two.

This program is based on the six pillars of brain health and will help support those interested in understanding their brain health and challenging themselves.

Each packet will focus on one of the following pillars of brain health (modeled after Healthy Brains by Cleveland Clinic):

1. Engage your brain
- 2. Connect with others**
3. Adopt a healthy diet
4. Exercise regularly
5. Get refreshing sleep
6. Reduce stress and maintain a healthy blood pressure level

Each packet will include stimulating puzzles with answers, activities, pillar-specific information and additional resources. To download additional packets and watch related videos, visit multicare.org/volunteers/celebrate-seniority/.

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The Main Idea - Your brain needs mental exercise to be fit, just like your muscles. Speaking with others is a form of mental exercise. Leading an active social life can be challenging right now. But when it comes helping protect against memory loss, it's important to find new ways to be social. Spending time with others, having stimulating conversation, staying in touch with family and friends are good for your brain health. Relationships bring joy, a sense of belonging and support. Studies have shown that those with most social interaction in their community experience the slowest rate of memory decline. (Credit: Healthy Brains by Cleveland Clinic).



Have you ever known what your friend was going to say? Scientists have found that when two people have a conversation, their brain waves can become in sync. Thus, you know what is on the tip of the tongue of the other person.

Ways to connect with others

- Send your friends, family members and neighbors a card or note.
 - Personal messages warm the heart and keep friends and family feeling connected.
- Make a Zoom call
 - Zoom is a video conferencing tool that you can find in your phone's application store.
 - This is a free video format to talk with many people you miss at once. It's easiest on your phone because it uses both microphone and camera.
- Teach someone something you enjoy (while masking).
 - Share your knowledge
 - Share your talents
 - Share your time

- Connecting with others can be a great workout for your brain:
 - Share a smile. Smiling not only has the power to elevate your mood, but it can also change the moods of others. The part of your brain that is responsible for your controlling the facial expression of smiling is an **unconscious automatic response area**. An interaction in which you sense that your own behavior influences another person—spurs activity in the brain’s reward circuitry. (Dr. Leonhard Schilbach, University of Munich)

Try These:

Phone connections

- AARP Foundation CHATBOX, text a friendly conversation – text HELLO to 845-610-6472 for a friendly conversation.
- Washington State WARM line is a safe place to discuss your anxiety, loneliness, depression and challenges. Monday thru Friday from 5 to 9pm; Saturday and Sunday, 12:30 to 9pm. **1 877-500-WARM (9276)**.

Volunteer opportunities

- Volunteer with MultiCare, visit multicare.org/volunteers to discover new ways to volunteer.
- Check out the online Volunteer Match website for other opportunities near you.

Pets

- A small pet can bring joy, reduce loneliness and improve mood. Remember pets do require clean up, food and may have other needs you should to be considered.

Memory Tip: Reading aloud, loudly or singing help with memory recall. The next time you park your car away from home, try singing a description of where you left it.

