



The Whole Person Approach
to BRAIN HEALTH

Sunflower Seed Spinach Salad

INGREDIENTS FOR SALAD

6 oz – organic baby spinach
½ cup – dried cranberries (low sugar)
¼ cup – apple (chopped)
¼ cup – shredded Parmesan
½ cup – sunflower seeds (out of shell)

Dressing:

Balsamic Vinaigrette

(or your choice of Vinaigrette dressing)

Health Benefits of Spinach

The high content of antioxidants in spinach can help eliminate the effects of free radicals in the body.

Free radicals are toxins that are produced by the body when exposed to smoke, ultra violet rays, pollution, and more.

(When this occurs, our healthy cells are put in danger.)

Free radicals are at the root of many diseases, including cancer and heart disease.

The build up of free radicals has been linked to an increased risk of mental decline as we age.

Scientists have found that a diet rich in spinach can help the brain stay sharp as we age. *(A study from the University of Florida revealed that lab rats given a diet high in spinach, performed better on memory and learning tests)*

Health Benefits of Sunflower Seeds

Sunflower seeds are an excellent source of essential fatty acids, (poly-unsaturated & mono-unsaturated), which benefit both the brain and the heart, while also contributing to better cholesterol levels. (Helps reduce bad cholesterol and increase good cholesterol)

Research studies reveal that diets rich in mono-unsaturated fats can help prevent coronary artery disease and stroke by contributing to a healthy 'serum lipid' profile.

[A cardiovascular risk prediction based on total cholesterol]

Sunflower seeds are a great source of B-complex vitamins, providing an array of health benefits. (Research has included 'improved cognitive function' as one of those potential benefits!)

Vitamin E: Battles free radicals and is great for the skin.

Health Benefits of Cranberries

Good for our digestive health...due to the high content of fiber in cranberries.

Some studies have shown cranberries to help improve blood flow through the arteries.

Cranberries are high in antioxidants, fighting toxic, cell damaging free radicals in the body.

The high content of anti-microbial and anti-inflammatory components in cranberries help prevent urinary tract infections...and even gum disease.

Health Benefits of Apples

Apples provide 14% (DV) of Vitamin C...one of the most important vitamins in the diet and provides the immune system with a big boost.

Apples help the body absorb iron and strengthen 'connective tissue'. *(This also means it's good for the skin!)*

Apples contain potassium, an electrolyte that assists the body in its effort to maintain fluid balance and healthy blood pressure.

Potassium also helps the body get rid of excess sodium through the urine.

LESSON 7: Relationship Accounts

What is a relationship? Webster's dictionary defines it as, "*The state of being related or interrelated; a connection or bond between two people.*" We are created to be connected (in relationship) with others, which we now understand through research, is absolutely crucial to aging well.

In a California study published by the American Journal of Public Health, researchers reported that older women who engaged in large social networks reduced their risk of dementia by 26%, and women who engaged in social networks daily, reduced their risk by nearly half. (49%)

Maintaining healthy relationships is a lot of work, it takes time, patience, grace, understanding, forgiveness and at times, an agreement to disagree. However, anyone who has experienced a life-long friendship will tell you that it's well worth the effort.

One way in which we can ensure our relationships stay healthy is to maintain a 'relationship bank'. This is basically a 'mental account' of deposits and withdrawals. Positive actions and comments are considered 'deposits', while negative actions and comments are considered 'withdrawals'. In a healthy relationship, both people work to maintain a positive balance. However, your balance is held in the other person's 'mental account, and they're monitoring it.

What's interesting is just how similar this concept is to a regular bank account. If you have \$10,000 in your account and take a \$500 withdrawal, it's not a big deal. On the other hand, if you only have \$1,000 in your account and a \$500 withdrawal occurs, then there's cause for concern. In the same way, a withdrawal from a relationship bank isn't likely to create a major problem if the account has received consistent deposits, which in turn, has created an 'excess'. (This isn't the case if very few deposits have been made.)

