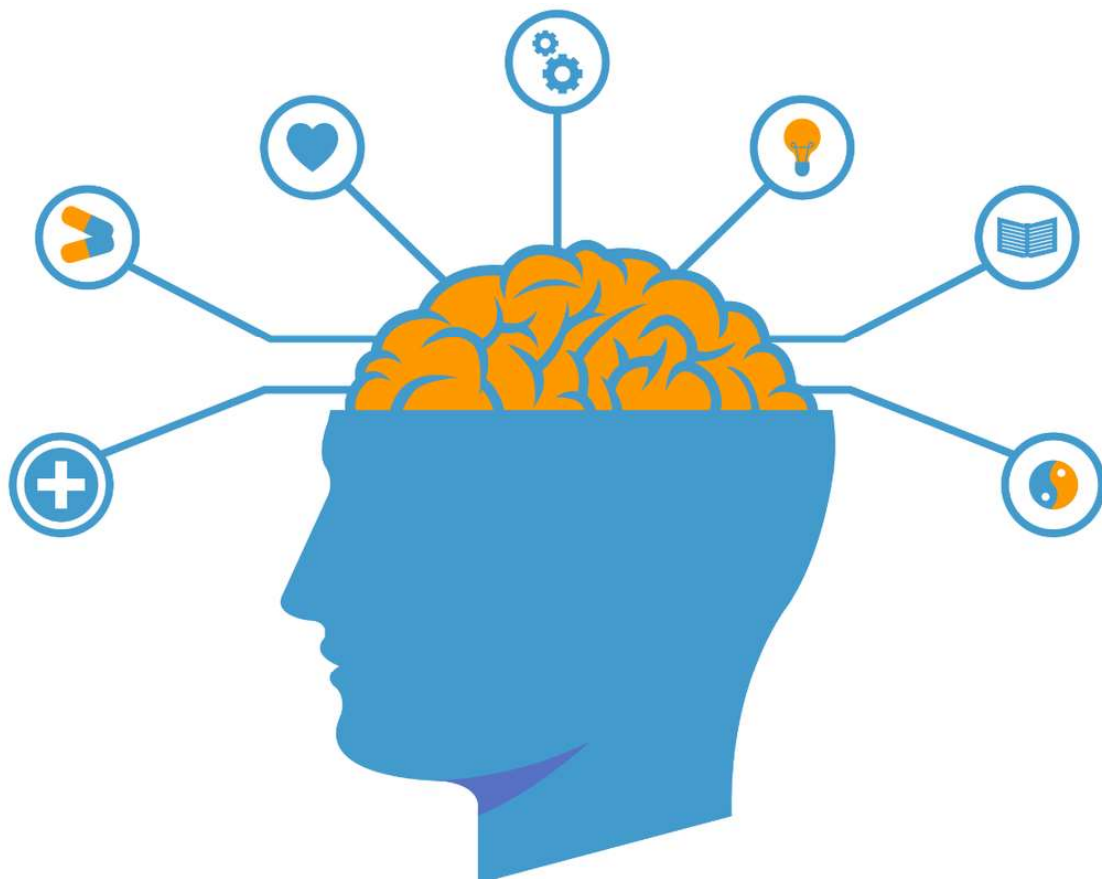


# Getting Started with Cognitive Exercise to Maintain Brain Health



# Table of Contents

Why Cognition Matters

Books and Resources

MemPics® Dogs – Man's Best Friend: Book One,  
*Chapter: Labrador Retriever*

The BCAT® Working Memory Exercise Book – Home  
Edition

The BrainSharp™ Exercise Book

Book Descriptions and Next Steps

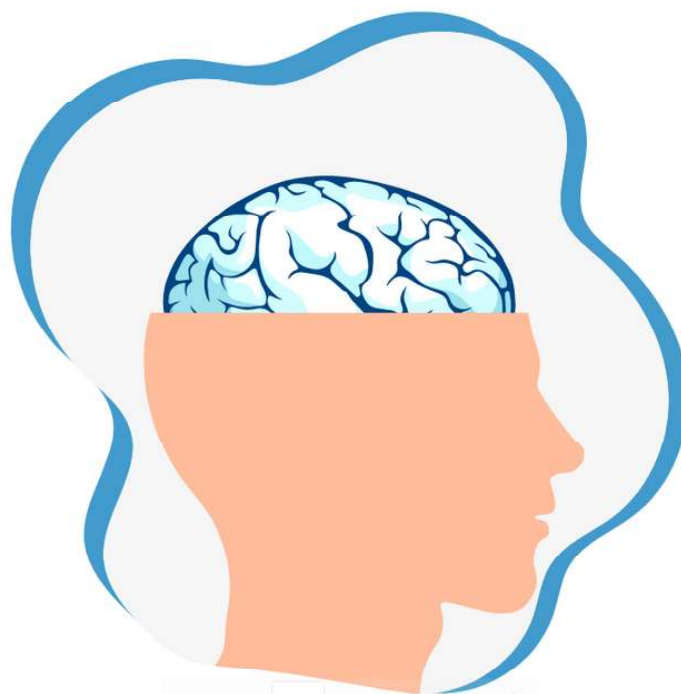
*Answer Key: The BCAT® Working Memory Exercises*

*Answer Key: The BrainSharp™ Exercise Book*

## Why Cognition Matters

For older adults, cognition should be considered a **“vital sign.”** Vital signs are measurements of the body’s basic functions and are vital for healthy functioning. Cognition is at the center of everything we do and is essential for us to successfully perform everyday tasks. It consists of multiple domains, including: attention, memory (e.g., remembering to take medications, remembering a doctor appointment), and executive and organizational skills (e.g., planning, sequencing, judgment, problem-solving, etc.). Impairments in memory and/or the other domains of cognition can make it difficult to function at home independently.

