Neurobics Campaign

FACILITATOR GUIDEBOOK

Greetings! Welcome to **Neurobics** powered by Masterpiece, an exclusive memory-enhancement program. **Neurobics** is an 11-session memory enhancement program specifically created for older adults and designed to improve memory. **Neurobics** directly challenges memory and stimulates the brains of everyone who participates in the program. Research has shown that **Neurobics** yields significant results in having a positive effect on older adults’ abilities to remember and gives them a better understanding of memory in relation to the aging process.

The following **Neurobics** materials are located on the Masterpiece website and were designed to support you in facilitating a successful program:

* A promotional newsletter article for internal and/or external publications
* **Neurobics** pre- and post-course questionnaire
* Each unit includes a:
	+ PowerPoint Presentation with facilitator notes
	+ *Brain Packet* with in-class activities (*Brain Boosters*) and homework (*Brain Work*)
* Find any additional articles, games or activities that participants would enjoy on the Masterpiece website: *Resources > Brain Health Resources - Dr. Rob Winningham.*

Each unit includes a preparation page which covers the objectives and materials needed. The units also have a corresponding PowerPoint presentation which includes facilitator notes. Masterpiece congratulates you on your commitment to help participants further enhance their memory with **Neurobics.**

Sincerely,

The Masterpiece Team

Facilitator Guidebook

## Facilitating the Neurobics Sessions

##### Overview

**Neurobics** consists of 11 PowerPoint presentations with detailed facilitator notes for each slide. The notes guide the facilitator through each session and offer cues, talking points and examples to increase the participants’ understanding of the material. The notes also include questions and lead-ins to open group discussion on certain topics.   Each class is 45-60 minutes in length.

##### Recommended size of audience

Masterpiece encourages a group of no more than 25 participants to facilitate discussion amongst the group. This program was designed for both team members and residents to participate in together.

##### Preparation

We highly suggest that the presenter be well rehearsed in each unit’s content before starting the session and use the notes as cues rather than simply reading them word-for-word. Also, we recommend printing a copy of each PowerPoint presentation with notes for the facilitator and copies of the presentation for participants (3 slides per page with lines for notes).

Each unit in this facilitator guide includes a preparation page which covers the objectives and materials needed for that class. The facilitator should review the preparation page in advance of each class to ensure that all materials are available and ready before class starts.

## Neurobics Unit 1: Stages of Memory

##### Objectives:

* Explore beliefs about aging and memory
* Identify the three stages of memory
* Provide ways to exercise your mind

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ (Optional): Neurobics pre-course questionnaire
	+ Trail-Making activity
	+ Letter Symbols activity & Letter Symbols activity explanation
	+ State Anagram activity
	+ *Brain Work*: State activity
* Prepare flip chart/board by writing the two categories: “Easy to remember” and “Easy to forget”.

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## Neurobics Unit 2: Success in Memory

##### Objectives:

* Explain why it may be difficult to register information
* Provide ways to make the memory process easier
* Test it out

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Split Word Activity
	+ Verb Generation Activity:  Athlete
	+ One-Minute Game
	+ Anagrams
	+ *Brain Work*: Mental Rotation
* Bowl/bag containing letters of the alphabet.
* Prepare alphabet letters for the one-minute game (print letters and cut them out or write them on index cards).

Page Break

## Neurobics Unit 3: Dementia

##### Objectives:

* Characterize Alzheimer’s disease
* Learn who suffers from Alzheimer’s; the brain changes associated with the disease; and the symptoms, causes, prevention and treatment of AD
* Explore Alzheimer’s disease-like symptoms
* Understand the importance of lifelong learning

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Antonym Activity #1
	+ Antonym Activity #2
	+ Sudoku Activity #1
	+ Sudoku Activity #2
	+ *Brain Work*: Walking Log

## Neurobics Unit 4: Memory Strategies

##### Objectives:

* Identify memory strategies
* Distinguish between internal and external memory aids and discover practical strategies
* Practice memory drills