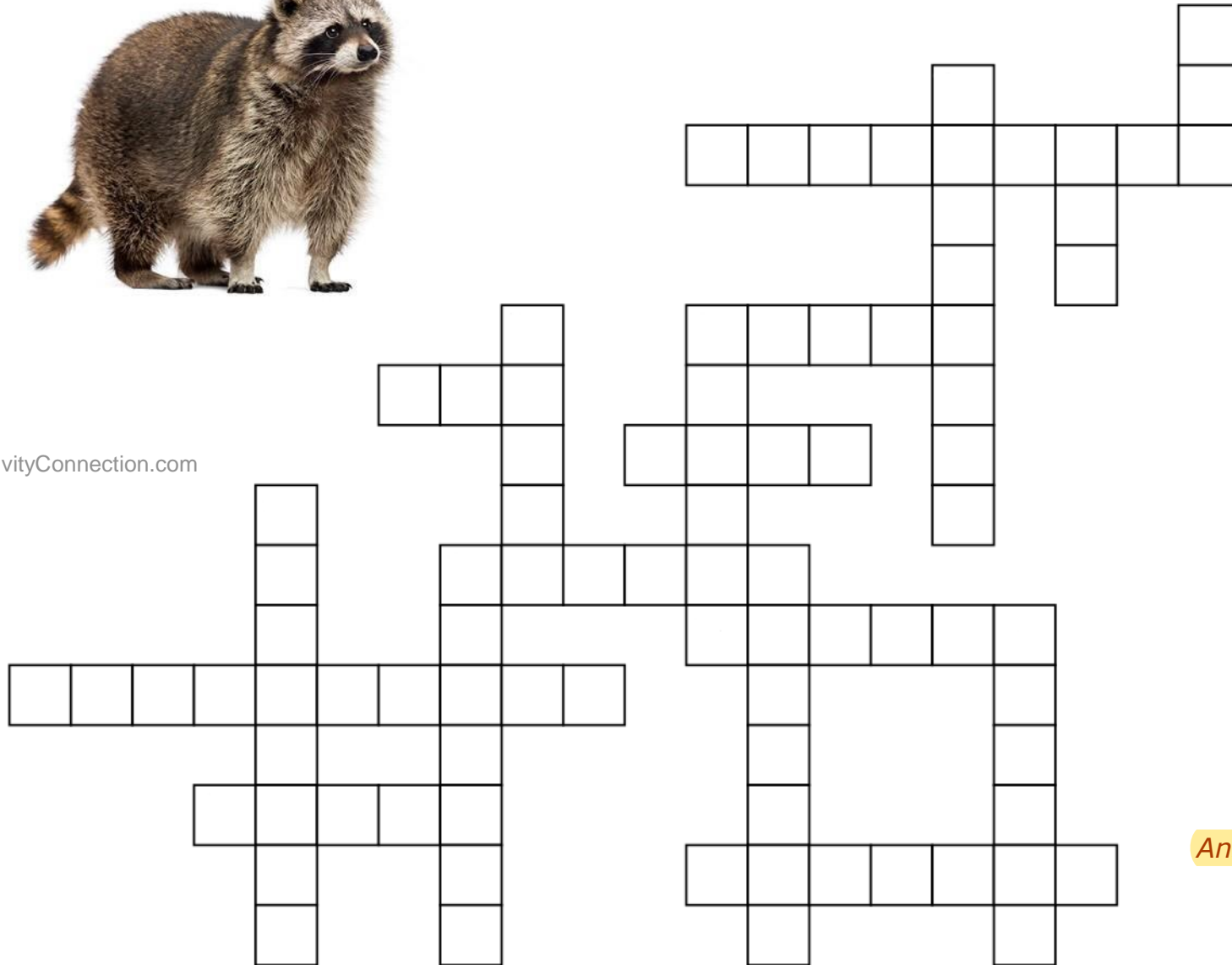
(In Acta Psychologica July 2020 208)

Wonderful Wildlife

Fit the list of words into the puzzle.



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- FOX
- FLY
- OWL
- BIRD
- FAUNA
- FLORA
- SNAKE
- BADGER
- RABBIT
- SPIDER
- TURTLE
- BUZZARD
- GORILLA
- RACCOON
- ELEPHANT
- HEDGEHOG
- BUTTERFLY
- CHIMPANZEE