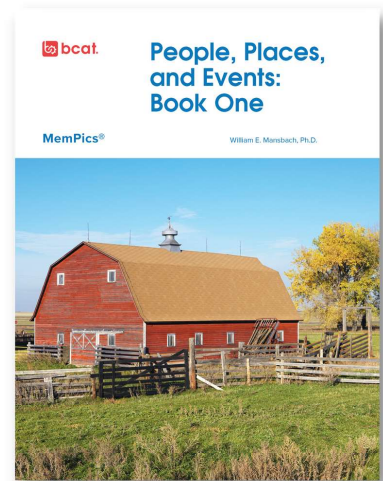
Active participation in evidenced-based cognitive exercises is a key ingredient to maintaining brain health and the ability to perform cognitive and functional tasks successfully.



# Books and Resources

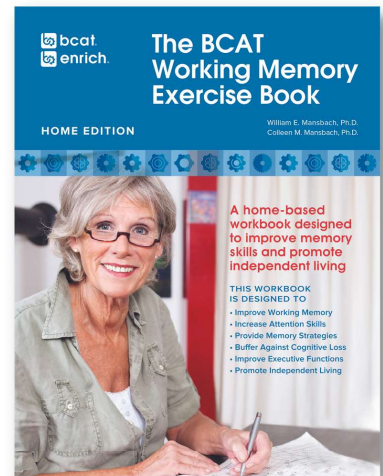
## MemPics® Book Series:

MemPics® books activate old memories through pictures and conversations about familiar people, places, objects, and events. MemPics® books offer persons with memory loss a variety of cognitively enhancing activities that provide opportunities for meaningful engagement with family members or caregivers. There are 13 different topics available.



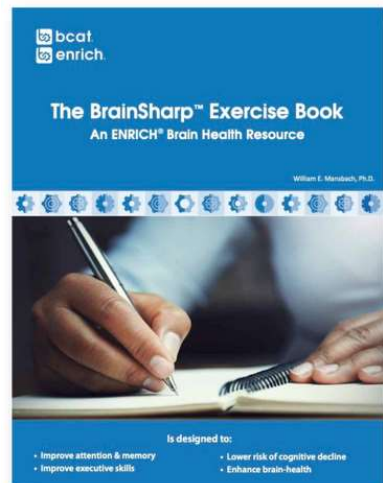
## The BCAT Working Exercise Book - Home Edition:

This workbook contains exercises which target attention, memory and organization skills. These activities are scientifically validated to improve cognition while maintaining brain health and lowering the risk for dementia.



