



Celebrate Seniority

## Brain Fitness Program

### Pillar 6



### **Reduce Stress and Maintain a Healthy Blood Pressure**

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

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Welcome to the Celebrate Seniority at-home Brain Fitness program, packet six. Take your time with each puzzle and challenge yourself to complete the activities although you may find them challenging.

This program is based on the six pillars of brain health and will help support those interested in understanding brain health and challenging themselves to reduce risks of developing dementia.

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/](https://multicare.org/volunteers/celebrate-seniority/).

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# Brain Pillar 6 – Maintaining Healthy Blood Pressure and Reduce Stress

## The Main Point –

There is a link between heart and brain health, according to Tufts University. Studies are looking at defining the connections between high blood pressure in middle age and the risks of developing dementia later in life.

Did you know that you can have high blood pressure and feel fine?

It is important for adults to monitor their blood pressure at home, especially since most public monitoring sites are closed. If you monitor your blood pressure you will be able to report an accurate blood pressure history to your doctor. Addressing high blood pressure is important because it can lead to serious health problems including: stroke, heart attack and kidney failure.

## What is Blood Pressure?

Blood pressure is the force of blood pushing against the walls of your arteries. Your blood pressure consists of two numbers, the “top number,” the systolic blood pressure and the “bottom number,” the diastolic blood pressure. The systolic number indicates the pressure caused by your heart contracting and pushing out blood. The diastolic number designates the pressure when your heart relaxes and fills with blood. Both numbers are important. Following proper procedure helps to obtain an accurate reading.

**7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING**

The common positioning errors can result in inaccurate blood pressure measurement. Figures shown are estimates of how improper positioning can potentially impact blood pressure readings.

Sources:

1. Pickering, et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. *Circulation*. 2005;111:667-716.
2. Houtzler J. The importance of accurate blood pressure measurement. *The Permanente Journal* Summer 2008; Volume 13 No. 3 51

This 7 simple tips to get an accurate blood pressure reading was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at: <https://www.ama-assn.org/ama/press/2019/09/10/ama-7-simple-tips-to-get-an-accurate-blood-pressure-reading>

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**TARGET:BP**

# Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

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[heart.org/bplevels](http://heart.org/bplevels)

## What should your blood pressure be?

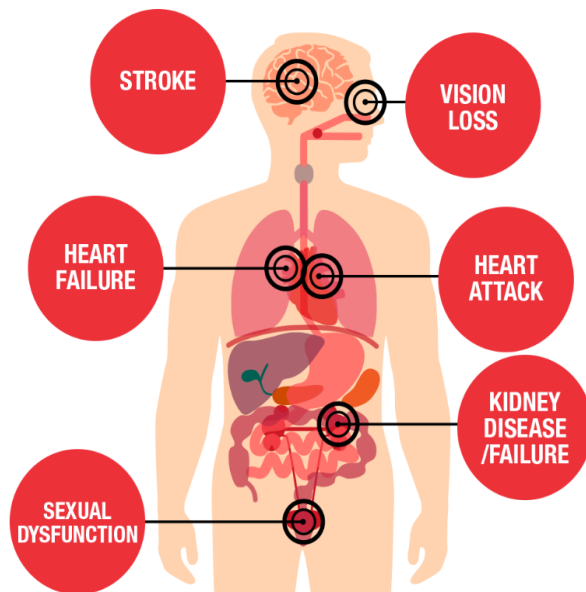
In 2017, the American Heart Association provided new guidelines for blood pressure levels. Usually there is less disease associated with the top number (systolic) being less than 120 and the bottom number (diastolic) being less than 80. The areas in which providers begin to start treating depend upon your other risks. Look at the chart above to determine where your numbers lie.

## What if Blood Pressure is too high for a long period of time?

There can be consequences if your blood pressure is too high for too long. High blood pressure can affect your entire body if left untreated. The heart has to work extra hard if the blood pressure is high, causing the heart to become overstretched and eventually leading to heart failure. Initially there are no symptoms from high blood pressure, but if blood pressure remains uncontrolled there can be serious health consequences, which could include stroke, heart attack, heart failure, vision loss, kidney disease/failure, and sexual dysfunction.

## Health Threats From High Blood Pressure

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### What can I do to control Blood Pressure?