Answers on page 14

Sentence Inhibition Exercise

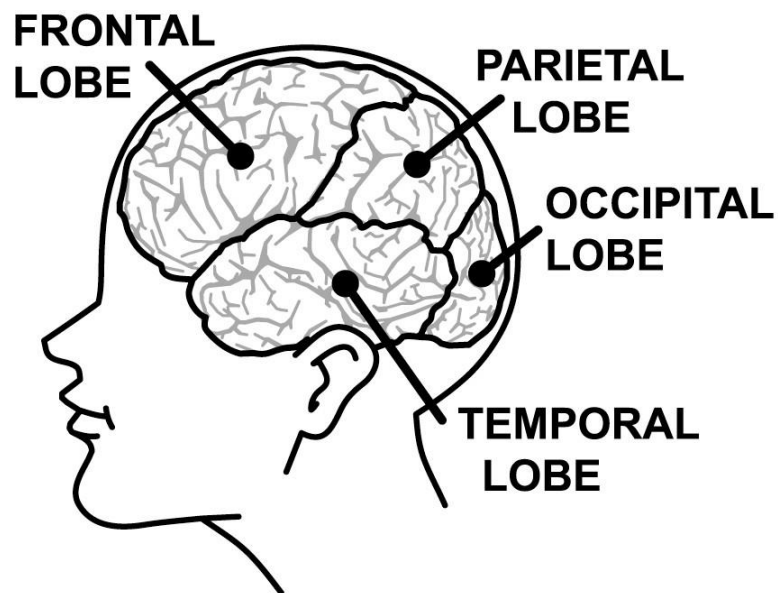
Dr. Rob Winningham

Sentence Inhibition Explained

This activity was inspired by a neuropsychology test called the Hayling Sentence Completion Test. In the test, participants hear or read a common sentence. Then they try to stop (inhibit) themselves from giving the typical ending and state, instead, something different and possibly nonsensical. It's much harder than you might think.

For example, if you stated, "The captain wanted to stay with the sinking____," most people would say *ship*. However, the task for respondents in a Sentence Inhibition Exercise is to stop themselves from saying *ship* and say something else, like *stocks* or *rock*.

This activity exercises prefrontal cortical regions involved in inhibiting thoughts and behaviors. If we can improve our ability to inhibit, we might also improve attention and memory. In addition, inhibiting certain verbal responses and behaviors might help an older adult with cognitive impairment behave in a more socially appropriate manner.



Sentence Inhibition

Instructions: **DO NOT** finish the sentence with the typical ending. Then read one sentence at a time out loud with the unusual ending.

1. My daughter's wedding is going to cost me an arm and_____.
2. I find myself between a rock and_____.
3. He sure is a chip off the old_____.
4. It is raining, so be sure to bring your_____.
5. Cross my heart and hope_____.
6. I know you are upset, but don't get your nose_____.
7. Tommy was covered in mud from head_____.
8. Boys will be_____.
9. Those kinds of problems are just swept under_____.
10. He doesn't like to sing; he claims he can't carry_____.
11. Her answer was short and_____.
12. I really mean it from the bottom of my_____.
13. Let's let bygones be_____.
14. She spoiled the surprise by letting the cat out of the_____.
15. Let the chips fall where they_____.
16. Mary and her sister are not on speaking_____.
17. The movie was so exciting it had me sitting on the edge of my_____.
18. The baby is just as cute as_____.

19. Brilliant minds think_____.
20. He is at the top of his class and as smart as_____.
21. The new widow was the talk of_____.
22. You took the words right out of my_____.
23. If you can't stand the heat, then get out of the_____.
24. It isn't over until the fat lady_____.

