



Staying in the Know: A Brainiac's Guide to Brain Health Resources and Information

Resources

Dr. Rob's Cognitive Connections

- Free cognitive stimulation resources available at [Dr. Rob's Cognitive Connections](#).
- Certification as Certified Cognitive Stimulation Instructor available at 50% discount for MPL partners. Available for purchase at the [MPL Store](#). For more information, watch:
<http://www.youtube.com/watch?v=5DVGaA-qNqQ&feature=youtu.be>

Neurobics+ by Masterpiece Living™ -- Newly Updated!

New promotional materials, updated research, and a new [facilitator guidebook](#) are available at the MPL website.

SAIDO Learning

SAIDO Learning® is an innovative, non-pharmaceutical treatment that has been shown to improve the symptoms of memory loss among older adults with dementia. For more information, visit:

- SAIDO Learning website: <http://saidolearning.com/>

Brain Health as You Age: You Can Make a Difference

Resources provided by the US Dept. of Health and Human Services available at: http://www.acl.gov/Get_Help/BrainHealth/Index.aspx

Articles/Papers

- "The Brain Fitness Club: a strengths-based program supports individuals with early memory loss." *Journal on Active Aging* (January/February, 2014) http://www.icaa.cc/data/product/4621_9ee3052a0fa874e8e992bddfab1c29a0.pdf
- "Investing in Brain Health Pays Off," a Mather Lifeways Orange Paper that provides research & info about Mather's Boost Your Brain & Memory Program: <http://www.matherlifewaysinstituteonaging.com/brainhealth/>
- "Reversal of Cognitive Decline: A Novel Therapeutic Program" *Aging* Vol. 6 No. 9, pp 707-717.
<http://impactaging.com/papers/v6/n9/abs/100690a.html>



Brain Health Researchers/Experts

- Alvaro Fernandez - www.Sharpbrains.com
- Dr. Gary Small - www.drgarysmall.com
- Dr. Paul Nussbaum - www.www.paulnussbaum.com

Videos

- “How playing an instrument benefits your brain” from TedEd:
<http://ed.ted.com/lessons/how-playing-an-instrument-benefits-your-brain-anita-collins>
- Larry King interviewing Dr. Small, Dr. Amen & Alvaro Fernandez on brain fitness:
<http://sharpbrains.com/blog/2014/05/09/larry-king-interviews-alvaro-fernandez-on-brain-fitness/>
- “Engaging the Aging Brain,” ICAA webinar by Terry Eckmann, PhD:
<http://www.icaa.cc/conferenceandevents/webinars/engagagingbrain.eckmann/lib/playback.html>

Ideas

- Brain Health Fair for residents & prospects:
<http://www.icaa.cc/conferenceandevents/webinars/brainhealthfair-green/lib/playback.html> (starts at 17 minutes)
- Brain games during fitness classes, outings, holidays, celebrations, campaigns, programs
- Brain games as ice-breakers for team meetings
- Involve concierge & other team members
- Use Purposeful Planning Toolkit to keep it fresh and fun
- Cyber Seniors
<http://cyberseniorsdocumentary.com/get-involved/become-a-cs-mentor/>

Citation from Network Call

“Challenging, unfamiliar activities keep brains sharp.” Association for Psychological Science (October 21, 2013) [For the press release, click here](#)

Recent Research Roundup:

1. Older adults perform slower on cognitive testing, but it’s because their “database” is bigger and takes longer to search than their younger counterparts. Topics in Cognitive Science, 6(1):5-42 (January 2014) [For the abstract, click here](#)



2. Cognitive training may offer long term benefits. Journal of the American Geriatrics Society, online (January 13, 2014) [For the abstract, click here](#)
3. Brain exercises may be just as good for your balance as for your mental acuity, according to two recent studies. http://www.nextavenue.org/blog/how-brain-exercises-help-your-body?utm_source=na_socialmedia&utm_medium=na_socialmedia&utm_campaign=na_socialmedia
4. Online activities give aging brains a boost. <http://seniorplanet.org/online-activities-give-aging-brains-a-boost/>
5. Less sitting & more activity improves brain structure. PLoS ONE (September 17, 2014) [For the abstract, click here](#)

Intellectual Inventory:

- Are programs balanced within the 4 components?
- Are intellectual programs data-driven?
- Multi-dimensional programs? (Meaning that programs involve more than one component of successful aging: physical, spiritual, social, intellectual.)
- Intellectual offerings: are they new, novel & complex for the participant?
- Do you have an onsite expert in intellectual component?
- Is this true in all levels of living?