## The BrainSharp™ Exercise Book:

This book contains three specific exercise types: mazes, word scrambles, and word searches which can improve cognitive performance and everyday functioning.



# MemPics®

## **Dogs - Man's Best Friend: Book One**

**Chapter:** Labrador Retriever



## The Pictures

Each picture represents potentially familiar people, places, objects, or events. Old memories tend to be better preserved than recent memories in people with cognitive disorders, and can provide a foundation for stimulating cognition and thinking. One way to begin using the picture effectively is to ask the participant, “What do you see in this picture?” Based on the response, you can ask follow-up questions. You can use the “prompting questions” in the book to guide you.

## The Fun Facts

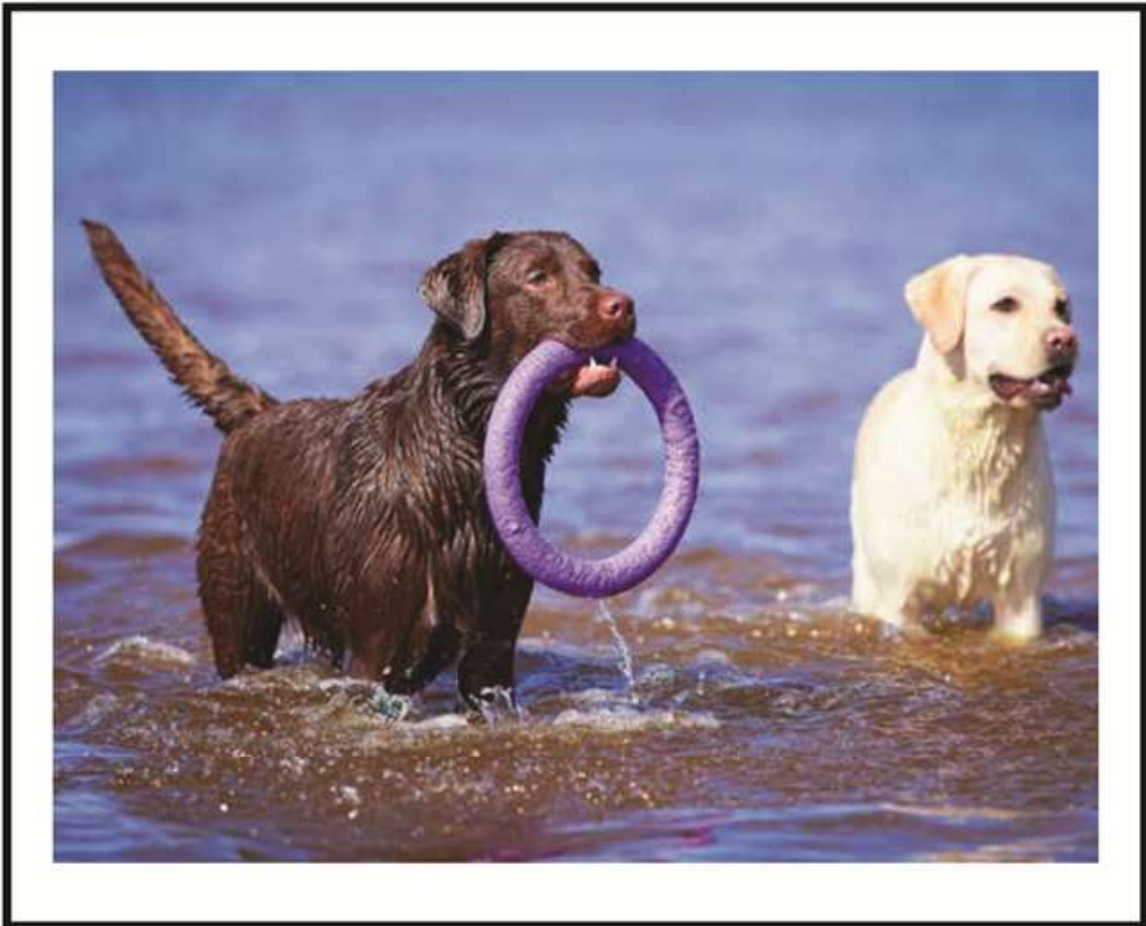
These are simply interesting facts that can be shared and discussed by participants. They provide opportunities for stimulating old memories and asking questions that encourage cognitive processing. They can be read and then discussed.