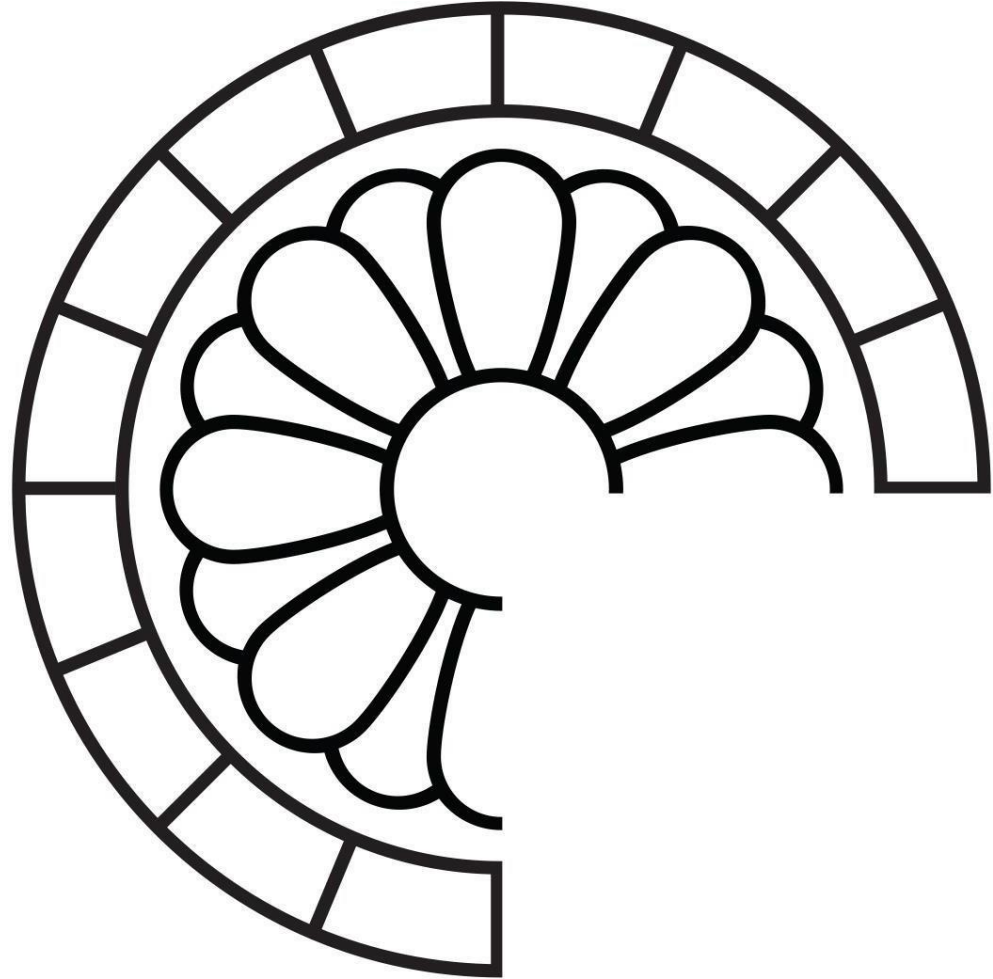
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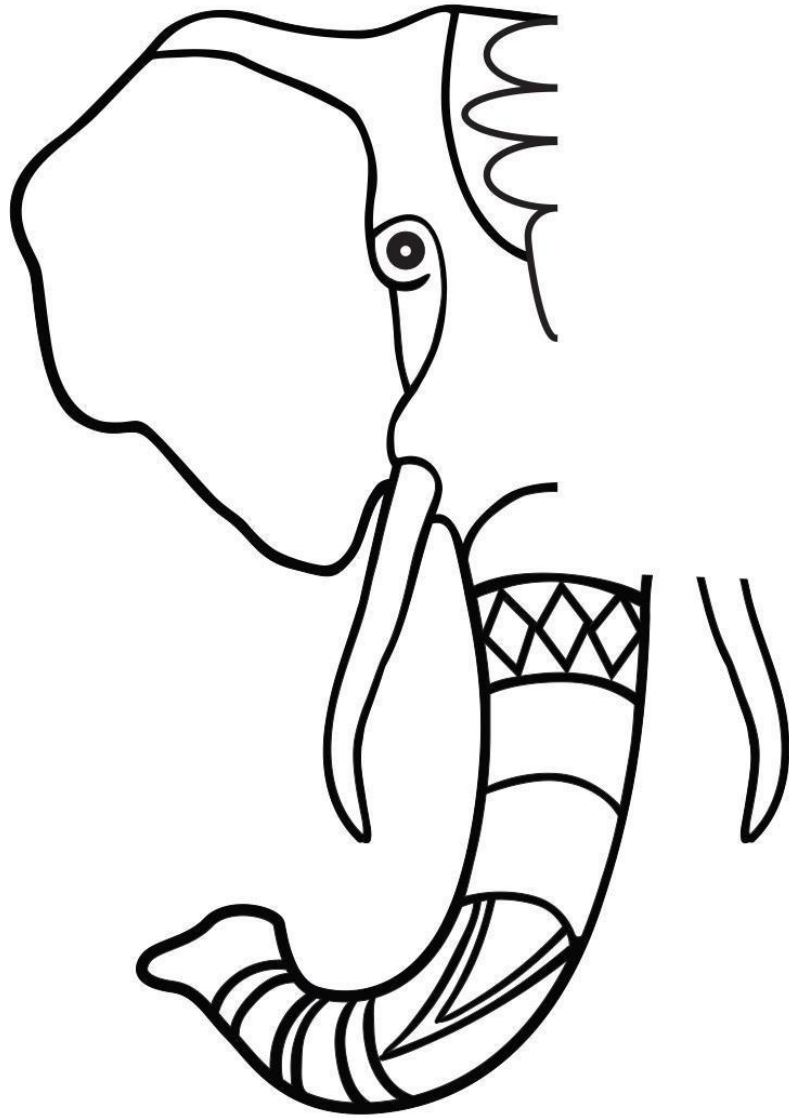
No solutions for this section because answers may vary.

