

KEEP YOUR AGING BRAIN SHARP

A Visual Guide from
Amica Senior Lifestyles

AMICA

SENIOR LIFESTYLES





KEEP YOUR AGING BRAIN SHARP

This visual guide outlines smart daily choices to improve your brain health, cognitive abilities and memory, while potentially lowering your risk of Alzheimer's disease and dementia.

10 BEST WAYS TO KEEP YOUR AGING BRAIN SHARP

Medical experts and scientific researchers agree that smart daily choices can boost your brain health, cognitive abilities and memory and potentially lower your risk of Alzheimer's disease and dementia. Discover 10 of the most powerful habits.



Choose brain-building foods

Did you know that eating healthy foods can slow brain aging by as much as 7.5 years?¹



Move your body

Thirty minutes of exercise each day increases blood flow, lowers stress, stimulates brain function and memory and reduces Alzheimer's risk.²



Play a tune

Neuroscientists say that listening to music, singing or playing an instrument keeps your brain young, heightens memory and reduces stress.³



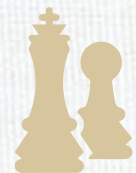
Do a puzzle

Try Wordle, crosswords, jigsaw puzzles and Sudoku. One study of people over 50 found that puzzle takers had brain function equivalent to people 10 years younger!⁴



Say no to harmful habits

Quitting smoking, limiting alcohol intake, avoiding junk food and reducing stress boost your cognitive function and lower dementia risk.⁵



Get in the game

Playing cards, chess and other single and multi-player games involves memory, counting, strategy and other cognitive skills that keep you sharp.⁶



Relax your body and mind

Meditating relieves stress and anxiety, improves your concentration and helps preserve the aging brain.⁷



Learn a new language or skill

Learning creates new brain pathways and connections. Try the Duolingo app to pick up a new language, do a drum fitness workout or try a new craft.⁸



Get more sleep

Aim for 7 or 8 hours a night. Getting only six hours of sleep or less hurts your memory and attention while increasing Alzheimer's risk.⁹



Stay social

Older adults who socialize tend to have more robust gray matter in their brains. In contrast, isolation can be as damaging as smoking 15 cigarettes a day.¹⁰

BRAIN HEALTH, BY THE NUMBERS

These figures don't lie! What's more, they drive home the fact that we can take positive action each day to improve our cognitive function and lower our risk of illness.

40%



of dementia cases could be prevented by addressing lifestyle-related factors such as exercise, socialization, high blood pressure and more.¹¹

78,600



new cases of dementia are diagnosed per year in Canadians over 65.¹²

10 years



that's how much brain aging you can stave off by regularly doing moderate to high-intensity exercise.¹³

80%



of brain disease can be linked to cardiovascular disease.¹⁴

64%



the greater risk of dementia for seniors who suffer from loneliness.¹⁵

60-70



This is the age range when brain shrinkage begins.¹⁶

3 days



That's how long adults between 70 and 90 enjoyed better cognitive performance after pleasant social interactions in one Penn State study.¹⁷

64%



the proportion of 70-year-olds who perform cognitive tests just as well as people aged 20.¹⁸

TOP BRAIN GAMES & ACTIVITIES

Research shows that there are plenty of things seniors can do to protect and enhance their memory and cognitive skills. Best of all, it doesn't have to be a chore: games, puzzles, hobbies and brain-stimulating apps are all entertaining ways to help keep your brain young.

“It is just as important to exercise your brain as it is your muscles,” agrees April Powell, a Life Enrichment Coordinator at Amica Whitby. “Brain stimulation helps keep our residents independent, thanks to fun and engaging activities like trivia games, art workshops, guest lectures, casino days and more.”

Try some of these brain-boosting activities to benefit your mind today.



Do more puzzles, more often. Different types of puzzle games work different parts of your brain.

Jigsaw puzzles call on visual-spatial working memory and have been linked to improved cognition.

Word puzzles and crossword puzzles require verbal memory, and some studies connect regular crossword completion with delayed memory decline.

Sudoku relies on short-term memory and concentration. One large study determined that the more often 50+ participants did Sudoku and crossword puzzles, the better their brains worked. On short-term memory tests, for instance, puzzle takers had brain function equivalent to people eight years younger.



Try an online game or brain-training app.

Any game on your computer, phone or tablet that includes problem solving, memory and increasing levels of challenge and skill will stimulate your brain. [Luminosity](#), [AARP Brain Games](#), [BrainHQ](#), [Cognifit](#), [Sharpbrains](#) and other sites and apps offer memory games and brain-training exercises that target different cognitive skills. Read “[Are brain games helpful?](#)” and “[The memory trick you’ve already been practicing](#)” to learn more.



Play your way to better brain function.

Games like Scrabble, Rubik's Cube, Chess and Poker can help you improve your focus, concentration and memory — plus, they're social and fun! Choosing games that challenge you will maximize the benefits.

“Casino day was a huge hit with our Amica Whitby residents — they loved playing Blackjack together,” says Powell, who organizes other brain-stimulating social events such as art workshops and lectures on mental health, happiness and more.



Take on hobbies that make you smarter.

Writing a journal or stories, reading articles and books, gardening and many other common hobbies encourage you to think creatively, learn new information and manage stress — all good things for your brain.

DAILY BRAIN BOOSTERS

Want to intentionally improve your brain health, memory and cognitive function? Try to incorporate these brain-sharpening activities into your daily routine.

MAKE HEALTHY CHOICES

Have you noshed on brain-building foods such as fruits, vegetables and leafy greens, beans, fish and unsalted nuts today? Did you limit alcohol and avoid high-fat, processed foods?

MOVE YOUR BODY

Were you active for at least 30 minutes cumulatively throughout the day? That can include walking, dancing, swimming or any physical exercise.

PLAY A TUNE

Did you sing, listen to music or play an instrument today?

EXERCISE YOUR BRAIN

Did you do any puzzles, games, reading, crafting or other brain-boosting activities?

RELAX YOUR BODY & MIND

Did you meditate for 5 to 10 minutes to work your brain and beat stress? Read [The best meditation videos, apps and podcasts](#) for free exercises.

STAY SOCIAL

Did you connect with a friend or family member or spend time with people today?

GET MORE SLEEP

Did you set yourself up for a good sleep last night by getting sunlight in the day and winding down before bed? Review [Expert sleep tips for seniors](#) for more strategies.

Kudos to you if you're incorporating brain-enhancing activities into each day! If you're struggling to stay social, eat healthy and remain active, consider [booking a tour](#) at Amica. Senior living at Amica is good for the brain, body and spirit thanks to our holistic approach to wellness through premium amenities, activities, dining and care.

SOURCES

10 Best Ways To Keep Your Aging Brain Sharp

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3. [University of Central Florida](#)
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Brain Health, By The Numbers

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15. [Journal of Neurology, Neurosurgery and Psychiatry](#)
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Top Brain Games & Activities

[Senior Brain Boosters: Tips for Maintaining Brain Health](#)

[Brain Exercises That Work](#)

[Sudoku or Crosswords May Help Keep Your Brain 10 Years Younger](#)

[10 Best Brain Games to Keep Your Mind Sharp](#)

[For Effective Brain Fitness, Do More Than Play Simple Games](#)

[The 9 Best Benefits of Playing Chess](#)

[Taking Up These 10 Hobbies Will Make You Smarter](#)

[7 Hobbies Science Says Will Make You Smarter](#)

[7 ways to keep your memory sharp at any age](#)

[A perfect match: The health benefits of jigsaw puzzles](#)

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a private tour at amica.ca.

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