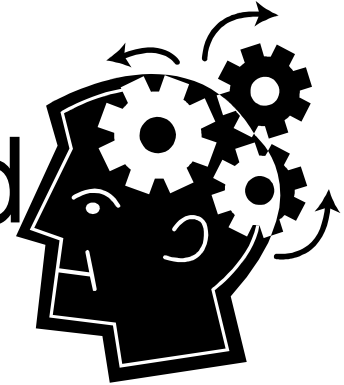


Aerobics for the Mind



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Aerobics for the Mind



- Quote from my father: “The memory’s the 2nd thing to go, and I can’t remember what the 1st is”
- Big complaint from my patients....my memory isn’t what it used to be.....my answer “when’s the last time you memorized something?”

Poem

- If you can't be the tall tree at the top of the hill, be the best little shrub at the side of the road
- When we were children, we memorized historical facts, poems, Bible verses, phone #'s....now we don't even memorize our family members' phone #'s, it's in the phone
- **Brain needs to be worked, like our**

Phrase to Repeat

- **John Smith, 42 Brown Street, Chicago
IL**

Your memory is better than you think

- Lillian & George
- Kindergarten- lost & found
- College – notebooks, pens, etc.
- Memory lapses occur at all ages – but different ages react differently (expect it, laugh at younger age, older, embarrassment & fear)
- Study: older people retain the same # of facts as younger people, & are just as capable of learning, but at a slower pace

3 stages of remembering

- 1) Registering
- 2) Retaining
- 3) Retrieving

#1 Registering

- Affected by:
 - Attitude
 - Memory loss is one of the most prevalent fears of the adult population. We ASSUME age will bring a loss of memory. We also assume that it is a change we can't do anything about.....NOT TRUE.
 - Interest
 - The degree of importance you give to something will make it easier or harder to remember later (ex. Rick's memorization of my phone #)

Registering (cont'd)

- Attention

- If you don't "register" what you need to remember later, when you look in the filing cabinet you may have difficulty finding it (One of the reasons we have difficulty with people's names)

- Organization

- How quickly & efficiently you remember depends on how you "organized" it for storage. What category did you file it in, or relate it to things you find important or that happen frequently

#2 Retaining

- Repetition/Repetition
 - Stronger connection related to that piece of information
 - Setup that info for storage into long term memory from short term.
- Most people hold an average of 5 to 9 pieces of info in their short term memory at a time
 - Concentrate on a few pieces of data at a time
- Use Mnemonics: rhyme, song or joke

#3 Retrieving

- Memory retrieval affects everything from where did I park my car to learning new skills
- 4 ways to retrieve information from Long term memory
 - 1. Recall: accessing info without being cued. Fill in the Blanks.
 - 2. Recollection: reconstructing memory. Essay exam
 - 3. Recognition: Identifying info after seeing it again. Multiple choice
 - 4. Relearning: relearning information that has already been learned.

Problems with Retrieval

- Know the answer, but can't quite retrieve:
Tip of the tongue syndrome
- Frustrating, but extremely common
- At least 1x week for the young, 2-4x week for the elderly
- Often even know the letter it starts with

Finding Lost Items

- Don't look for it
 - Most of us hit the panic button & fly into “find it mode”
 - Slow down! Anxiety short circuits memory
 - Take a few deep breaths, make a cup of tea.
 - Relaxing for 10 minutes boosts recall
 - You need to be in the right frame of mind before you can retrace your steps.

“Keys, Keys, Keys”

- Saying the name of your misplaced item when you’re looking for it makes you much more likely to find it fast
- Verbalizing the name of your lost item as you look for it triggers activity in your brain’s visual centers helping you “see” where you left it.

Search the “Eureka Zone” First

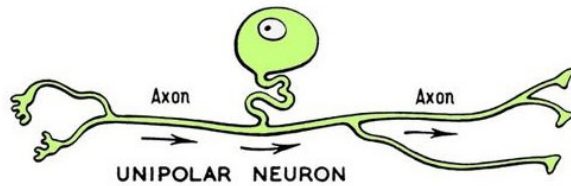
- The most likely place your “lost” object is hiding is within 18 inches of where you thought it was
- Check the “Eureka zone”, probably it is camouflaged by something lying on top of it.
- Most of us give up looking at the “hot zone” too soon and move farther and farther away from where we left the object.