As you age, your blood pressure increases. The reasons for this are not completely understood and still being studied, but known contributors include hormone changes, increased use of salt due to decreased taste bud sensitivity, changes to the walls of the arteries, and declining efficiency of the heart. However, there are lifestyle changes that you can incorporate that can lower your risk of high blood pressure. These include:

- **Maintain a healthy weight/eat a healthy diet** – the Dash diet, which is rich in vegetables, fruits, whole grains, low fat dairy products and low saturated fat, is recommended.
- **Exercise every day** – include aerobic and strength training.
- **Reduce salt intake** – the goal is less than 1500 mg/ day.
- **Consume moderate levels of alcohol** - men should limit alcoholic intake to 2 drinks a day and women should limit intake to 1 drink per day.
- **Don't smoke** – any age can benefit from quitting.
- **Take medications as prescribed** – discuss any issues with your health care team.
- **Get good sleep** – address sleep apnea and other sleep issues.
- **Manage stress** – register for and attend a Gentle Yoga class or Deep Relaxation class at the Celebrate Seniority office!

The chance of having high blood pressure increases as you get older, but you can help lower the risk with moderate exercise, low cholesterol diet and medication if needed.

## Manage Stress – for brain health

Stress is a given, and you will always have stress in your life. The question is not whether you have stress, but rather, how you can cope with stress in order to maintain a happy and healthy life. Your own strategies for managing stress make a big difference in the health of your brain.

### How to de-stress

- **Practice saying “no”** to requests to take on projects you’d prefer to avoid.
- **Focus on the present.** Try not to worry about what may never happen or what’s already in the past.
- **Keep a list of what’s bothering you** and schedule five minutes a day to review the list.
- **Give your brain a 10-minute break** each day by sitting in a quiet place and focusing on your breathing.
- **Use imagery.** Consider placing a photo of your favorite spot where you can easily see it. Whenever you feel stressed, you could look at that photo, imagining for a moment how it feels, looks, sounds, and even smells to be there.
- **Think positively.** When you find yourself in a stressful situation, tell yourself: I can do this. I can figure this out. I’m going to be okay.
- **Allow events to unfold naturally.** This mindset may help to reduce the anxiety that comes with high (sometimes unrealistic) expectations.
- **Focus on the specific problem at hand** to protect yourself from making it into a bigger issue than it truly is.

Spiritual life is also an important part of many people’s ability to cope with stress, feel calm and thrive. Take time for prayer and scripture reading.

# Common Endings

Find the word that can end all three words. The first answer is given. Say the words out loud multiple times to help you come up with the answer. Try them all before looking at the answers.

