


“Memory Matters” for ALL Ages

- What are people saying about their memory?
- What are the changes with normal aging?
- What impacts our ability to recall information?
- Which strategies can be helpful?
- What does the research say?
- What are helpful resources?

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Frequent Comments

- Just old age
- My memory is getting worse
- My whole family had Alzheimer’s
- It is not Alzheimer’s disease – it is dementia
- Worse since in hospital
- Cannot do anything about it
- Everyone eventually will get dementia
- Frustration with electronics/multitasking

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Opportunities Everywhere

- Community programs
 - Senior Centers
 - Libraries
 - Churches
 - Clubs
- Lifelong Learning Programs
- Organizations
- CE Programs
- All levels of care
 - Include family support groups
 - Potential residents

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Memory and Normal Aging

- Word finding complaints
 - Names and places
 - Remember later at times
- Slower to process information
- Slower to learn new information
- Do not like to multitask
 - More distractible
 - Need to focus on one thing at a time

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Additional Information

- Reversible causes of memory loss
- Disease with memory changes
- Alzheimer's disease vs dementia
- Mild cognitive impairment
- Young onset dementia
- Geriatric assessments
- Websites with helpful information
- Role of speech-language pathologist

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Components of Memory Fitness Program

- **Education component**
 - What are the keys to memory fitness?
 - Speakers on topics
- **Socialization opportunities**
 - Engage those less involved
 - Need to meet them where they are
 - One size does not fit all
 - Intergenerational activities
 - Reminiscence
- **Stress busters options**
- **Brain game activities**

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Walking the Path to Memory Fitness
One Week At a Time - 12 month plan

1. Memory Basics	wks 1 - 4
2. Paying Attention	wks 5 - 8
3. Attitude	wks 9 - 12
4. Organization	wks 13 - 16
5. Busyness	wks 17 - 20
6. Stress	wks 21 - 24
7. Lifestyle Choices	wks 25 - 28
8. Memory Tips	wks 29 - 40
9. Memory and Aging	wks 41 - 44
10. Memory Aerobics	wks 45 - 48
11. Pulling it Together	wks 49 - 52

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7 Day Memory Fitness Plan
Keys to memory fitness

Monday: Create a positive mindset. **Attitude** matters.

Tuesday: Improve your ability to **pay attention**. Be in the present moment.

Wednesday: Upgrade **lifestyle choices**. Better choices improve your focus.

Thursday: Develop effective **memory props**.


Friday: **Socialize** and stay connected with others.

Saturday: Incorporate new ways to **challenge your brain**.

Sunday: Create a better **balance** in your life.

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#1 Attitude Matters

- Lose the expression “senior moment”
- About learning a new way – encourage sharing and problem solving
- Provide positive new information and research
- Create a setting that focuses on meeting them where they are
- Psychologist Becca Levy, PhD
 - People with positive views on aging lived an average of 7.6 years longer than those with negative views

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Attitude Activities

- What are things that make you smile/laugh
 - Create an A to Z list
- Things you are grateful for
- List negative words- find positive alternatives
- Begin/end with a positive quote
- Read an inspirational short story
- Share something good that happened/read
- Unscramble positive words (short and with cues) EX: DNKI - K _ _ _ or _ I _ D
- Put 10 positive words in alphabetical order


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#2 Attention Matters

- Need 5 -10 seconds to remember
- Major impact - hearing and vision
- Benefits of paying attention
- Impact of electronic age and 21st century
 - Multitasking or task switching
 - Distractions and interruptions
 - Expectations
 - Etiquette
 - Personal style


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Paying Attention Activities

- Study a picture or objects then draw what saw
 - Look at it again and add to it
- Follow spoken directions on paper
- Hide object in room
- Recall 3 words after repeat several times
- Listen to a short story and ask yes/no questions
- Describe something in detail and guess what it is
- Use photo from magazine ad – give person a name and a story – recall later

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#3 Lifestyle Choices

WILL impact your ability to focus and pay attention

- Sleep
- Exercise
- Nutrition
- Medications
- Hydration
- Drinking – drugs

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Lifestyle Choice Activities

- List food that are healthy options
 - Word games
- Guess calorie amounts/serving size
- Fast food options
- Discuss good sleep habits
 - Do yes/no questions
- Create ways to increase activity level
 - Do some simple chair exercises
- Report on a good habit for the week

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#4 Memory Strategies

- Ways to improve recall of information
 - Notice
 - Repetition
 - Find a home for item
 - Written information
 - Memory props
 - Calendars
 - Daily diary
 - Daily pill box

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Strategy Activities

- List their major memory challenges
- Provide solutions they have found
- Hide something and recall it end of session
- Give a situation – and brainstorm how to solve it
- Do different problem solving games daily situations: got charged for item did not buy
- Ask for different causes for situations
- Give them something to remember for next session
- Practice memorizing something
- Assignment – meet someone new and learn their name and some of their story

