

Second Half of Life

The Care and Feeding of Your Brain

Learn to...

- Maximize brain health and prevent memory problems
- Find the best resources for memory problems
- Use your brain to better know and love God

"If I'd known I was going to live this long, I'd have taken better care of myself."

-Eubie Blake



There are no "silver bullets" to help you to age successfully. You have to work at it. Make a plan and stick to it.

Do you believe the mind, body and spirit are connected? If so, shouldn't your plan include ALL of these elements. This Action Guide and the resources at www.NeverTooOld.net can help.

Preventing Memory Loss

We all forget where we put our keys from time to time in our busy lives. However, you put your keys in the refrigerator, maybe it's time to be concerned! Or, maybe, it's better to act NOW before memory problems begin.

This guide offers options that can help you understand, prevent or deal with memory loss.



Here are some tried and true tips to strengthen your memory. Try them to see which one(s) work best for you.

- Create **lists** – and use them (it is not cheating – it's extending).
- Use "post it **notes**" arguably the greatest memory extender since sliced bread.
- **Chunk** Items – your brain can best remember items in chunks of 7 (+ or -2) – break items to be remembered into smaller chunks. (right now - say your Social Security number or phone number out loud and focus on how you break it up).
- Create a **story** using items you want to remember – it doesn't have to make sense!
- Create a **song** or rhyme (30 days has September....).
- Create an **anagram** – where each letter stands for a word – (like HOMES to remember the Great Lakes: Huron, Ontario, Michigan, Erie, Superior).
- Use **visualization** – see the person, place or thing in your mind's eye. You are engaging your visual cortex (occipital lobe). The more senses you incorporate the better you'll remember
- **Say** it out loud to yourself or someone else (put your auditory sense to work)
- **Write** or type it – you are engaging your motor cortex
- Create a "**place**" for everything – then put things in their place. (what a concept!).
- Practice, practice, **practice!**
- **Pay Attention!!!!**

Get support and find more love

Studies have found that when people are isolated, neurons may begin to atrophy. We are herd creatures who are wired to gather with others for community. So stimulate your brain by sharing stories, laughter and activities. When you are socializing, your brain is exercising.

We need each other and we need love. Try using some of other Action Guides (pictured at right) and related information at www.NeverTooOld.net to enhance your love with friends, family and God.

Your brain and your faith

Your brain isn't just important to help you at work, at school or with daily activities. It's also an important for your faith journey. The United Methodist Church, the Evangelical Lutheran Church of America (ELCA) and some other faiths teach that developing **a mature relationship with God requires four elements: Scripture, tradition, experience and reason.** God gave you a brain. Why not use it to know Him better and love Him more fully?

Spirituality and memory loss

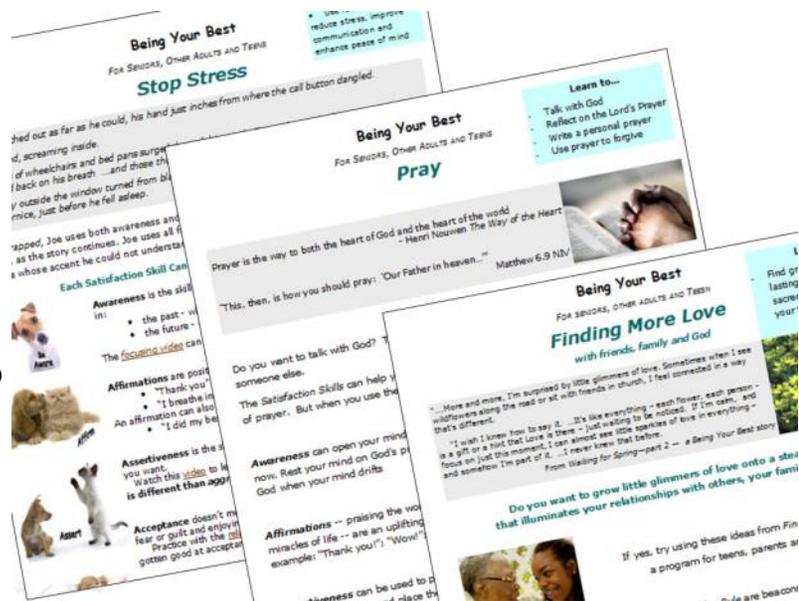
Are you dealing with memory problems, or helping a loved one deal with them? Spiritual support can help you find more peace of mind.

If you helping someone with advanced memory loss, try sharing some old hymns or childhood prayers. Music seems to have a special power in reawakening memories and recalling relationships.

Resources

The Alzheimer's Association offers information and support for people with memory problems and their loved ones. To learn more, please visit www.ALZ.org or call **1.800.272.3900**.

This *Action Guide* is adapted from *Your Spiritual Brain, 100 Days to Successful Aging* and other works by Barbara Bruce. To learn more, please visit her website at: www.BBruce.com



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