## The Prompting Questions

These questions encourage cognitive processing. Examples are provided. The activity leader can use simpler or more complicated ones, depending on the cognitive skills of the participants.

## The Stories

The brief stories can be read out loud by the activity leader or by participants. We learn, communicate, and are entertained through stories. Research has demonstrated that reading can engage participants who are otherwise quiet and isolative. More than anything else, the stories can be fun and stimulating. You can stop reading the story at any time to ask questions and encourage participants to share their memories and opinions.



## The Labrador Retriever

### Fun Facts:

- Labrador Retrievers are powerful swimmers, partly due to their webbed toes and otter-like tail.
- Labrador Retrievers are waterproof because of an insulating “double coat.”
- Typically very friendly, Labrador Retrievers tend not to be territorial or great watch dogs.
- There are two recognized lines in this breed - the short and stocky English, and the American labs.
- The American Kennel Club recognizes three lab colors: black, yellow, and chocolate.
- Male labs generally weigh 80 -100 pounds, while females weigh 55 -70 pounds.

### Prompting Questions:

1. What do you see in this picture?
2. Did you or someone you know have a Labrador Retriever?
3. What does it feel like to pet a friendly dog?
4. Can you describe your favorite dog?



## More than a Best Friend

Labrador Retrievers are recognized by the American Kennel Club as “sporting group” dogs. However, they are wonderful working dogs, that help us in drug detection, search and rescue operations, medical emergencies, military operations, and as guide dogs. Labs are routinely at the top of the list of most popular dogs. One of the most remarkable and heroic Labrador Retrievers was a dog named Melo. Melo was a six-year old black lab who lived with John Benson in a small Wisconsin town.

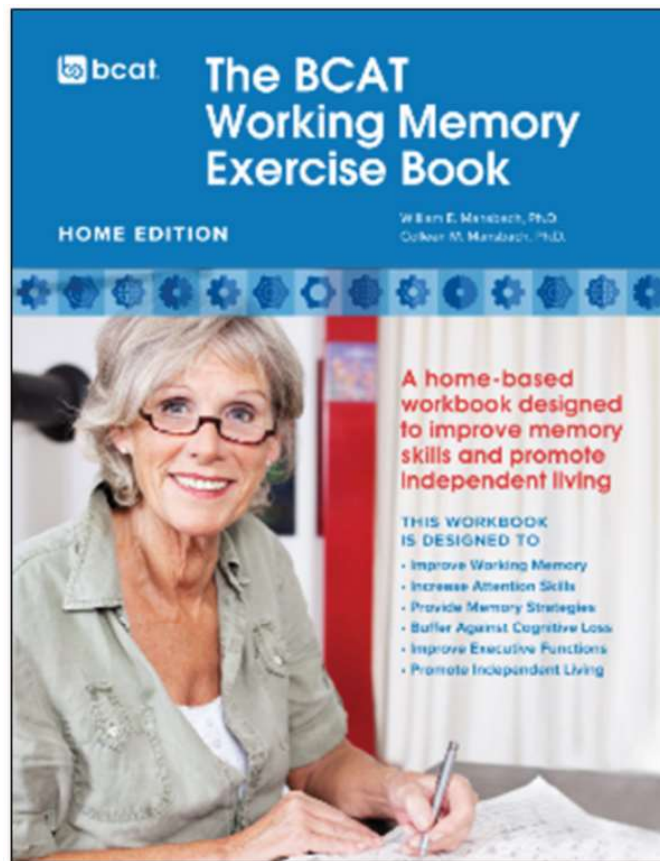
One of Melo’s favorite activities was to go fishing with John. Most weekends, John and Melo would load up their gear, get in their boat, and head out. Dog and owner were