1. head, sweat, arm

band

2. lap, mountain, tree

3. sleep, cake, moon

4. butter, horse, dragon

5. knuckle, paint, fast

6. crack, slow, cool

7. cross, rain, long

8. button, loop, black

9. finger, hang, toe

10. walking, candle, night

11. needle, school, fire

12. good, over, fort

13. tad, bean, may

14. brush, show, pay

15. horse, snow, gum

16. soup, table, tea

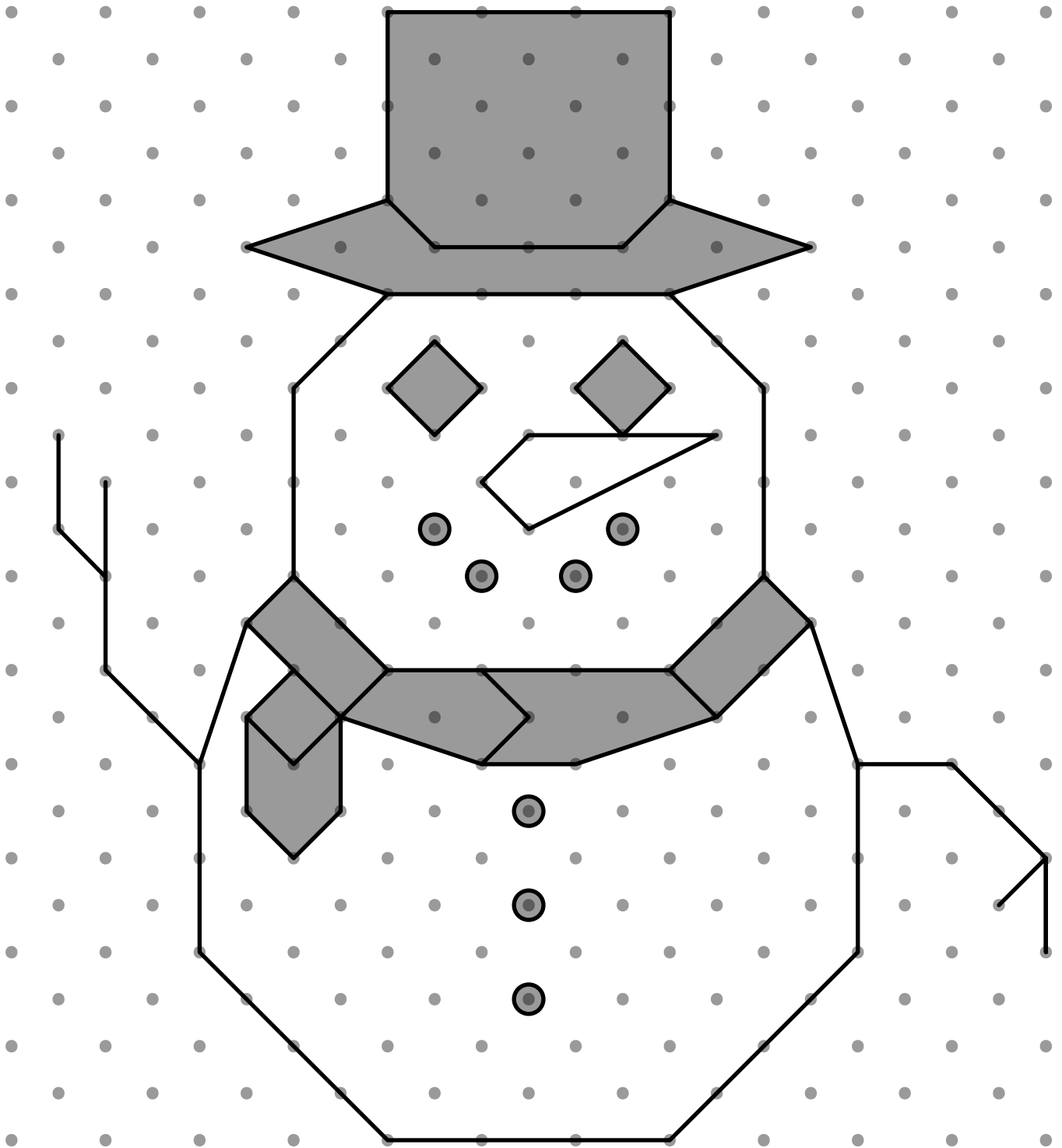
17. water, head, neck

18. ear, dew, tear



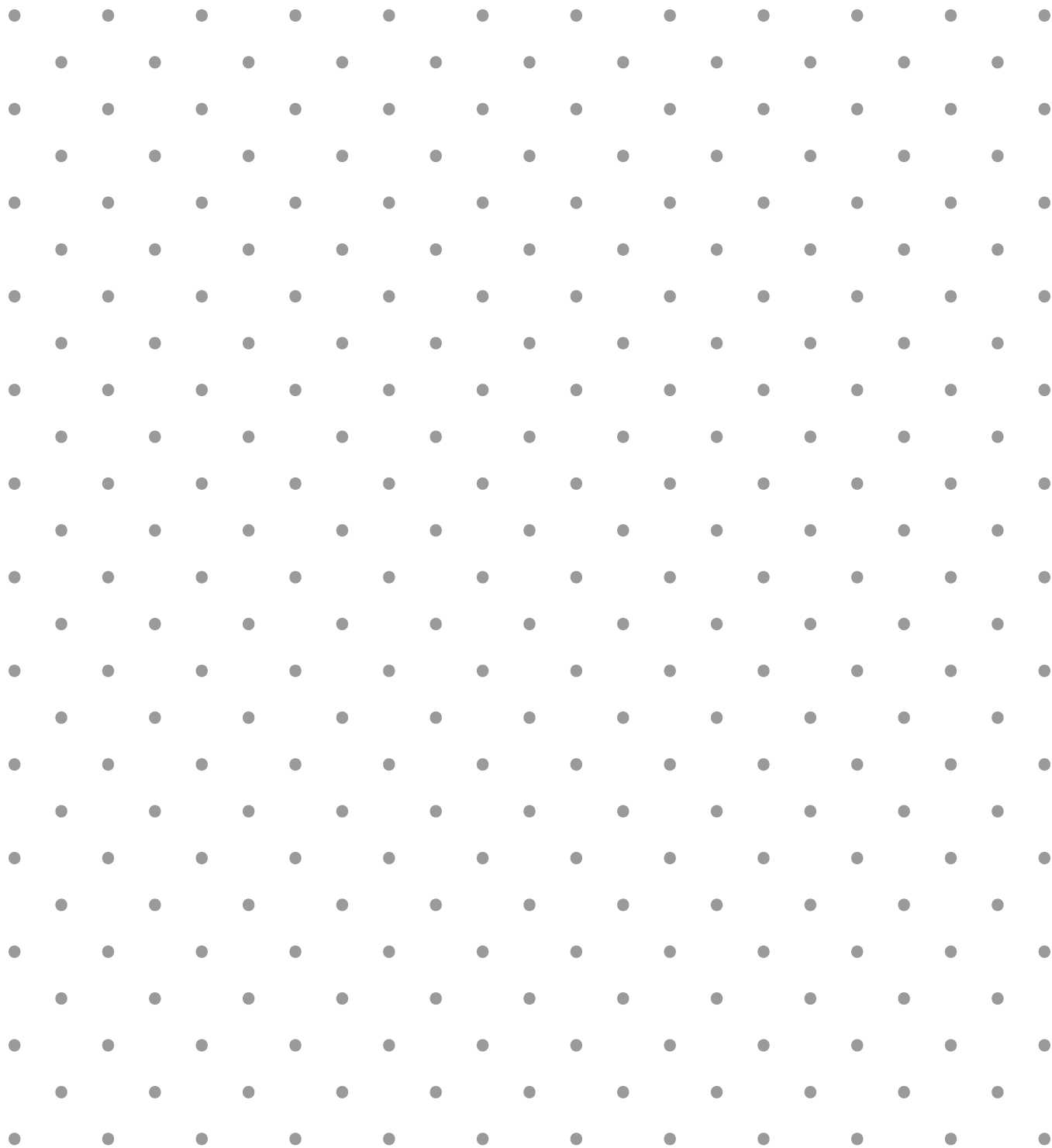
# Dot Doodles #1

Duplicate the drawing using the blank sheet of dots. Even though this may look easy, it actually takes a variety of your brain regions to organize, plan and place the dots. Use a pencil and patience.