Finish the Drawings and Color Them:

Creative involvement as we age contributes to well-being by developing and maintaining problem skills, symbolic expression, perception, and **motivation**

(Abraham, 2005; Alders& Levine-Madori, 2010; Reed, 2005; Stallings, 2010; Stewart 2004).





Summer & Me Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

1. Woodland activity camping
2. Horticulture _____
3. Astroturf alternative _____
4. Beach shoes _____
5. Source of snack seeds _____
6. Huckleberry Finn's transport _____
7. Journey _____
8. Frozen product on a birch stick _____
9. Zoo animal _____
10. After-pool accessory _____
11. Whistle-blower at a beach _____
12. Going by car _____
13. Game on a green _____
14. Roses and tulips _____
15. Bermuda wear _____
16. Outfit for a dip _____
17. Stormy weather sound _____
18. Colored arc _____



STOP – WARNING – Do not look at the last page of the packet until you complete this activity!



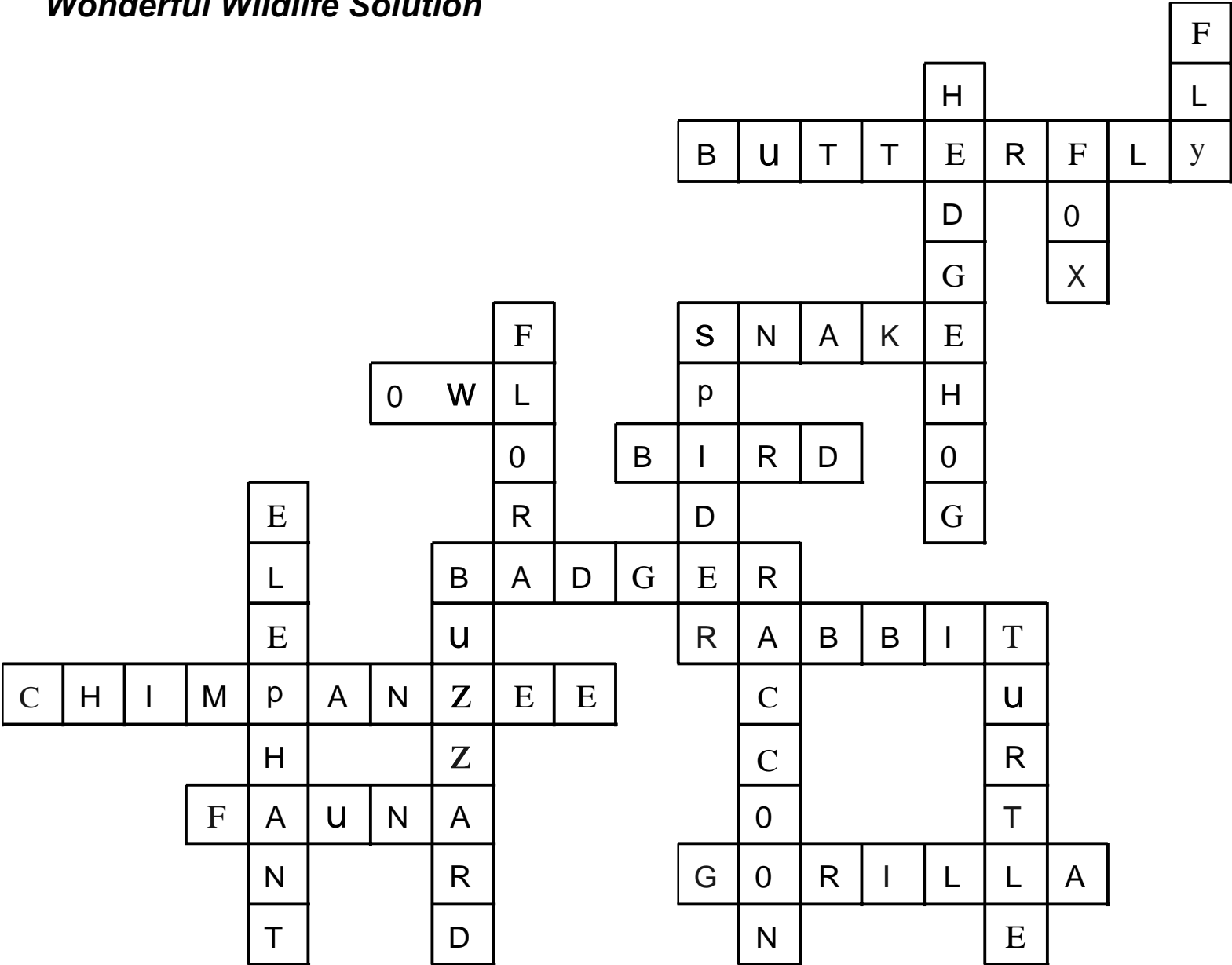
This activity is similar to 20 questions. Do you know what I am? Please read each clue carefully and see how many clues you need until you get the answer. Star the clue when you think you have the right answer. Continue to read through all 20 clues, see if your answer changes, then turn to page 15 for the answer.

