

# MAPLEWOOD

*Senior Living*

## HELPFUL TIPS TO KEEP YOUR MEMORY SHARP

As we age our brains change, but there are simple things we can do to keep our brains sharp. Try incorporating some of the tips below in your daily routine.

### MEMORIZE SOMETHING DAILY

Memorize a simple joke or fact.

### KEEP LEARNING

Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Read, join a book group, play chess or bridge, write your life story, do crosswords, pursue music or art, or design a new garden layout.

### READ ALOUD DAILY

When reading out loud, we form auditory links in our memory pathways. We remember ourselves saying it out loud, and so not only form visual but also auditory links.

### ECONOMIZE YOUR BRAIN POWER

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible.

### BE WELL RESTED

Get between 7-8 hours of sleep per night.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

### WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR

Studies show those who are optimistic and self-assured have a good working memory.

### REPEAT WHAT YOU WANT TO KNOW

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. If you place one of your belongings somewhere other than its usual spot, tell yourself out loud what you've done. And don't hesitate to ask for information to be repeated.

### DO A PHYSICAL ACTIVITY 3-4 TIMES PER WEEK

Go for a walk for a few minutes each day. Park further from the door. Mental and physical health go hand and hand.

### LISTEN TO MUSIC

Our brains are hardwired to connect music with long-term memory, music taps into deep emotional recall.

### SWITCH THINGS UP

Challenge your brain by eating or doing another task using your non-dominant hand. Challenge your short term memory by driving a different route to a place you frequently go.

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**Connecticut:** Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

**Massachusetts:** Brewster, Weston, West Yarmouth

**New Jersey:** Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