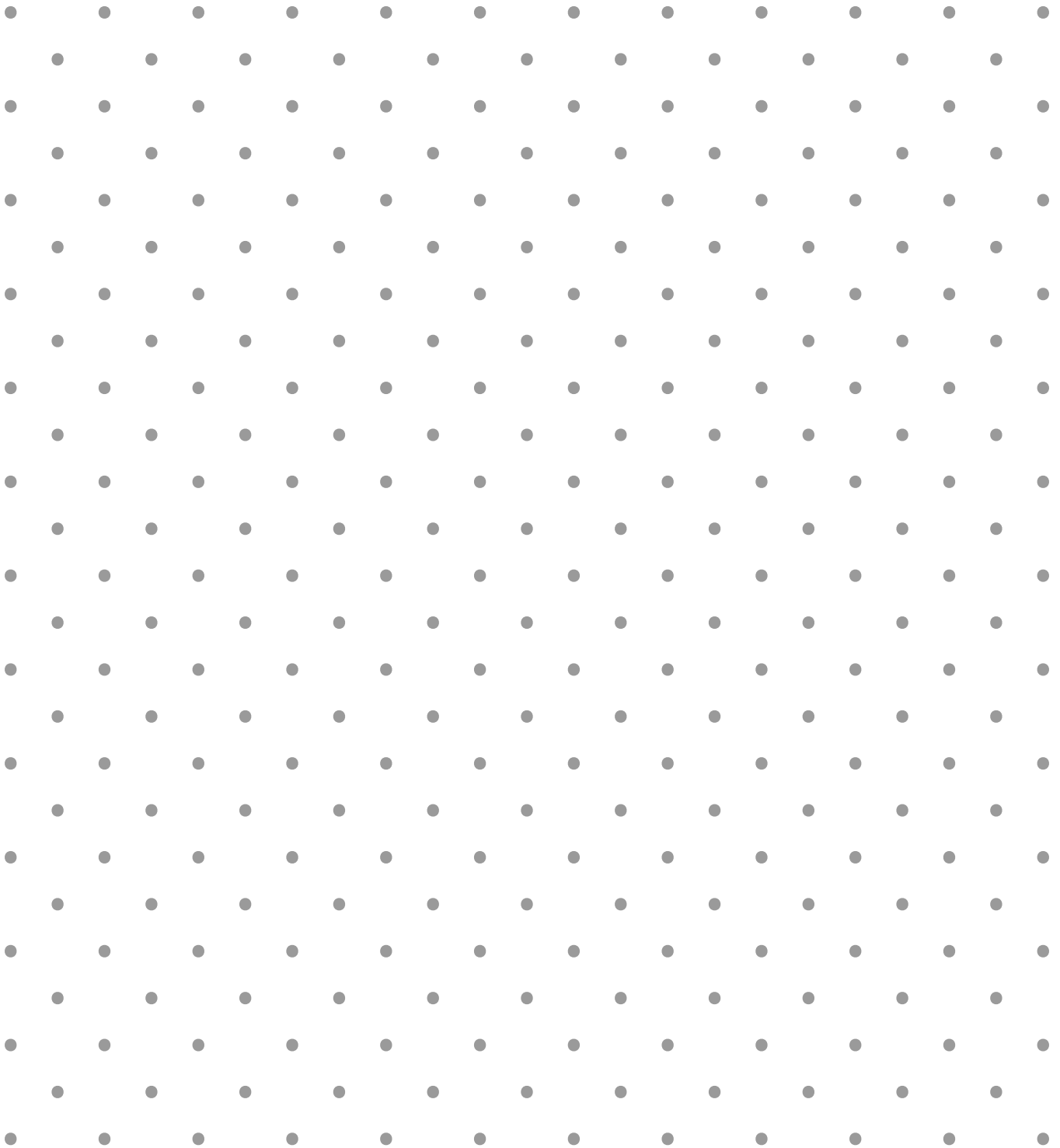


# Dot Doodles #1



# Dot Doodles #1

Extra page just in case.



# Sammy Sosa

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



R E W Y S W A L H H E Y T Q Y  
E E C H X E L Q O T R E K X S  
I P D B I A L M S O N S T P D  
C S Z L B T E O T L B A N W F  
A H S E E R E S I M Z H G O S  
Z E S C U I I S O R N C U G U  
A A S N U H F C O N O D R N B  
B A S I F F M T U X I R A I F  
G O V G H R N E H B N O N T A  
R A T S L L A J U G S C G T S  
E H I T T E R W J D I E E A T  
H E N S Z K J T C H A R R B H  
W R I G L E Y F I E L D S A X  
Y M M A S N I M M A L S S B G  
E P U C V G D F I J D M Y U M

ALL-STAR  
BASEBALL  
BATTING  
CUBS  
FAST

HISTORY  
HITTER  
HOME RUN  
ORIOLES  
RANGERS

RECORD CHASE  
RIGHT FIELDER  
SLAMMIN' SAMMY  
WHITE SOX  
WRIGLEY FIELD

## Category Trivia (Questions Only)

### Ole Man Winter

1. What immediately comes to North Americans' minds when they think of the winter solstice?

Answer: \_\_\_\_\_

2. Do most people gain weight during the colder weather?

Answer: \_\_\_\_\_

3. When we see snow on the ground, it appears white, but if individual snowflakes are not opaque white, what are they?

Answer: \_\_\_\_\_

4. Which hemisphere usually has the milder winter—the southern or the northern hemisphere?

Answer: \_\_\_\_\_

5. What three letters spell an emotion and also stand for a common winter affliction, also called "the winter blues"?

Answer: \_\_\_\_\_

6. What is Canada's snowiest province?

Answer: \_\_\_\_\_

### At the Drugstore

7. What free annual shot can you get at almost any drugstore when you present your Medicare card?

Answer: \_\_\_\_\_

8. What device increases humidity in a room during the winter?

Answer: \_\_\_\_\_

9. In U.S. drugstores, from whom can you pick up Sudafed?

Answer: \_\_\_\_\_

10. A deodorant that contains baking soda is made by what major baking soda brand?

Answer: \_\_\_\_\_

11. What is the largest drugstore chain in the United States?

Answer: \_\_\_\_\_

12. What is the largest drugstore chain in Canada?

Answer: \_\_\_\_\_

### **It's Entertainment**

13. What company got its start selling greeting cards and runs Christmas movies 24/7 during the holidays on its cable network?

Answer: \_\_\_\_\_

14. What 1978 film, set in Metropolis, stars Christopher Reeve in the title role as well as in the role of Clark Kent, and was originally a TV series?

Answer: \_\_\_\_\_

15. What actress plays an American movie star on location in London in the 1999 romance *Notting Hill*?

Answer: \_\_\_\_\_

16. In the 1946 murder mystery film starring Lana Turner and John Garfield, how many times does the postman always ring?

Answer: \_\_\_\_\_

17. What 1988 film stars Eddie Murphy in the lead role as a man who comes to the United States to find a bride?

Answer: \_\_\_\_\_

18. What 77-year-old rock 'n' roller once said, "I'd rather be dead than singing 'Satisfaction' when I'm 45. I'd rather die than be 45 and still singing 'Satisfaction.' I don't want to be singing 'Satisfaction' when I'm 40"?

