

nandhavanam

The Castle for Dignified Seniors

Welcome to 11th edition of our monthly Newsletter



To Keep Senior's Brain Sharp

The Golden Years, the years after retirement, are sometimes considered the slower years of one's life. Elderly parents who are active in both mental and physical activities live longer, and with a quality of life that may surprise many who believed that once they attain a certain age, the fun's over. Not so. Those who age well (which means eating right and exercising both body, mind and spirit daily) tend to have fewer illnesses and infirmities than those who lead sedentary lives. The Golden Years, the years after retirement, are sometimes considered the slower years of one's life. Elderly parents who are active in both mental and physical activities live longer, and with a quality of life that may surprise many who believed that once they attain a certain age, the fun's over. Not so. Those who age well (which means eating right and exercising both body, mind and spirit daily) tend to have fewer illnesses and infirmities than those who lead sedentary lives.

Keeping Brain Sharp helps:

- * Promotes neurogenesis (development of new brain cells)
- * Reduce loss of gray matter (the nuts and bolts of memory)
- * Improves attention spans and the ability to concentrate
- * Strengthens brain synapses (communication pathways)
- * Increases blood flow (more oxygen means healthier cells)

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IN THIS EDITION

TIPS TO KEEP A SENIOR'S MIND SHARP

DEVELOPMENTAL ACTIVITIES

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"I believe... that every human mind feels pleasure in doing good to another." — Thomas Jefferson



The secret of keeping Elder's mind sharp well boil down by these simple activities:

Exercise: Start an exercise program – Many seniors can do gentle Pilates or Yoga moves, while more active seniors will benefit from low-impact aerobics and isometric exercises. Consult doctor first before starting any exercise program

Eat brain-healthy foods: Breakfast is the most important meal of the day. Don't forget to feed the brain early in the day! High fiber cereals have been shown to increase cognition and learning ability. Eat more of fruits and vegetables that are rich in antioxidants which help to keep a senior's mind sharp.

Use brain-boosting supplements: Certain combinations of vitamins and other natural ingredients can help to keep the brain sharp and a senior's memory intact.



Engage in 'Thinking Games': Work on puzzles anything that challenges mentally which include like Sudoku, crosswords, Chess or even jigsaw puzzles.

Avoid smoking: Smoking can actually reduce oxygen to the brain, decreasing its function.

Avoid junk food: Similar to smoking, junk food can also limit oxygen to the brain, making it not function to its full capacity.

Laugh More: Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine (essential to the healthy functioning of the central nervous system), that 'feel good' hormone in the brain. Laughter also helps to inspire the brain and enhances learning.

Sleep More: Studies have shown that lack of sleep slow down new brain cell growth. So getting atleast eight hours of sleep a night (but not too much) can help to increase brain function and help seniors stay more alert during the daylight hours.

No Stress: Reduce stress through elderly exercise, mind and brain games – Stress leads to high levels of shrinkage of brain cells. Games and activities such as gardening, walking and even playing with the family dog can help to relieve stress in elders

Learn A New Skill: This can be a language, a hobby or a concept. The more challenging, the better. Take up painting. Learn one instrumental music. Take a community class on crime scene investigation. Do something to fuel, activate and exercise the brain to think in new ways.



Enjoy Some Neurobics!: Try challenging the brain every day by exercising the mind. Instead of writing, brushing teeth or dialing a phone with principal hand, try using the 'opposite' hand and switch around the daily routine a little bit for variation.

Stay social: Developing and maintaining relationships with friends and relatives is a great way for seniors to stay active and keep their brain working.

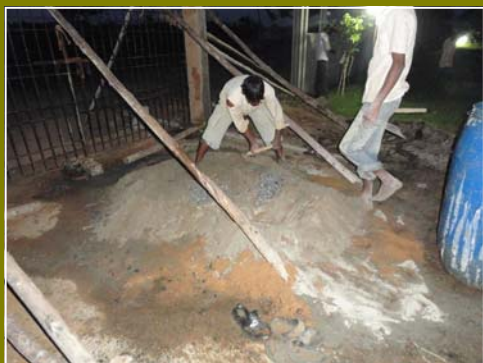
Keep a Journal: A perfect way for seniors to keep their mind sharp, helps rebuild memories and memory skills that may have gotten rusty over the years

Try Tapes and Videos: This will help to stimulate the brain and to develop language skills after an illness or accident.

To Conclude: Like swimming, riding, writing, or playing, keeping mind sharp can be learned.



Developmental Activities - Nandhavanam



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"To live long and achieve happiness, cultivate the art of radiating happiness." – Malcolm Forbes