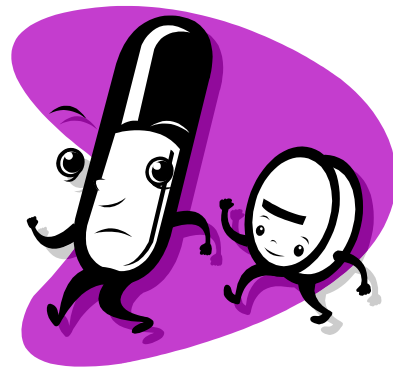


Medical Questions

Getting your questions answered

- Health tips
- Useful medications
- Latest research



Maintain Your Brain

When we think about staying fit, we generally think from the neck down. But brain health plays a critical role in almost everything we do – thinking, feeling, remembering, working, playing - even sleeping. The good news is we now know ways to keep our brain functioning at its best:

1. Take brain health to heart

What's good for the heart is good for the brain.

2. Your numbers count

Keep your weight, blood pressure, cholesterol, and blood sugar levels within recommended ranges.

3. Feed your brain

Eat less fat and more antioxidant-rich foods.

4. Work your body

Physical exercise keeps the blood flowing and may encourage the growth of new brain cells. Do what you can – like walking 30 minutes a day – to keep both body and mind active.

5. Jog your mind

Keeping your mind active and involved increases its vitality and builds reserves of brain cells and connections. Just like we exercise our body, we need to exercise our brain.

- Listen to music
- Read
- Write
- Go on the computer
- Take a drive in the country
- Do word games and puzzles
- And many more!!!!

If you have your sense of humor, it is worth more than any medicine!

6. Head's up! Protect your brain

Use your car seat belts & un-clutter your house to avoid falls.

7. Use your head

Avoid unhealthy habits. Don't smoke or drink excessive alcohol.

8. Connect with others

Be social, converse, volunteer, join a club, or take a class.



A friend

is someone

who knows

the song in your heart

and

can sing it back

to you

when you

have forgotten

the words!



A Friend is . . .

1. _____

2. _____

3. _____

4. _____

5. _____

Today I Can

Today I can complain about my health,
Or I can celebrate being alive.

Today I can moan that it is raining,
Or be joyful at all that grows from rain.

Today I can regret all I don't have,
Or rejoice in everything I do.

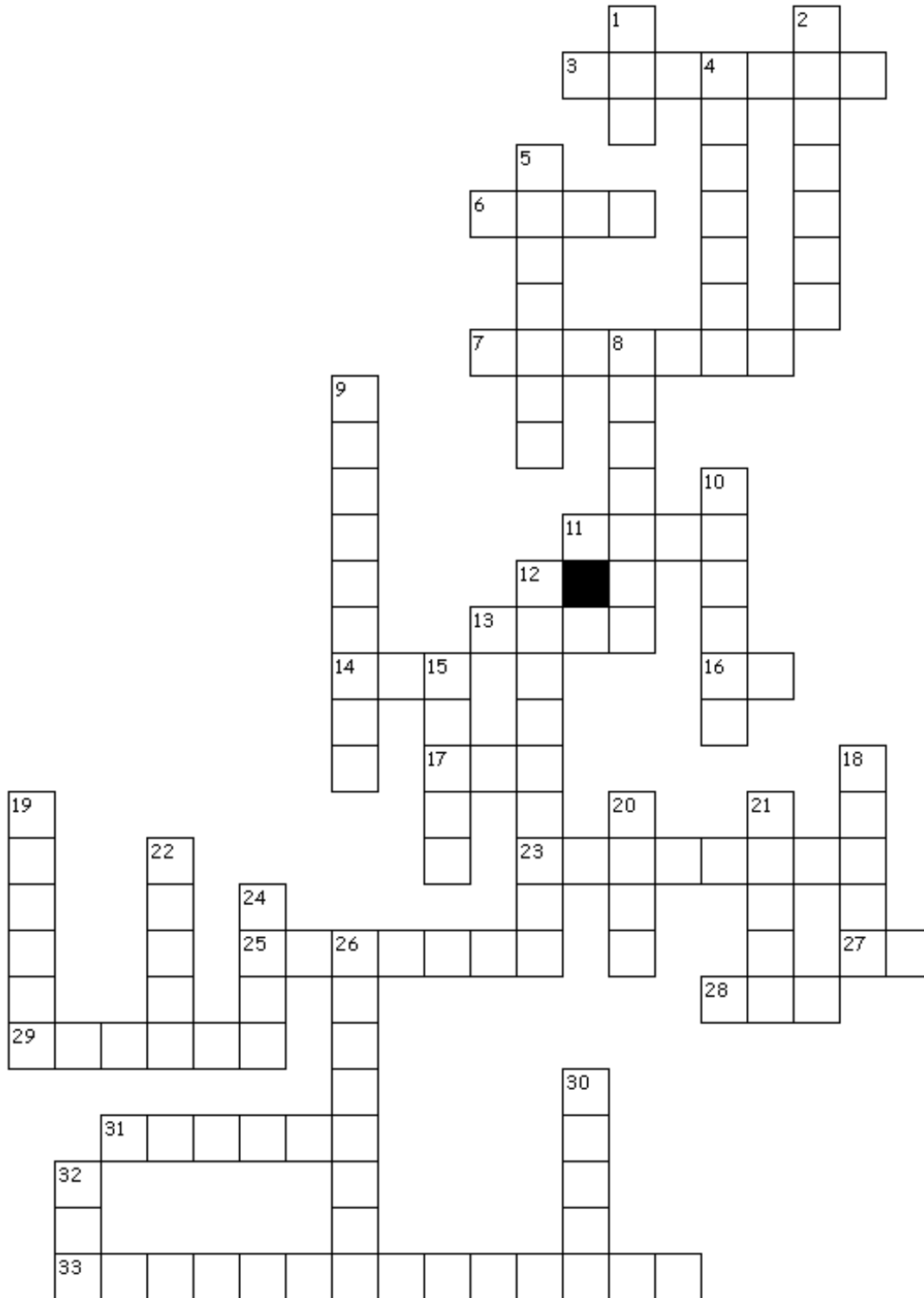
Today I can mourn everything
I have lost,
Or eagerly anticipate the gift of this day.