inseparable. One April day, with darkening skies and strong winds, John and Melo drove to the lake. When they got there, a light rain was falling, but John called to his dog to jump into the boat and out they went. Their boat began to rock and sway, and soon the rain came down so hard you could not see more than a few feet ahead. John knew that they had to get back to shore. Standing up in the small boat, John lost his footing and fell overboard, hitting his head on the edge of the boat. He was unconscious, and sinking toward the bottom of the lake. Melo, quickly jumped into the water, pulled John to the surface, and swam him all the way back to shore. John survived his ordeal, thanks to the heroism and love of his dog. Sometimes, your dog is more than a best friend.

# The BCAT<sup>®</sup> Working Memory Exercise Book - Home Edition

## Activities:

- Picture Sorting, Exercise 2
- Story Recall, Exercise 1



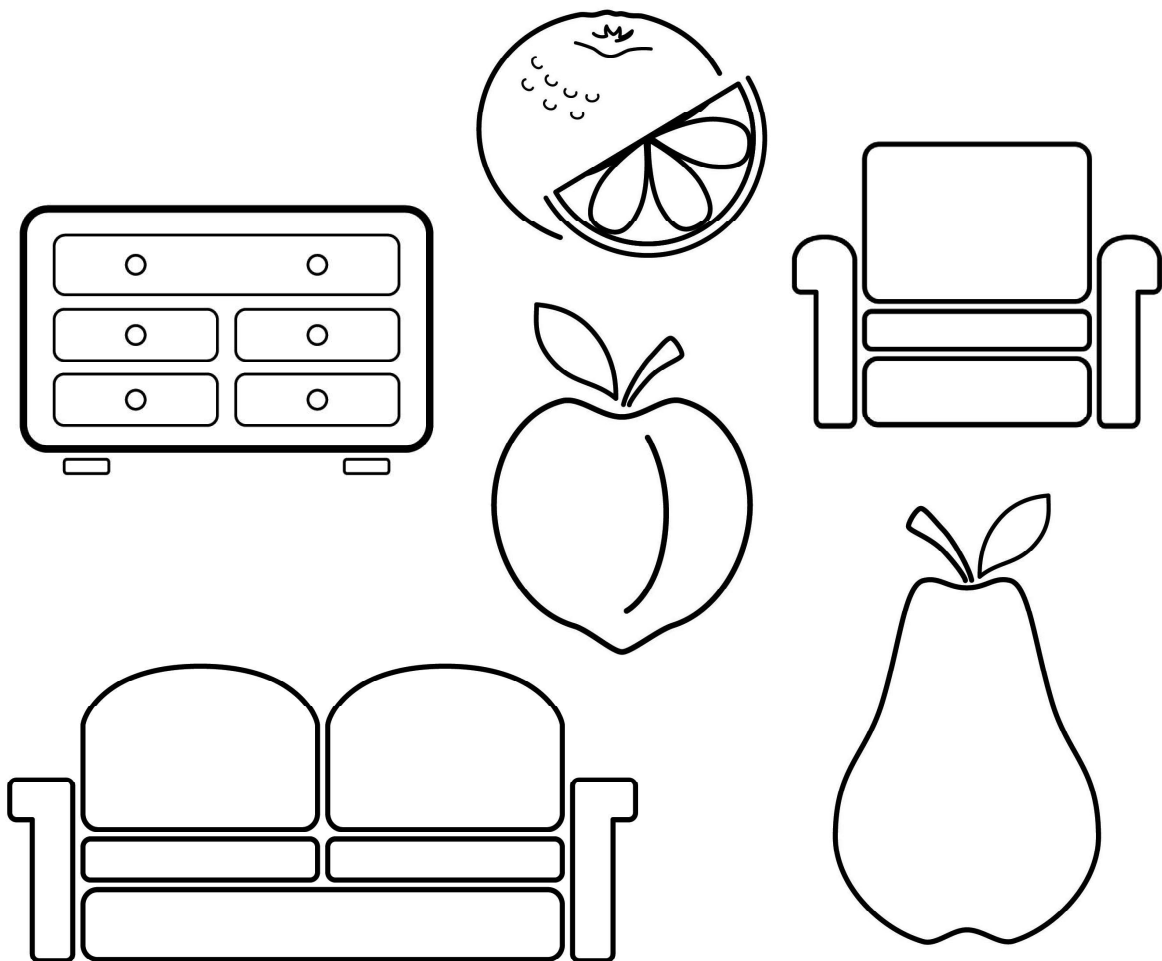
## PICTURE SORTING

## EXERCISE 2

Below are six objects. Name each object. Sort them into one of two categories. What are the categories? Now, attempt to memorize them. On the following page, list (or say) all of the objects by their identified category.

***Taking it to the next level*** – After completing exercise 2, write down each category identified in this exercise on a blank piece of paper. Try to name three additional objects for each category. Now write the names of the original objects plus the three you added for each category. Wait at least five minutes and try to recall all objects and categories a second time (This can be repeated as often as you like.).

---