For instance, if you bring your loved one their favorite drink each week, frequently call or send a text to let them know you're thinking about them, or during conversations, you're careful to ask questions related to their life, then you're making consistent deposits into that relationship bank. Now, if you happen to forget to send them a birthday card... (or forget their birthday all together), it's not likely to have a devastating impact on the relationship because they already know deep down that you truly care about them. (That doesn't mean you shouldn't apologize for your missing their birthday. ☺) However if you had not invested in the relationship and had forgotten their birthday, then your account would be seriously overdrawn, creating a large deficit in your account and in the relationship.

REFERENCES: Chapman, G. (1995). *The Five Love Languages*. Northfield Publishing. Retrieved from FamilyLife.com.

Exercise: Language & Vocabulary

1. Antonym for **awareness** _____
2. Synonym for **confusion** _____
3. Antonym for **soothed** _____
4. Synonym for **frightened** _____
5. Antonym for **excited** _____
6. Synonym for **sad** _____
7. Antonym for **joyfulness** _____
8. Synonym for **suffering** _____
9. Antonym for **underwhelmed** _____
10. Synonym for **flooded** _____
11. Antonym for **calm** _____
12. Synonym for **astonished** _____
13. Antonym for **ordinary** _____
14. Synonym for **honored** _____
15. Antonym for **shy** _____
16. Synonym for **exuberant** _____
17. Antonym for **repellent** _____
18. Synonym for **connection** _____

Long Term Memory Exercise

1) The father's name was Steve Douglas. He had three sons, Mike, Robbi, and Chip. **Name that show:** _____

2) Just sit right back and you'll hear a tale, a tale of a fateful trip, that started from this tropic port aboard this tiny ship.

Name that show: _____

3) The Cartwright's owned the Ponderosa Ranch during and after the Civil War. Ben Cartwright's sons were named, Adam, Little Joe, and Hoss.

Name that show: _____

4) This show was titled after the main character. On the show he went by the name of Rob Petrie and he was married to Laura, played by Mary Tyler Moore. They were friends with Buddy Sorrell and Sally Rogers.

Name that show: _____

5) This show aired in various versions from 1952 to 1989 and was hosted by Dick Clark. Featured were teenagers dancing to the top 40 hits.

Name that show: _____

6) This game show first aired in 1972 and was hosted by Bob Barker until 2007. The audience was wild and showed their excitement as they waited for their name to be called, followed by... "Come on down...you're the next contestant on....."

Name that show: _____

7) Air Force captain Anthony "Tony" Nelson, played by Larry Hagman, was stranded on a desert island after his space capsule malfunctioned on re-entry. When he was on the island, he found a bottle and decided to open it. When he did, a Jeannie appeared, played by Barbara Eden.

Name that show: _____

Neural Pathway Exercise: Word Association-Vocab-Thought Process

For each challenge below, you will be given three clues, (located in between the brackets), and these three clues will lead you to the final answer.

1. **a-** Jimmy Carter was the 39th president of the United States, however he was also famous for owning what type of farm? [_____]

b- Often at weddings and other fancy celebrations, you might enjoy dipping a juicy red, [S _____] into a fountain containing melted C _____

c- The U.S. M _____ has produced American coins for over 225 years.

Final answer: These words are all associated with [_____]

2. **a-** This cliché is used to explain why people with similar likes and dislikes enjoy hanging out together. Birds of a _____ flock together.

b- If you need just one piece of paper, you need a S _____ of paper.

c- You may do this like a baby or even like a log. _____

Final answer: These words are all associated with [_____]

3. **a-** If you enjoy the west side of Florida, then you should visit the islands off the coast, referred to as 'The Florida _____'

b- Two of these are attached to the crank-set on a bicycle and are what ultimately put the bike in motion. P _____

c- When we were young(er) J and had a crush on someone, we may have written them love _____

Final answer: These words are all associated with [_____]

4. **a-** This drink includes lactose, but can be purchased without it... or try another type, made with almonds or coconuts _____

b- If someone is committed to a certain set of beliefs or identifies with a particular group, they are said to be 'dyed in the _____'.

c- To say, 'oh, it's six one way...a half a dozen the other', to what food item(s) would they be referring? _____

Final answer: These words are all associated with [_____]

Exercise: Article Review (Recall-Organizing Information)

Carefully read the article below, then move to the next page where you will find additional instructions for this exercise.