Today I can be sad over friends
who are not there for me,
Or be happy - loving
and being loved by those who are.

I choose to have a good day, TODAY!

Adapted from, "Today I Can", by Ralph Holt

Be a Good Sport! Crossword Puzzle



DOWN

1. Home___ in baseball
2. What players wear on their heads
4. Bouncing the basketball
5. ___alley
8. Yard game with mallet and balls
9. To score in football
10. Three of these and you're out!
12. Swim stroke that's also a pretty bug from a cocoon
15. _____ and field
18. Leave two pins up on opposite sides
19. Boxers wear these on their hands
20. A violation in football or basketball
21. Golf term better than a birdie
22. Cleveland Indians mascot, Chief_____
24. First, second, & third ___ in baseball
26. Used to play billiards
30. Gun used in hunting
32. Opposite of lose

ACROSS

3. A running event with obstacles
6. Arnold Palmer plays this
7. Takes the mound in baseball
11. Short stroke on the green in golf
13. Do this in bear or deer season
14. Opposite of safe in baseball
16. Abbreviation for knockout in boxing
17. Highest card in a deck of cards
23. Monday Night _____
25. Sport with bow and arrow
27. Cobb
28. What you place golf ball on
29. In swimming, back or breast_____
31. Equipment used to play tennis
33. Famous NYC baseball team

Exercise Your Brain: 25 Similes

See Next Page for Answers 😊

- 1. Bright as a.....**
- 2. Busy as a**
- 3. Clear as a**
- 4. Cross as a**
- 5. Dry as a**
- 6. Fit as a**
- 7. Happy as a**
- 8. Light as a**
- 9. Neat as a**
- 10. Playful as a**
- 11. Proud as a**
- 12. Quick as a**
- 13. Red as a**
- 14. Slippery as an**
- 15. Sound as a**
- 16. Sour as a**
- 17. Strong as an**

18. Pale as a
19. Limp as a
20. Slick as a
21. Dirty as a
22. Bitter as
23. Pure as an
24. Thin as a

Answers:

- | | |
|------------------|--------------------|
| 1. Star | 13. Rose |
| 2. Bee | 14. Eel |
| 3. Bell | 15. Dollar |
| 4. Bear | 16. Lemon |
| 5. Bone | 17. Ox (mule) |
| 6. Fiddle | 18. Ghost |
| 7. Lark | 19. Dishrag |
| 8. Feather | 20. Whistle |
| 9. Pin | 21. Pig |
| 10. Kitten | 22. Gall (vinegar) |
| 11. Peacock | 23. Angel |
| 12. Flash (wink) | 24. Dime |

From Activity Programming: A Sourcebook, Alzheimer's Association, 1995.