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#5 Socialization

- Declines with hearing, vision, memory and mobility issues
- Benefits with increased connection to others
- Why not participate
 - Not hear it
 - Print too small
 - Too complex activity
 - Personality
 - Not of interest


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Socialization Activities

- Plan a session where participant brings a guest
- Plan an outing of interest
- Invite a family member to join the group
- Visit someone who is homebound
- Send card with note to someone special thanking them
- Call or visit someone you have not talked to in awhile
- Create a celebration for an occasion


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#6 Challenge Your Brain

- Research states need to take things up a notch
- What interests them
- Learn to do something new
- Often stop doing what they did before
 - Can it be modified?
- Hearing and vision and speech issues
- Provide ideas to keep them engaged
- Take activity and modify it for different levels
 - One size does not fit all


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Challenge Your Brain Activities

- Take your most common brain game and change it up
- Learn something new each week and share it with someone
- Bring in new brain game activities
- Do things with your other hand
- Try new things, food, newspaper, puzzles
- Retell something you read or heard
- Teach someone how to do something
- Reminiscence puzzles and sharing stories


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#7 Create Better Balance

- Stress increases cortisol
 - Like battery acid to memory center of brain
- Balance matters
 - Self awareness and personal care need be a priority
- Stress busters essential
 - Exercise
 - Meditative activity
 - Something that stops the chatter
 - Humor

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Stress Busters

Your plan to reduce stress hormones

- **Humor**
 - Do you have a good dose of humor in your daily routine?
 - Benefits more than your memory
- **Exercise**
 - Keep moving
 - Top on the list of strategies for successful aging
- **Sleep**
 - Poor sleep does not promote focus and attention
 - Explore why and better options than sleeping pills

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Create Balance Activities

- Stress busters – what works for each person
- Create list for tips when stressed
- Do a simple meditation/relax and breathe
- Humor activity each session
- Retell jokes/ share funny story
- What makes you laugh or smile
- Options to consider when stressed
 - People, places, activities

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MILD COGNITIVE IMPAIRMENT

- RX is to keep your brain challenged
- Tendency to do what they did before
- Less likely to incorporate new activities
- Follow-up declines
- Need support to continue a program on a regular basis
- Also applies to those with early stage and young onset
- What activities would entice you to stay engaged and challenge your brain?

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Activity Modification

- Modify for hearing and visual deficits
- Provide cues when there are speech limitations or poor intelligibility of speech
- When modify an activity – keep a copy for future use
- What did they enjoy before but are less involved with now

REMEMBER – IMPORTANT TO OFFER A VARIETY

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CENTURY IN REVIEW

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REMINISCENCE PUZZLES

20th CENTURY

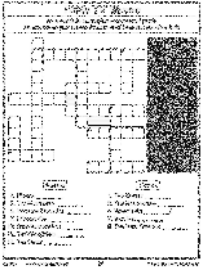
1920s Movies

Complete the puzzle by filling in the missing letters. Choose from the word list below.

<input type="checkbox"/> King of Kings	<input type="checkbox"/> Rose Hood	<input type="checkbox"/> The Jazz Singer
<input type="checkbox"/> The Miracle	<input type="checkbox"/> So Big	<input type="checkbox"/> The Man of Straw
<input type="checkbox"/> Quail Feast	<input type="checkbox"/> The Green Room	<input type="checkbox"/> The Man-Who
<input type="checkbox"/> Queen Kaira	<input type="checkbox"/> The Great Gatsby	

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REMINISCENCE PUZZLES 20th CENTURY



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REMINISCENCE PUZZLES 20th CENTURY

1960s Remember These!

Unscramble the letters to complete the item associated with the decade.
You may choose your answer from the word list provided. Good luck!

<p>Signs of the Times</p> <p>1. BRUNCH _____</p> <p>2. WRENCH _____</p> <p>3. FBI DISC _____</p> <p>Books</p> <p>1. LINDO _____</p> <p>2. TRINA LARK _____</p> <p>3. MADONNA _____</p> <p>TV Shows</p> <p>1. MATT KNEIT _____</p> <p>2. DODDARD _____</p> <p>3. NIGER KACH _____</p> <p>Happenings</p> <p>1. BROWNIER _____</p> <p>2. YERKIE _____</p> <p>3. CENE FENCE _____</p> <p>Songs</p> <p>1. WTTD-HKA TUSHO _____</p> <p>2. WENDE _____</p> <p>3. YLAK LAGTERRA _____</p>	<p><input type="checkbox"/> AROGOF</p> <p><input type="checkbox"/> OMBASH</p> <p><input type="checkbox"/> CHENRACKS</p> <p><input type="checkbox"/> HANSTART</p> <p><input type="checkbox"/> HOFEL</p> <p><input type="checkbox"/> FENESKIT</p> <p><input type="checkbox"/> PRANFONG</p> <p><input type="checkbox"/> PRANFONG</p> <p><input type="checkbox"/> RAKCE COVPS</p> <p><input type="checkbox"/> KAREY PAW</p> <p><input type="checkbox"/> RUMY TUESDAY</p> <p><input type="checkbox"/> STW TRIS</p> <p><input type="checkbox"/> YERK AND SHOUT</p> <p><input type="checkbox"/> VETNAM</p> <p><input type="checkbox"/> ZIF CODES</p>
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REMINISCENCE PUZZLES 20th CENTURY

1940s Who Were the Stars?

