

**Cognitive Wellness  
Maintained  
Through The Use  
Of  
Technology  
&  
With A Holistic Twist**

# Overview

- The aging brain
- Acknowledgement of decline
- Disuse
- Neuroplasticity
- Decline & Disuse
- Wellness by living holistically
- Mental stimulation
- Socialization
- Physical activity
- Spirituality
- Nutrition
- Results of brain fitness program holistically
- Senior participation
- Barriers
- Affirmation to the brain
- Brain myths/facts

# Aging Brain

- Learning through use of Technology
- Preparation for the Aging Senior
- Complacency
- Brain machinery
- Speed of Word Processing

# Acknowledge of Decline

- Auditory System less efficient
- Visual System failing
- Brain Map
- Changes in Body Machinery
- Rapid and Mumbling conversations

# DISUSE

- Brain Maps
- Auditory decline
- Visual decline
- Rapid and terrifying decline
- Memory enhancing program?

# Neuroplasticity

- Negative Plasticity
- Gray Matter shrinkage
- Positive Plasticity
- Gray Matter expansion
- Disuse
- Brain Machinery
- Flexibility

# Decline and Disuse

- Decline-Normal part of Aging
- Encouragement
- Memory Improvement
- Brain Fitness programs
- Think faster
- Remember more
- Focus quickly

# Wellness by living holistically

- Mental Stimulation
- Socialization
- Physical Fitness
- Spirituality
- Nutrition



# Mental Stimulation

- Be cognitive of mental stimulation
- Brain Fitness Program (appropriate level)
- Meditate
- Learn a new Language
- Learn a new skill
- Play a game that requires skill
- Maintain a sense of humour

# Socialization

- Meet new people
- Value your friends
- Join a hiking group
- Become part of a Brain Fitness group

# Physical Activity

- Use it or lose it
- Challenging physical activities
- Teaching you some thing new
- Learning some new activity skill
- Prevention from further illness or condition
- Anti-depressant
- Mobility and activity

# Spirituality

- Learn to appreciate your life
- Finding peace within...
- Beliefs
- Finding a balance in your life
- Take a an attitude with a gratitude

# Nutrition

- Eat well and moderately
- Dine with someone frequently
- Eat a broad variety of fruits & vegetables.
- Small amt. of fats and foods with added sugars.  
Limit sat. fat (animal fat)
- Eat fish or omega 3,s 2-3 times/week
- Eat nuts and seeds
- Milk (calcium)
- Stay away from some oils –use olive oil
- Do not eat empty calories

# Benefits

- Confidence level
- Energy
- Creativity
- Emotions
- Organization
- Socialization
- Focus
- Technical skills

# Senior Participation

- Gender
- Age
- Mental challenges
- Physical challenges

# Barriers

- Too little time
- Denial
- Fearful
- Too old
- Cultural
- Poor hearing
- Poor vision
- Technical hang-ups



# Brain Fitness

- Yesterday
- Today
- Tomorrow

# Brain Myths

## Myths

Only use 10 % of our brain

Right Brain Person/Left Brain Person

Brain Damage always permanent

# Brain Facts

- Babies lose one –half of their neurons at birth
- Bird songs are similar to human speech
- 20 % of blood going to brain
- The “little brain”

Questions?????????

Contact: Barbara Rankin

780-423-5510-ext. 305





**COGNITIVE DECLINE  
BRAIN MACHINERY  
PLASTICITY  
HOLISTIC HEALTH  
BENEFITS  
SENIOR PARTICIPATION  
BARRIERS**