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Animal Activity: Alphabetic Cueing Part 1 and 2
	+ Homonym activity
	+ Making a List, Checking It Twice
	+ *Brain Work*: Homonym Crossword Puzzle

## Neurobics Unit 5: Name and Face Recall

##### Objectives:

* Look at techniques that can improve name recall
* Review research update on face recognition
* Discuss the importance of memory intentions

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ A-Z activity: Things That Are Alive
	+ Football Anagrams
	+ *Brain Work*: Vegetable Anagrams
* Soft foam ball (for “Who’s Who?” game)

## Neurobics Unit 6: Memory and Nutrition

##### Objectives:

* Establish the powerful association between cognitive function and nutrition
* Explore what healthy nutrition means, while acknowledging potential nutrition problems
* Understand how our physiology changes as we age
* Emphasize the importance of drinking enough water
* Uncover the truth that tobacco impedes memory

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Tufts University: My Plate for Older Adults
	+ Verb Generation activity - Newborns
	+ Antonyms
	+ Eating Healthy Checklist
	+ *Brain Work*: Word Search: Antioxidants
* Community calendar with nutrition opportunities highlighted.
* Optional: Bring in healthy food to sample (Mayo Clinic’s “**10 Best Bets**” on slide 12).

## Neurobics Unit 7: Memory and Physical Activity

##### Objectives:

* Emphasize the importance of physical activity and brain function
* Recognize the influence sleep can have on our memory

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##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Anagrams: School Items
	+ Letter Symbol Activity
	+ Name Generation Activity - Male First Names
	+ *Brain Work*: Sudoku Activity
* Community calendar with exercise opportunities highlighted.
* [Exercise & Physical Activity](http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/) excellent resource for exercise/physical activity from the National Institute on Aging.

## Neurobics Unit 8: Thoughts and Feelings

##### Objectives:

* Explore how thoughts and feelings impact memory
* Explain automatic and dysfunctional thoughts
* Define Fixed Mindset vs. Growth Mindset

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Letter Symbol activity
	+ Homonyms activity
	+ Brain Booster Exercise
	+ *Brain Work*: Sudoku Activity
* Flip chart/dry-erase board and markers: Create three columns: **Situation/Thoughts/Feelings**

## Neurobics Unit 9: Stress and Memory

##### Objectives:

* Recognize that emotional, mental and physical stress affect our memory
* Talk about ways to avoid and help overcome stress

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Verb Generation activity: Farmers
	+ What does Spirituality Mean to Me?
	+ How to Reduce Absentmindedness
	+ *Brain Work*: Patterns Brainwork Activity
* Jokes for stress busters

## Neurobics Unit 10: Social Connection

##### Objectives:

* Identify the impact that social relationships have on memory
* Discuss depression and how to recognize and combat it

##### Facilitator preparation:

* Copies of the Brain Packet for each participant:
	+ Name Generation Activity: Actors
	+ What is Your Fun Level?
	+ Brain Work: 9x9 Sudoku Activity
* Optional: Set up dry-erase board/flip chart for activities.

## Neurobics Unit 11: Review

It’s the last session, make it fun. Have a cake or other special foods to celebrate. We have included an optional certificate of completion for you to distribute to your participants, but feel free to use whatever celebratory items work for you.

##### Objectives:

* Review the stages of memory
* Review the difficulties of memory
* Review dementia
* Review the types of memory aids
* Repeat the name recall steps
* Review the importance of nutrition and exercise
* Review how our memory is affected by our thoughts and feelings
* Identify stress and ways to cope
* Review the importance of social connections

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##### Facilitator preparation:

* Make copies of the Brain Packet for each participant:
	+ Trail-Making Activity
	+ Stroop Activity
	+ Split Words Activity
	+ Einstein’s Puzzle
	+ Take It From There
	+ Neurobics post-program questionnaire
* Optional: Puzzles (Sudoku or crossword puzzle books can be given as gifts)