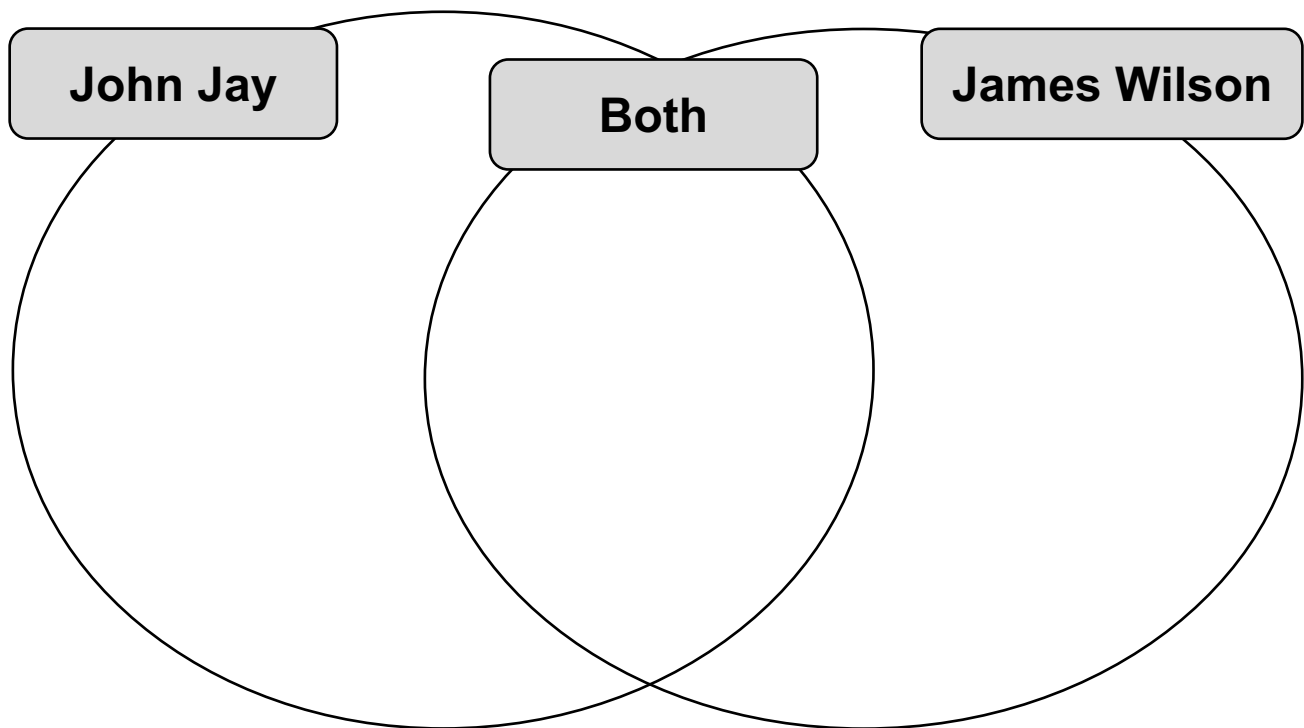
American Heritage: Two Founding Fathers

There are many founders of our great country that aren't as well-known as some, but had just as much influence, if not more, on the development of the principles that guide America.