Answer: \_\_\_\_\_

## British Words

19. When the British say *football*, what sport are they talking about?

Answer: \_\_\_\_\_

20. What would you rent in London instead of an "apartment"?

Answer: \_\_\_\_\_

21. When you go for a walk or a run in England, you wear "trainers" on your feet. What do Americans call them?

Answer: \_\_\_\_\_

22. What do the British call "bangs"—hair that is cut short and covers the brow?

Answer: \_\_\_\_\_

23. What knit top do the British call a "jumper"?

Answer: \_\_\_\_\_

24. What do the British call a box where you post your mail?

Answer: \_\_\_\_\_

## Disney Trivia

25. Which came first—Disneyland or Disney World?

Answer: \_\_\_\_\_

26. Is Epcot in Florida or California?

Answer: \_\_\_\_\_

27. What is Donald Duck's girlfriend's name?

Answer: \_\_\_\_\_

28. Who is Mickey Mouse's girlfriend?

Answer: \_\_\_\_\_

29. True or false: The three fairies in the 1959 Disney film *Sleeping Beauty* are Flora, Fauna, and Merryweather.

Answer: \_\_\_\_\_

30. Whose pet dog is Pluto?

Answer: \_\_\_\_\_

## Money

31. What suffragette is featured on the U.S. dollar coin?

Answer: \_\_\_\_\_

32. Has the United Kingdom ever used the euro as their currency?

Answer: \_\_\_\_\_

33. What flightless bird is used as a nickname for the New Zealand dollar?

Answer: \_\_\_\_\_

34. Before the euro, what currency did France use?

Answer: \_\_\_\_\_

35. What do Canada and Australia call their currencies?

Answer: \_\_\_\_\_

36. Is the U.S. \$2 bill still legal tender?

Answer: \_\_\_\_\_

## At the Drugstore

7. What free annual shot can you get at almost any drugstore when you present your Medicare card?

**Answer:** The flu shot. The 2020 flu shot for seniors protects against four strains of the virus.

8. What device increases humidity in a room during the winter?

**Answer:** Vaporizer or humidifier. Vaporizers heat the water before releasing steam, and humidifiers release a cool mist.

9. In U.S. drugstores, from whom can you pick up Sudafed?

**Answer:** From the pharmacist. You do not need a prescription, but it's no longer available in the allergy aisle.

10. A deodorant that contains baking soda is made by what major baking soda brand?

**Answer:** Arm & Hammer. They also make toothpaste and laundry detergent.

11. What is the largest drugstore chain in the United States?

**Answer:** Walgreens. CVS Caremark is No. 2.

12. What is the largest drugstore chain in Canada?

**Answer:** Shoppers Drug Mart

## It's Entertainment

13. What company got its start selling greeting cards and runs Christmas movies 24/7 during the holidays on its cable network?

**Answer:** Hallmark. Founded in 1920, the company is still privately owned.

14. What 1978 film, set in Metropolis, stars Christopher Reeve in the title role as well as in the role of Clark Kent, and was originally a TV series?

**Answer:** *Superman. Adventures of Superman* was the original TV series, which was based on the cartoon.



23. What knit top do the British call a “jumper”?

**Answer:** Sweater

24. What do the British call a box where you post your mail?

**Answer:** Postbox

## Disney Trivia

25. Which came first—Disneyland or Disney World?

**Answer:** Disneyland. It opened in 1955 in Anaheim, California. Walt Disney World opened in 1971 in Lake Buena Vista, Florida, near Orlando.

26. Is Epcot in Florida or California?

**Answer:** Florida. Epcot opened in 1982 and is a part of Walt Disney World. Originally called Epcot Center, it has changed names several times and has gone from an experimental city of the future to a permanent world’s fair.

27. What is Donald Duck’s girlfriend’s name?

**Answer:** Daisy Duck. Donald Duck was born in 1934. Daisy came along in the late 1930s.

28. Who is Mickey Mouse’s girlfriend?

**Answer:** Minnie Mouse. Before his death, Walt Disney said they were supposed to be married, but there hasn’t been a wedding ceremony.