**PICTURE SORTING—WORKSHEET****EXERCISE 2**

Write down (or say) the objects belonging to each category.

**Category 1:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Category 2:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Without looking at this worksheet, write down on a blank sheet of paper (or say) each category and the corresponding objects from memory. You can go back and look at the objects if you cannot remember them.

## STORY RECALL

## EXERCISE 1

Below is a short story. Read it carefully (or have it read to you). You can take notes or underline key details. After you read it (or listen to it), answer the questions. When finished, cover the story before answering the questions.

**Taking it to the next level** - After completing exercise 1, wait at least five minutes. Try to retell the story, concentrating on every detail you can recall. Then, try to answer these questions without rereading the story. What did Sally prefer to do rather than play basketball? In high school, she was champion of what activity?

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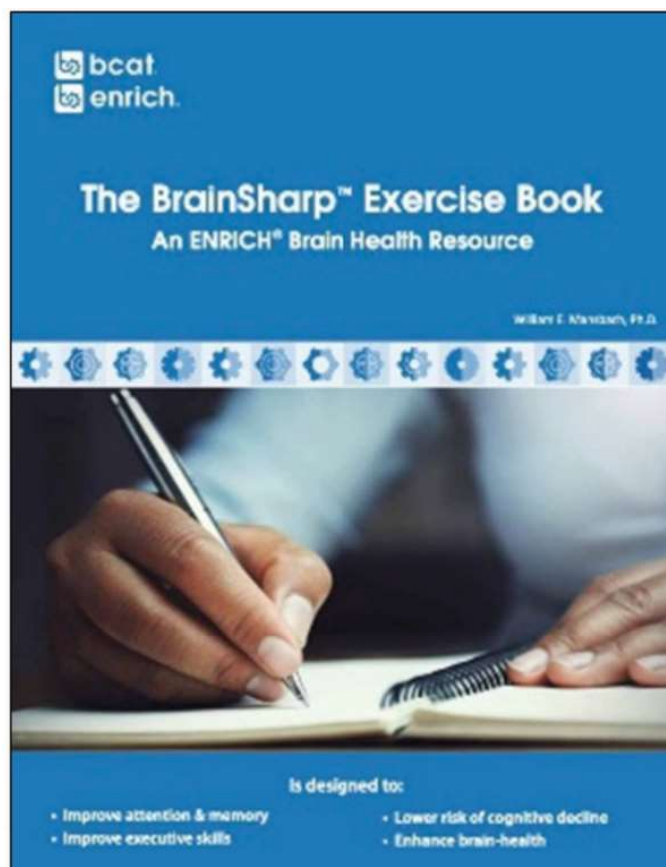
Sally was a tall girl, standing six feet without shoes. She wasn't a very good athlete, but was an excellent writer. In high school, the basketball coach tried to get her to play basketball, but she preferred word games. She was the captain of the school debate team and never lost a match. In her senior year, she was the debate state champion. She won her debate by arguing that girls should receive the same number of sports scholarships as boys.