For example, John Jay was the original Chief Justice of the Supreme Court and a co-author of 'The Federalist Papers'. John Jay, along with most of our founding founders, loved God and believed that all men were created equal. He also served as the second governor of New York. One of his famous quotes was, "Unto Him who is the author and giver of all good, I render sincere and humble thanks for His manifold and unmerited blessings, and especially for our redemption and salvation by His beloved Son...Blessed be His holy name."

James Wilson was considered one of the 'fathers' of the constitution. Although he isn't spoken of in most recent textbooks, he was the 2nd most active member at the Constitutional Convention, speaking on the house floor 168 times. In addition, he was one of only six founders to have signed the both the Declaration of Independence and the United States Constitution. James Wilson also loved God, swearing a sacred oath to this country and was determined to help establish freedom for all men. If that wasn't enough, when George Washington became president, he appointed James Wilson to the Supreme Court as one of the first of five justices. While serving on the Supreme Court, James came up with the idea of creating law schools, which led him to write the very first textbook on law. This evolved into a volume set of three. One of his famous quotes, was, "You cannot have good civil law apart from divine law."

Exercise: Article Review (Recall and Organizing Information) On the Venn Diagram below, organize key points from each of the founding fathers discussed in the article. Write the information about John Jay that was exclusive to him and do the same for James Wilson. Write any similarities/commonalities between the two gentlemen in the area under **both**. Once you are finished, challenge your recall by answering the questions about the article, trying not to peek.



1. Who was the first Chief Supreme Court Justice? _____
2. How many Associate Justices were on the first Supreme Court? _____
3. Which of the founding fathers mentioned in this article, signed both the U.S. Constitution and the Declaration of Independence?

4. Which of the two founding fathers discussed in the article, co-‘ authored ‘The Federalist Papers’? _____
5. Which of the two founding fathers in the article made the following statement? “Unto Him who is the author and giver of all good, I render sincere and humble thanks for His manifold and unmerited blessings, and especially for our redemption and salvation by His beloved Son... Blessed be His holy name.” _____

BrainFlex Trivia

Life-Long Learning and Long-Term Knowledge

TRIVIA NOTES

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

7.) _____

8.) _____

9.) _____

10.) _____

11.) _____

12.) _____

13.) _____

14.) _____

Answers

ANSWERS TO: Exercise: Language & Vocabulary

- 1. Antonym for awareness - ALOOF**
- 2. Synonym for confusion - CLARITY**
- 3. Antonym for soothed – IRRITATED**
- 4. Synonym for frightened - SCARED**
- 5. Antonym for excited - INDIFFERENT**
- 6. Synonym for sad – MELANCHOLY**
- 7. Antonym for joyfulness - SADNESS**
- 8. Synonym for suffering - MISERY**
- 9. Antonym for underwhelmed - OVERWHELMED**
- 10. Synonym for flooded – INUNDATED**
- 11. Antonym for calm - ANXIOUS**
- 12. Synonym for astonished - SHOCKED**
- 13. Antonym for ordinary – DISTINGUISHED**
- 14. Synonym for honored - RESPECTED**
- 15. Antonym for shy - OUTGOING**

Answers to: Long Term Memory Exercise

- 1) MY THREE SONS**
- 2) GILLIGAN'S ISLAND**
- 3) BONANZA**
- 4) THE DICK VAN DYKE SHOW**
- 5) AMERICAN BANDSTAND**
- 6) THE PRICE IS RIGHT**
- 7) I DREAM OF JEANNIE**

Answers to 'Neural Pathway Exercise:

Word Association-Vocab-Thought Process

1. a- peanut
b- strawberry
c- chocolate

Final Answer: Ice Cream Flavors

2. a- feather
b- sheet
c- sleep

Final Answer: Bed

3. a- keys
b- pedals
c- notes

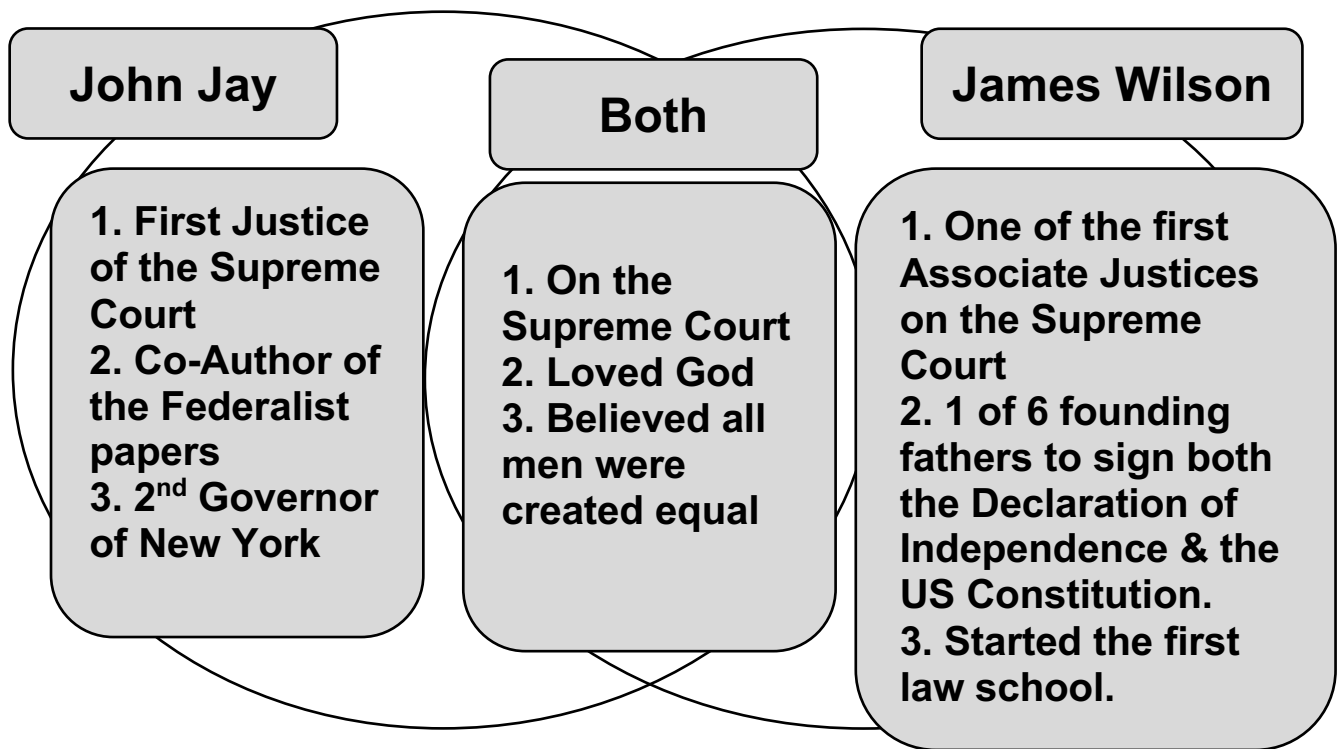
Final Answer: Piano

4. a- milk
b- wool
c- eggs

**Final Answer:
Things provided
to us
by animals**

Answers to Lesson 4

Answers to Exercise (Recall and Organizing Information)



1. Who was the first Chief Supreme Court Justice? **John Jay**
2. How many Associate Justices were on the first Supreme Court? **5**
3. Which founding father mentioned in this article, signed both the U.S. Constitution and the Declaration of Independence? **James Wilson**
4. Which of the two founding fathers discussed in this article was a co-author of 'The Federalist Papers'? **John Jay**
5. Which of the two founding fathers in the article is well-known for the following quote? "Unto Him who is the author and giver of all good, I render sincere and humble thanks for His manifold and unmerited blessings, and especially for our redemption and salvation by His beloved Son...Blessed be His holy name." **John Jay**