Never Lose Anything again!

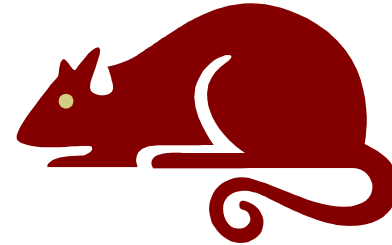
- Give it an emotional anchor
- Constantly losing your cell phone?
 - Make it a habit to put it near something emotionally significant such as a picture of the grandkids
- Placing your glasses or phone near a prized object automatically makes the humdrum item precious by association.
- Of course, just having a set place works as well, I attach my keys to the ring on my purse

Challenge your brain

- It's the difference me driving to work vs driving to your house....the 1st I can do in my sleep, the 2nd (without my GPS) requires my brain to engage
- Sit at a different place at the table
- Brush your teeth with your non-dominant hand
- When you go for a walk, take a different route



Fat Rats



- Experiment (at Berkeley) with oldest rats they could find: they were FAT, LISTLESS and DULL.
- Brain scans showed many neurons & dendrites had disappeared with large empty gaps.
- They gave the rats challenging mazes, interesting new toys, rat playmates & tasty treats at the end of the maze.....RAT DISNEYLAND.
- The rats lost weight, were more agile but more surprising.....
- New brain scans: 2000 more synapses or connections per neuron, trillions of new dendrites had grown and the large empty gaps had disappeared.
- Neuron or nerve cell transmits information through chemical and electrical signals
- Dendrite: any of the threadlike extensions of the cytoplasm of a neuron; they typically branch into treelike processes, and compose **most of the receptive surface of a neuron.**

Brain activities

- Reading, crossword puzzles, Sudoku...best activities ones that don't come easily
- Knew an Alzheimer's patient that could still do the NY Times crossword puzzle, but he had been a linguist during the war...

Pyramid Sentences

- He
- Was
- Gone
- Before
- Morning
- It
- Was
- Cold
- Since
- Winter
- Arrived
- Suddenly
- I
- do
- not
- want
- bacon
- either

Two Sided Brain

Left Hemisphere

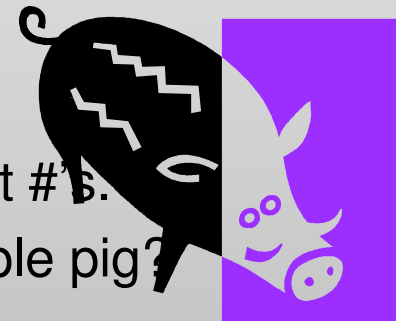
- Mainly works with facts
- Allows for logic & rationality
- Processes diagrams & letters
- Language skills

Right Hemisphere

- Handles feelings
- Imagination
- Intuition
- creativity

Using Both Sides

- Learned ABCS
 - Left side responded to the letters
 - Right side responded to the rhythm and music
- Verse to learn the # of days in the month
 - 30 days have September, April, June & November.....
- Set your grocery list to music
- Use color to enhance memory
 - Parking lot used colored animals instead of just #'s.
 - Which is easier to remember? Level 6A or purple pig?



Men vs Women

- Men listen with 1 side of the brain (left), women with both. Is this news to anyone?
- How to improve memory recall?
 - LOOK TO THE RIGHT, it stimulates the left side of the brain
- But the message of the day....use both sides of the brain to enhance memory

Stroop Effect

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLACK	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED

Brain Diet

- Stone age diet
 - 65% Fruits & Vegetables, nuts, legumes, honey
 - 35% Lean game, wild fowl, eggs, fish & shellfish.
- Exercise
 - Increase oxygen to the brain

Use it or Lose it

- Memory is just like your muscles, use it or lose it

Memory Quiz

- Repeat the poem
- What was our phrase to remember

*Age doesn't make you forgetful.
Having way too many stupid things
to remember makes you forgetful.*