1. The name of the girl in the story was \_\_\_\_\_.  
 a. Susan  
 b. Sarah  
 c. Melinda  
 d. Sally
  
2. The girl was a state champion in \_\_\_\_\_.  
 a. Basketball  
 b. Chess  
 c. Debate  
 d. Writing
  
3. How tall was the girl in the story?  
 a. Six feet  
 b. Five feet  
 c. Five and one-half feet  
 d. Six and one-half feet
  
4. The girl's winning debate was about \_\_\_\_\_.  
 a. Why boys play better basketball than girls  
 b. Why girls and boys should get an equal number of college scholarships  
 c. Why girls play better basketball than boys  
 d. Why writing skills are better than athletic skills

# The BrainSharp™ Exercise Book

## Activities:

- Word Scramble, Theme: Use Your Brain
- Maze 2, Level 1



# Theme: Use Your Brain

Put your mind to the test and see if you can figure out different words related to the brain's anatomy. Unscramble the words below to reveal some scientific terms about the brain.



1. bnria clles

1.

2. spnail crdo

2.

3. neourvs sytesm

3.

4. brina stme

4.

5. cerbreal ceoxtr

5.

6. caelrebr hesmhperie

6.

7. cerebspinroal flidu

7.

8. craianl neresv

8.

9. frotanl lbeos

9.

