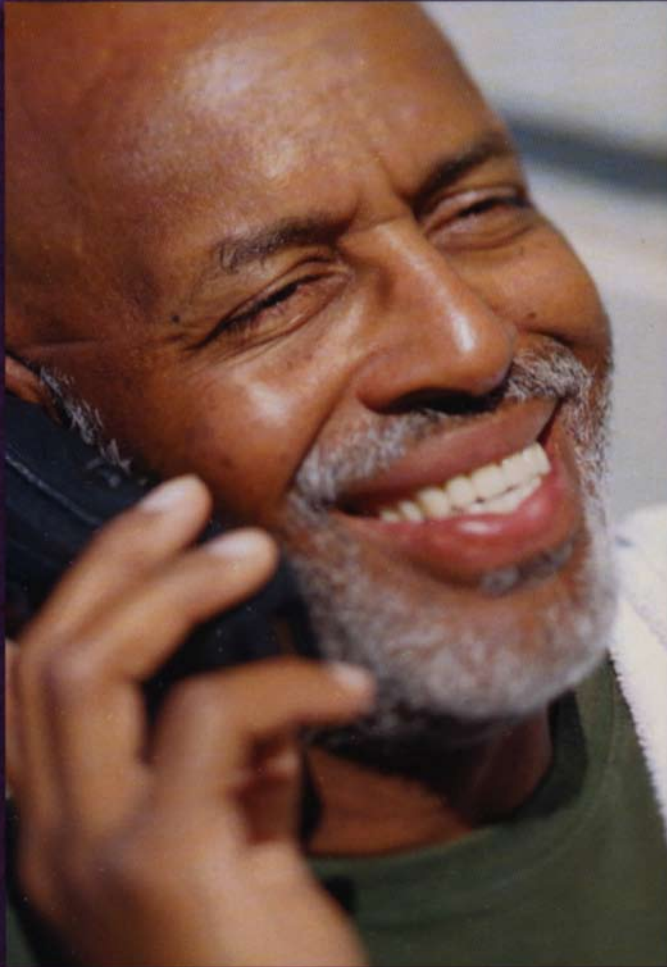


# 6

## New and Different



# 6

## New and Different

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Researchers are telling us that doing new and different things is good for our brain. Our daily routine is important, but it is also good for us to do new and interesting activities. Set a goal today of doing at least one thing each week that is different for you. Here are some suggestions:

- ◆ Phone someone you haven't called in a long time.
- ◆ Visit a new place or a place you haven't been to in a long time. Examples are the zoo, a public garden, a restaurant, a museum.
- ◆ Fix your hair in a new way.
- ◆ Wear some jewelry or clothing that you haven't worn in a long time.
- ◆ Help plan a surprise for someone.

**25****Addition  
and Subtraction****25 Addition  
& Subtraction**

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Place a + (plus) or a - (minus) sign between the digits so that both sides of each equation are equal.

$$3 \quad 2 \quad 1 \quad 4 \quad 1 \quad 3 = 10$$

$$8 \quad 7 \quad 1 \quad 4 \quad 4 \quad 6 = 4$$

$$5 \quad 3 \quad 2 \quad 4 \quad 1 \quad 5 = 14$$

$$2 \quad 1 \quad 8 \quad 9 \quad 3 \quad 5 = 20$$

$$5 \quad 3 \quad 4 \quad 4 \quad 2 \quad 9 = 9$$

$$7 \quad 6 \quad 2 \quad 9 \quad 9 \quad 3 = 0$$

If you enjoy doing this, invent some of your own equations.

# 37

## Let There Be Music



## 37 Let There Be Music

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What is your favorite kind of music?

- ◆ Are you a singer?
- ◆ Do you play a musical instrument?
- ◆ Did your family sing while you did chores?
- ◆ Have you sung in a choir or barbershop quartet?
- ◆ Did you ever play in a band or orchestra?

What is your favorite song or piece of music?

Do you enjoy dancing?

- ◆ What is your favorite dance music?
- ◆ Do you have a favorite band?
- ◆ Is there someone you really enjoy dancing with?

Find a recording of some of your favorite music and listen to it.

What memories does it bring back?



# 42

## Make a Funny File



## 42 Make a Funny File

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- ✓ Clip cartoons that amuse you out of magazines or the newspaper.
- ✓ Write down funny things that children say or that animals do.
- ✓ Collect jokes that people send you through the Internet email.
- ✓ Read or re-read a funny book. When was the last time you read Art Linkletter's *Kids Say the Darndest Things*? Don't forget Erma Bombeck.
- ✓ Share these funnies with other people. Humor is best when it is spread around!

## 44 Memorable Moments



## 44 Memorable Moments

- ◆ When were you proudest?
- ◆ What was/is the happiest time in your life?
- ◆ Do you remember a time when you were very afraid?
- ◆ Was there a time when you were in a quandary and didn't know what to do?
- ◆ What would you like future generations to know about you?