Fill in the blank with the name of the person associated with each title.
You may choose your answer from the names listed below. Good luck!

1. The Philadelphia Story _____
2. GURNEY _____
3. The Maltese Falcon _____
4. Holiday Inn _____
5. Man With a Movie Camera _____
6. Sunset Boulevard _____
7. Grand Prix _____
8. MATT PEW IN ST. LOUIS _____
9. The Lost Weekend _____
10. The Thin Red Line _____
11. The Best Years of Our Lives _____
12. Gentlemen Prefer Blondes _____
13. The Great American Beer Drink _____
14. Swan Movie Name _____
15. Double Happiness _____

<input type="checkbox"/> BARBARA STANWICK	<input type="checkbox"/> GREGORY PECK	<input type="checkbox"/> JANE WYMAN
<input type="checkbox"/> BOB CLEGG	<input type="checkbox"/> HENRIETTA BROWN	<input type="checkbox"/> JOE GARANO
<input type="checkbox"/> CHARLES BRONN	<input type="checkbox"/> TONY LOMAX	<input type="checkbox"/> WYMAN LAY
<input type="checkbox"/> FRED ASTAIRE	<input type="checkbox"/> JAMES CAGNEY	<input type="checkbox"/> BOB FLEISCH
	<input type="checkbox"/> JAMES STONER	<input type="checkbox"/> ROL HANSON

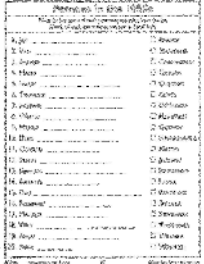
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REMINISCENCE PUZZLES

20th CENTURY



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CONNECTING THE GENERATIONS

Young and Old Sharing Stories

Money

Ask the younger person...

- What is something you would like selling to save for so you could buy it?
- What type money do you use when you're saving money?
- What do you think is a lot of money?
- What does money change your life like more important than money?

Money

Ask the older person...

- What do you think means a person that?
- If you traveled to some amount of money, what would you change in your life?
- If you couldn't do any money to respect some, what would be?
- What do you do when you need to save money?

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TIME WELL SPENT

Which Does Not Belong?

Circle the item that doesn't belong, and write an item in the space below that does belong.

Cakes	Eggs Sugar Baking	Salad	Lettuce Bread Cheese
Hot dogs	Mashed Bacon Bun	Spaghetti	Chocolate Sauce Meatballs
Sandwich	Baking soda Cheese Bread	Soup	Pasta Cust Chicken noodle
Pie	Cust Apple Vinegar	Breakfast	Omelet Muffin Bread
Lunch	Sandwich Chips Shrimp	Dinner	Salad Dinner Pie
Dinner	Pasta Omelet Vegetables	Desert	Noodle Cookies Pastry



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SO WHAT DO YOU THINK
 Talk Talk Talk CARDS AND JOURNAL

So What Do You Think?
SAMPLE CARDS

1. Why do you think you are here?
 2. If you were the only person in the world, what would you do for a living?
 3. What is your favorite color?
 4. What is your favorite food?
 5. What is your favorite movie?
 6. What is your favorite TV show?
 7. What is your favorite book?
 8. What is your favorite sport?
 9. What is your favorite animal?
 10. What is your favorite season?

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Memory Fitness Plan


- Getting the word out
- Incentives
- Expand audience – family, friends
- Resources – blogs, shows, products
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- Formal program – speaker on pertinent topic
- Newsletter with brain games
- Postings – in elevator and answer posted elsewhere
- Meal time/gatherings – fun thinking games

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MEMORY FITNESS MATTERS
 All Senior Audiences

- **For hearing and vision changes with aging:**
 - Microphone
 - Special listening devices
 - Seating/table arrangement
 - Slow rate of presentation
 - Location review for lighting
 - Background noises and distractions
- **Wheelchair accessibility**
- **Staff availability/volunteers**

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MEMORY FITNESS MATTERS

Additional Suggestions

- **Handouts should be included:**
 - Large print
 - Readable font
 - Specific color selection
 - Simplified layout
 - Numbered pages
 - Possible PowerPoint
 - Include resource list
 - Additional activity sheets later