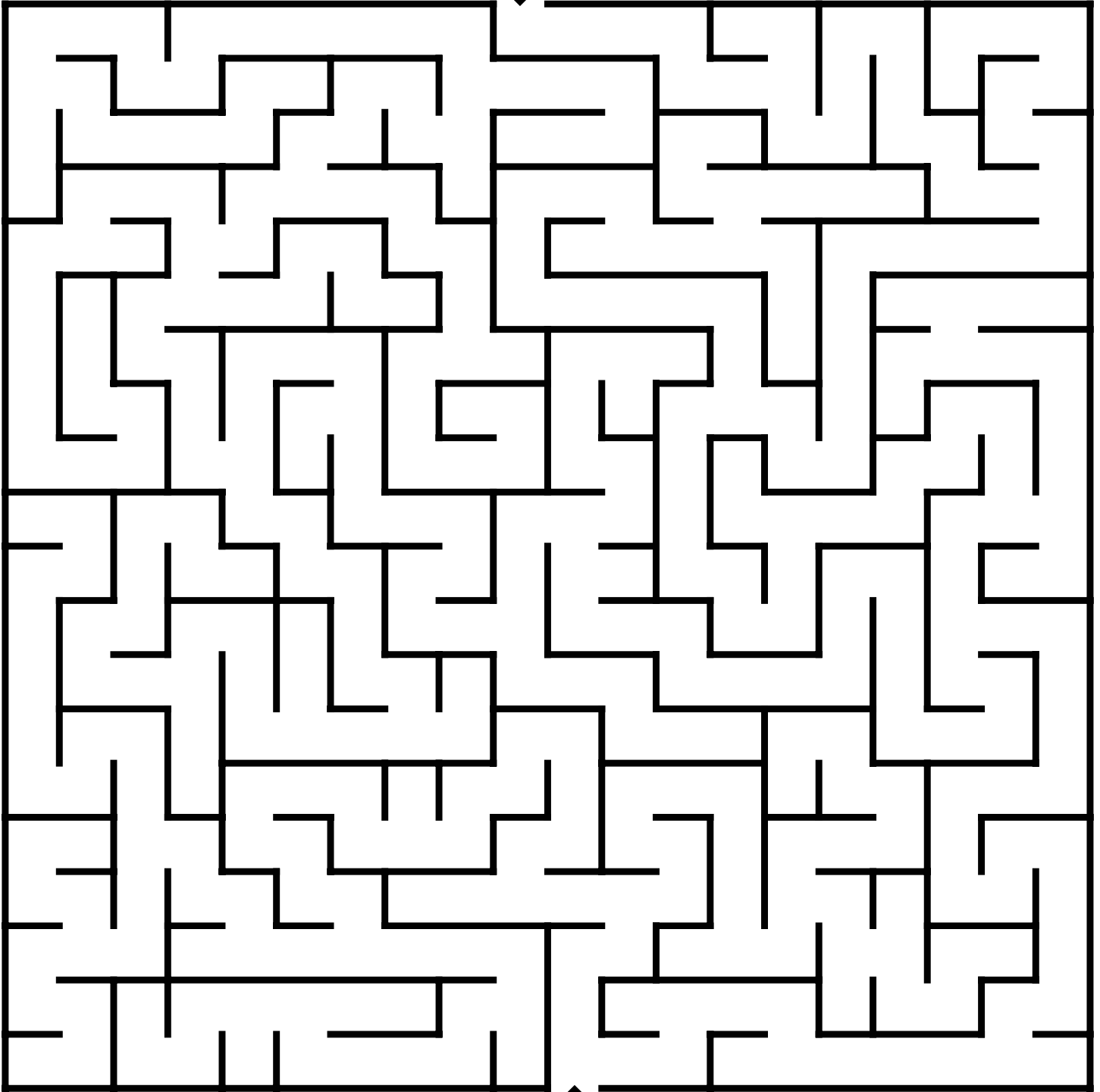
10. enindcroe glnda

10.







# MAZE 2

START



END

The exercises in this packet have provided an opportunity for you to work on important thinking skills to maintain your independence, boost your brain health, and to reduce the risk of further cognitive decline. Ordering your own copy of the resources below, enables you to continue focusing on a cognitive “workout” routine to help lower the risk for dementia.

<p><b>The BCAT® Working Memory Exercise Book - Home Edition</b></p>	<p><a href="https://enrichvisits.com/shop/exercisebook-homeedition">https://enrichvisits.com/shop/exercisebook-homeedition</a></p> 
<p><b>The BrainSharp™ Exercise Book</b></p>	<p><a href="https://enrichvisits.com/shop/the-brainsharp-exercise-book">https://enrichvisits.com/shop/the-brainsharp-exercise-book</a></p> 
<p><b>Brain Health Workout Kit</b> (Book bundle of <i>The BCAT® Working Memory Exercise Book - Home Edition</i> and <i>The BrainSharp™ Exercise Book</i>)</p>	<p><a href="https://enrichvisits.com/shop/brain-health-workout-kit">https://enrichvisits.com/shop/brain-health-workout-kit</a></p> 
<p><b>MemPics® Book Series</b></p>	<p><a href="https://enrichvisits.com/individuals-family-members-bookstore">https://enrichvisits.com/individuals-family-members-bookstore</a></p> 

**Additional Resources**

If you have a computer or a tablet and enjoy doing online activities, an additional resource to supplement the above workbooks may be considered.

The **Digital Working Memory Exercise Platform** is an interactive online program that provides access to a variety of basic and complex cognitive exercises.

# Answer Keys

**PICTURE SORTING—WORKSHEET****EXERCISE 2**

Write down (or say) the objects belonging to each category.

**Category 1:** Fruit

1. Orange

2. Peach

3. Pear

**Category 2:** Furniture

1. Chair

2. Couch

3. Dresser

Without looking at this worksheet, write down on a blank sheet of paper (or say) each category and the corresponding objects from memory. You can go back and look at the objects if you cannot remember them.

## STORY RECALL

## EXERCISE 1

Below is a short story. Read it carefully (or have it read to you). You can take notes or underline key details. After you read it (or listen to it), answer the questions. When finished, cover the story before answering the questions.

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# Theme: Use Your Brain

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1. bnria clles

1. brain cells

2. spnail crdo

2. spinal cord

3. neourvs sytesm

3. nervous system

4. brina stme

4. brain stem

5. cerbreal ceoxtr

5. cerebral cortex

6. caelrebr hesmhperie

6. cerebral hemisphere

7. cerebspinroal flidu

7. cerebrospinal fluid

8. craianl neresv

8. cranial nerves

9. frotanl lbeos

9. frontal lobes

10. enindcroe glnda

10. endocrine gland