1. I may have inspired the story of a monster from the Bible.
2. I was used as an instrument of war by ancient civilizations.
3. I have been used as a work animal for several thousand years.
4. I have a lifespan of 60–70 years.
5. I have been known to not only bury my deceased relatives, but to visit their gravesites years down the line.
6. The male of my species will either live alone or in small groups of other males.
7. There are three different species of me.
8. One of my species has been declared endangered due to loss of habitat and poaching.
9. Even though I am a giant creature, I can delicately open a peanut shell without damaging the peanut inside.
10. I usually live in family groups led by the oldest female.

11. I am native to both Asia and Africa.
12. Children of my species are called calves.
13. I have the longest pregnancy of any mammal, lasting a whopping 22 months.
14. I am a Hindu deity.
15. I am a symbol for the Buddha's mother in Buddhism.
16. I am the main character of a famous Walt Disney animated movie.
17. I am a symbol for an American political party.
18. My most important body part is my very special nose.
19. Poachers often hunt me for my valuable tusks.
20. I am the largest land mammal on Earth.

Answers on page 16.

Wonderful Wildlife Solution



Summer & Me

Pass It On solution

- | | |
|------------------------------------|-----------|
| 1. Woodland activity | camping |
| 2. Horticulture | gardening |
| 3. Astroturf alternative | grass |
| 4. Beach shoes | sandals |
| 5. Source of snack seeds | sunflower |
| 6. Huckleberry Finn's transport | raft |
| 7. Journey | trip |
| 8. Frozen product on a birch stick | Popsicle |
| 9. Zoo animal | elephant |
| 10. After-pool accessory | towel |
| 11. Whistle-blower at a beach | lifeguard |
| 12. Going by car | driving |
| 13. Game on a green | golf |
| 14. Roses and tulips | flowers |
| 15. Bermuda wear | shorts |
| 16. Outfit for a dip | swimsuit |
| 17. Stormy weather sound | thunder |
| 18. Colored arc | rainbow |



Answer - Elephant

Did you Know?

- **There is an elephant actress.**

Tai the Asian elephant is an animal actress owned by the company Have Trunk Will Travel, Inc. She has appeared in numerous films, including *Operation Dumbo Drop* (1995), *George of the Jungle* (1997), and *Water for Elephants* (2011).

- **There are also elephant artists.**

Elephants are among the animals known to be able to create abstract art. Using their trunks to manipulate paintbrushes, several elephants have created paintings that have been compared to abstract expressionists. It is not clear if these elephant artists assign any sort of meaning to their art, but at least one, an elephant named Ruby at the Phoenix Zoo, is known to have had a particular taste in the colors she selected for her work.

- **They use tools.**

Elephants have been known to take tree branches in their trunks to use as flyswatters. They have also been witnessed digging and then covering holes to find water and using logs and rock to disrupt or break electric fences.

- **They are kind.**

Elephants have been known to show concern for animals other than themselves. They have been seen to go out of their way to avoid hurting humans and other animals and will even guard injured people and caress them gently with their trunks.

- **There is an elephant who can “talk.”**

An elephant in South Korea named Koshik has been witnessed sticking his trunk inside his mouth and producing sounds nearly identical to several Korean words. His trainers believe that he does not actually understand or mean anything by these words but is in fact mimicking the sound of his trainers to become closer to them.