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COMMUNICATION CONNECTION

www.connectionsincommunication.com
Visit PRODUCTS - SAMPLE PAGES AVAILABLE FOR EACH PRODUCT

- **Therapy Guides**
 - Volume 2 Questions, brain games
 - Volume 3 Simple to more complex puzzles, word games
 - Volume 4 Wide variety of brain teasers
- **Reminiscence Puzzles of 20th century** (each decade)(4 books)
 - Word Search/ Fill in /Crossword puzzles (with hints)/ Brain teasers
- **20th Century in Review**
 - Each year – headlines, popular items, memory questions
- **Reminiscence Calendar**
 - Daily events and birthdays with corresponding memory questions
- **KIT - Walking the Path to Memory Fitness and Brain Teasers**
- **Connecting the Generations** (young and old sharing stories)
- **NEW on Flash drive - Word Challengers, Visual Brain Games, Word Brain Games, Verbal Brain Games**

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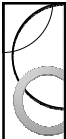


BIGGER PICTURE

- Opportunity to develop rapport on a different level
 - Including families and friends
- Ways to engage attendees with others having similar interests
- Creates ongoing conversation starters
- Offers insight into the capabilities of attendees
- Potentially could provide information to facilitate referrals to additional resources

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FOR FURTHER INFORMATION

Contact Kathryn Kilpatrick
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for program consultations and resources

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www.memoryfitnessmatters.com  
"Memory Matters" for ALL Ages - 8 month weekly  
cable program on YouTube with blogs

and MEMORY FITNESS TOOLKIT AND BRAIN TEASERS  
Weekly blog with tips  
www.connectionsincommunication.com  
Eldercare articles, blogs and other resources

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# Memory Fitness Products

for individuals, groups, independent living, assisted living, nursing homes and memory care

## Daily Activities for Memory Fitness

Walking the Path to Memory Fitness One Week at a Time [DETAILS](#)

## Brain Game Products

Brain Teasers [DETAILS](#)

Reminiscence Puzzles 20<sup>th</sup> Century [DETAILS](#)

Fill in - Word Search - Crossword Puzzles - Brain Teasers

Word Challengers (flash drive only)\*

Visual Brain Games (flash drive only)\*

Numerical Brain Games (flash drive only)\*

Verbal Brain Games (flash drive only)\*

[DETAILS FOR ABOVE PRODUCTS](#) \* Workbook copy available (call for pricing)

## Conversation Starters and Memory Activities

Daily Reminiscence Calendar

Century in Review

[DETAILS FOR ABOVE PRODUCTS](#)

## Additional Conversation Starters

Connecting the Generations- Your Stories ... My Stories

So What Do You Think – Talk Talk Talk

[DETAILS FOR ABOVE PRODUCTS](#)

## Caregiver Support

Because You Care: What to do when you do not know what to do [DETAILS](#)

Time Well Spent 400 Ideas Young and Old Can Do Together

Ideas for a Better Visit

[DETAILS FOR ABOVE PRODUCTS](#)

ADDITIONAL WORKSHEETS Therapy Guides [Volume 2](#) [Volume 3](#) [Volume 4](#) [Volume 5](#)

Information about the Therapy Guide Series [\(workbooks with flash drives\)](#)

CONTACT [kathy@connectionscommunication.com](mailto:kathy@connectionscommunication.com)

for information about her consultation services or to schedule a presentation

## ADDITIONAL RESOURCES FOR MEMORY FITNESS

**Blogs** by Kathryn Kilpatrick M.A. CCC/SLP

[www.connectionsincommunication.com](http://www.connectionsincommunication.com)

Successful Aging and Memory Fitness

7 Day Memory Fitness Plan

New Year's Resolution – Create a Memory Fitness Plan

Memory Fitness Plan for Independent Senior Residences

Memory Fitness Plan For Assisted Living Residences

Memory Fitness Plan for Senior Centers

Memory Fitness Plan: When a Loved has Dementia

[www.memoryfitnessmatters.com](http://www.memoryfitnessmatters.com)

### Memory Fitness Blogs

#### Weekly Blog Topics

Memory Basics

Strategies

Brain Aerobics

Memory and Aging

7 Day Memory Fitness Programs

Improve Your Memory – Words to Keep You on Track

*Note: Blogs will resume January 2015 on a monthly basis. Subscribe by email or RSS feed*

#### **ALSO AVAILABLE**

**Weekly Cable TV show ( 8 month series) on You Tube with corresponding blogs**

Link to [ALL PROGRAM TOPICS](#)

#### **Overview of each topic's content**

What if You Have to Multitask?

Memory Changes - Normal Aging and Beyond

When Dementia Comes Home: Walking the Journey

Memory Fitness Activities for ALL Ages

Supporting Care Partners