50

## Fluent Thinking —Listing



le  
 amore  
 ust  
 oak  
 elm  
 magnolia  
 biter oak  
 pine  
 catalpa  
 boxelder  
 cottonwood  
 spruce  
 Fraser fir  
 poplar  
 aspen  
 cedar  
 Linden  
 beech  
 birch  
 willow  
 ginkgo

palm  
 redwood  
 ash  
 sweet gum  
 redbud  
 mimosa  
 apple  
 pear  
 plum  
 cherry  
 butternut  
 apricot  
 walnut  
 pecan  
 hickory  
 almond



## 50 Fluent Thinking— Listing

Challenge yourself to make lists—it can be stimulating and fun. Write down the lists with paper and pencil, or just say the lists out loud. Work on your lists throughout the day or perhaps two days. Some ideas for things to list:

- ◆ Different types of birds
- ◆ Different types of trees
- ◆ Animals that walk on four legs
- ◆ Different types of wildflowers

Consult a book, or talk to a family member or friend if you'd like to make it a group activity.

## 68 What's in Your Hand?



## 68 What's in Your Hand?

Look at your right hand.

Look at the palm and trace the lines and furrows with your finger.

Feel your skin.

Is it soft, rough, dry, moist?

Observe the veins on the back of the hand.

Look at your fingernails.

Place one hand flat on a sheet of paper and trace around it with a pencil.

Are your fingers short or long? Is your hand long and slender or short and boxy? Take some time to really observe.



**77**

## Tips to Help with Short-term Memory



## 77 Tips to help short-term memory

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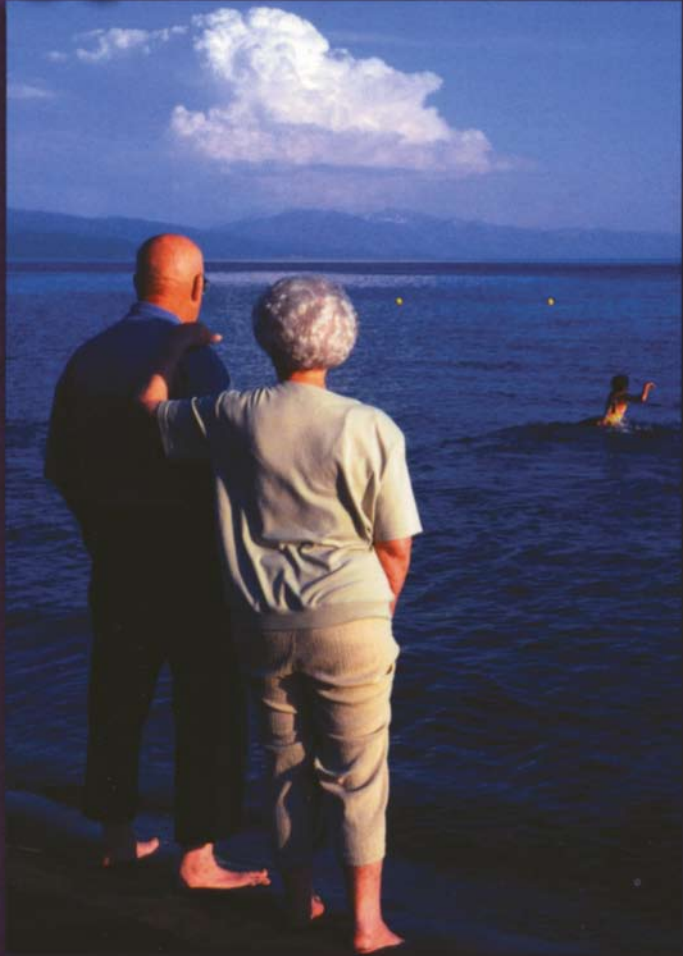
Sometimes your short-term memory may erase, making it impossible for you to remember what's happened, an appointment, or something someone said to you. This can be very frustrating, but there are ways to reduce the frustration. Structure your world so you don't have to rely on your short-term memory.

- ✓ **Write notes** to remember things. Be sure to throw out notes when they're out-of-date.
- ✓ **Develop a consistent, unvarying routine** with the same schedule each day.
- ✓ **Break down a complex task** into single steps. Finish one step before you do the next one.
- ✓ If a project becomes frustrating, **set it aside** and pick it up again at another time.
- ✓ **Simplify.** Having too many things going on at once or too much sensory stimulation can be confusing and frustrating.
- ✓ **Keep a daybook or scrapbook** to record visits from friends, special outings, interesting news items, etc. Page through it and recall pleasurable moments from the recent past.



**87**

## Manage Your Stress



## **87** Manage Your Stress

Stress and anxiety can make it more difficult for the brain to process information and to concentrate. Manage your stress by setting priorities for what is most important to you and trying not to worry too much about the rest.

Identify ways that others can help as well. For example, at the holidays it may be your priority to have all of the family together for a special meal. However, you don't have to host the get-together. Instead, suggest a potluck dinner or gathering at someone else's home this year.

Making these small changes can make a big difference in your stress level!

94

## Accidental Poems

Where are **YOU** going  
**THIS WEEKEND?**  
 to your rummage sale!

woman's garden grows

A consumer speaks  
 You can't say  
 to what once may

**The**  
**Recipe for a**  
 Paradise in your own backyard

Mystic merry time  
 some Days in the saddle  
 a picnic basket today  
 isn't always child's play.

## 94 Accidental Poems

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Take a stack of old newspapers that you're going to discard and cut headlines out of them.

Then, try to arrange these lines into a poem. If you're having trouble making sense out of your line fragments, go back to the newspaper to cut out other words that are useful as transitions between your headlines. Paste the lines on a sheet of paper and appreciate your literary talent!

This can also be done in pairs or in small groups.