29. True or false: The three fairies in the 1959 Disney film *Sleeping Beauty* are Flora, Fauna, and Merryweather.

**Answer:** True

30. Whose pet dog is Pluto?

**Answer:** Mickey Mouse

## Money

31. What suffragette is featured on the U.S. dollar coin?

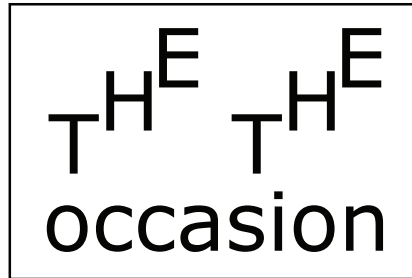
**Answer:** Susan B. Anthony. She was fined \$100 for the crime of illegally voting before women had won the right to vote.

# Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.  
Can you decipher the clues in each puzzle box?



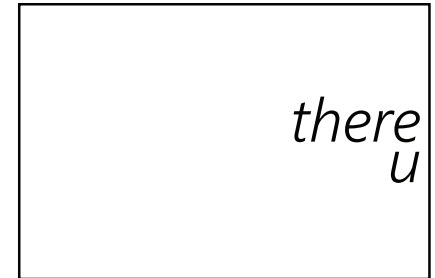
1. \_\_\_\_\_



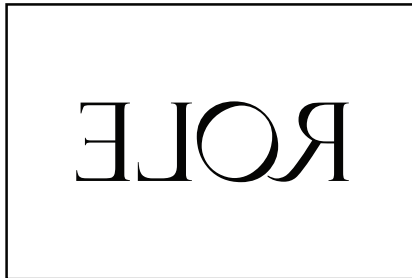
2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_

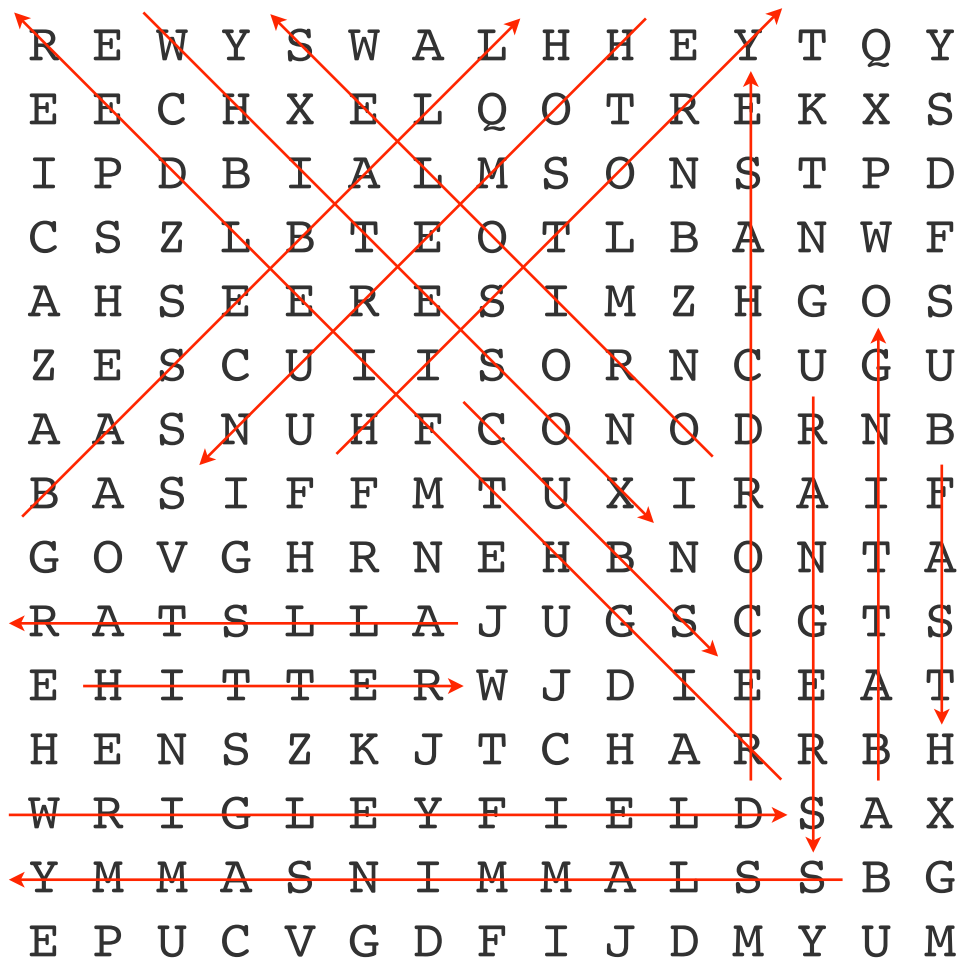
# Common Endings

(solution)