Brilliant Insights from Persons with Memory Loss

1. I've still got a brain.
2. Whose life is this?
3. I'll be out with friends and say I'm so forgetful. They say, "I am too." I want to say, "NO you're NOT!"
4. I feel betrayed. I didn't sign up for this.
5. I accept it and ignore it at the same time.
6. I'm glad the doctors told me I have this, so I can make plans for the future.

My Children's Responses

My daughter says, "There must be a way to fix this – you need a different doctor". She's the bossy one!

My son doesn't want to talk about this.

They want to take control while I still have control.

7. You work twice as hard as you used to for what you want.
8. The doctors have all the answers but they don't have any really.
9. You go through the depression, the withdrawal. Then you come out of this and no longer want to throw yourself under the bus.
10. My main problem is memory. I get distracted, I make lists. If I can remember which pocket I put the list in, I'm fine.
11. One of the things I'm wrestling with is the "I just told you" response.

12. My family forbids me to drive. Well, guess what? Now they're "Driving Miss Daisy".
13. I want to tell my husband, "This is my kitchen!"
14. I'm still here. I still know who I am. Let me still be part of life.
15. We have to have faith and wait for researchers to stumble upon something to help.
16. When I can't remember a word, I remind myself to calm down, the word will come.
17. Its like I'll never forget what's his name!
18. I'm learning how to live this new life.
19. I don't go out as much as I used to. It takes a lot of energy to go out.
20. You need to find something that fits you so that you can get immersed in it.
21. Don't write me off yet.
22. I can do that; it just takes me longer.
23. You find out who your real friends are.
24. I want to be treated like a person not someone who has Alzheimer's disease.
25. You have to modify things a bit. It's kind of like with an old car – like you're running on 5 cylinders instead of 6.
26. Its great when your family enjoys you and works with you.
27. Laugh with me!

Learning Together II Leaders Manual: Persons with Memory Loss

Medical Questions & Tips: Maintain Your Brain

Supplies:

Flip chart

Marker

Handouts for workbooks (3-hole-punched, paper clipped to take home)

Discussion handout (copy at end)

1. *A Friend*, p. 3

2. *Brilliant Insights*, pp. 11-12.

3. *Today I Can*, p.5.

1. Our topic this month is on health, especially maintaining our brain health. Before we get into our discussion, though, I'd like to check in with each of you. May I start with you? _____, how is everything going? In checking in, respond to person's body language, e.g. you are quieter than usual, what is happening?

Follow-up question for each person as leader goes around: Do you have a favorite outdoor activity?

If new individual, ask each person to introduce themselves. Note that everything we talk about here is confidential.

2. Now on to our topic of health. There has been a lot of research lately on ways to maintain your brain. Here's what they found:

Take brain health to heart

What's good for the heart is good for the brain.

Your numbers count

Keep your weight, blood pressure, cholesterol, and blood sugar levels within recommended ranges.

Feed your brain

Eat less fat and more antioxidant-rich foods.

Work your body

Physical exercise keeps the blood flowing and may encourage the growth of new brain cells.

Open to group for their exercise tips:

Do what you can – like walking 30 minutes a day – to keep both body and mind active.

Jog your mind

Keeping your mind active and involved increases its vitality and builds reserves of brain cells and connections. Just like we exercise our body, we need to exercise our brain.

Open to group for their tips:

- Listen to music
- Read
- Write
- Go on the computer
- Take a drive in the country
- Do word games and puzzles
- And many more!!!!

Do brain aerobic: Similes, pp. 9-10. These similes will be on individual cards for each leader to use during the group, passing out 3 or more to anyone interested in reading. It's best to focus on passing cards to only one person at a time.

Connect with others

Open to group for their tips:

Meeting friends for lunch or dinner, volunteering, attending a class.

4. Pass out handout, *A Friend*, p. 3. Ask if someone would like to read. Open for comments, leading into brain exercise. Write A Friend Is at the top of a flip chart; open to group for their comments; note that a handout will be created for next month from each group's comments.
5. Brain exercise: Crossword Puzzle, pp. 6-8. Each leader will have an poster size crossword puzzle to tape on to flipchart. Open to group to complete; if group is stuck on a word, leader writes in.
6. If time allows, hand out *Brilliant Insights*, pp. 11-12. Open to group for anyone who would like to read the first few. Move on to others who are interested in reading, pausing often for comments.
7. End with, *Today I Can*, p.5.

Bright as a

Busy as a

Clear as a

Cross as a

Dry as a

Fit as a

Happy as a

Light as a

Neat as a

Playful as a

Proud as a

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