- |                            |       |
|----------------------------|-------|
| 1. head, sweat, arm        | band  |
| 2. lap, mountain, tree     | top   |
| 3. sleep, cake, moon       | walk  |
| 4. butter, horse, dragon   | fly   |
| 5. knuckle, paint, fast    | ball  |
| 6. crack, slow, cool       | down  |
| 7. cross, rain, long       | bow   |
| 8. button, loop, black     | hole  |
| 9. finger, hang, toe       | nail  |
| 10. walking, candle, night | stick |
| 11. needle, school, fire   | work  |
| 12. good, over, fort       | night |
| 13. tad, bean, may         | pole  |
| 14. brush, show, pay       | off   |
| 15. horse, snow, gum       | shoe  |
| 16. soup, table, tea       | spoon |
| 17. water, head, neck      | line  |
| 18. ear, dew, tear         | drop  |

# Sammy Sosa

(solution)



## Category Trivia

(Questions with Answers)

### Ole Man Winter

1. What immediately comes to North Americans' minds when they think of the winter solstice?

**Answer:** Shortest day of the year or the first day of winter (either answer). In 2020, it falls on December 21. The sun is directly overhead at noon on this day.

2. Do most people gain weight during the colder weather?

**Answer:** Yes. You might think minor winter weight gain is caused by lack of exercise, but it's due to something you can't control: cold weather increases appetite. People typically gain one to two pounds due to consuming 200 calories more than they do during warmer weather.

3. When we see snow on the ground, it appears white, but if individual snowflakes are not opaque white, what are they?

**Answer:** Clear (translucent or transparent)

4. Which hemisphere usually has the milder winter—the southern or the northern hemisphere?

**Answer:** Southern. The southern hemisphere has more water, which contributes to milder temperatures.

5. What three letters spell an emotion and also stand for a common winter affliction, also called "the winter blues"?

**Answer:** SAD. It stands for *seasonal affective disorder*, and it's caused, in part, by shorter, darker days.

6. What is Canada's snowiest province?

**Answer:** Quebec. Contrary to what people might think, Canada does not receive great amounts of snow countrywide. Montreal, however, averages 80 inches of snow during the winter.

15. What actress plays an American movie star on location in London in the 1999 romance *Notting Hill*?

**Answer:** Julia Roberts. Her co-star is Hugh Grant. There was no backup choice for Julia Roberts.

16. In the 1946 murder mystery film starring Lana Turner and John Garfield, how many times does the postman always ring?

**Answer:** Twice. The title is *The Postman Always Rings Twice*. The role of Cora Smith was Lana Turner's favorite role.

17. What 1988 film stars Eddie Murphy in the lead role as a man who comes to the United States to find a bride?

**Answer:** *Coming to America*. Murphy plays four parts in the film: Prince Akeem (the man who comes to America), Clarence, Saul, and Randy Watson.

18. What 77-year-old rock 'n' roller once said, "I'd rather be dead than singing 'Satisfaction' when I'm 45. I'd rather die than be 45 and still singing 'Satisfaction.' I don't want to be singing 'Satisfaction' when I'm 40"?

**Answer:** Mick Jagger. He is the lead singer of the Rolling Stones.

## British Words

19. When the British say *football*, what sport are they talking about?

**Answer:** Soccer. Most of the world uses the term *football* for soccer. The sport is more than 200 years old, and the British originally called it "association football."

20. What would you rent in London instead of an "apartment"?

**Answer:** A flat

21. When you go for a walk or a run in England, you wear "trainers" on your feet. What do Americans call them?

**Answer:** Sneakers

22. What do the British call "bangs"—hair that is cut short and covers the brow?

**Answer:** Fringe

32. Has the United Kingdom ever used the euro as their currency?

**Answer:** No, they never gave up the pound.

33. What flightless bird is used as a nickname for the New Zealand dollar?

**Answer:** Kiwi

34. Before the euro, what currency did France use?

**Answer:** Franc. The French islands in the Caribbean that used to use the French franc now use the euro.

35. What do Canada and Australia call their currencies?

**Answer:** Dollar. They are different currencies—the Canadian dollar and the Australian dollar.

36. Is the U.S. \$2 bill still legal tender?

**Answer:** Yes. The last printing was in 2013, so you're not likely to receive one as change or at the bank.

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# Wacky Wordies

(solutions)

1. An inside job
2. Rise to the occasion
3. It's under control
4. Right there with you
5. Role reversal
6. You know it
7. Right under my nose
8. A change in tone
9. End of the line
10. Go above and beyond
11. A blessing in disguise
12. Making ends meet