



**SPECIAL  
POINTS OF IN-  
TEREST:**

- Sad, But True
- Senior Moments
- Staying Mentally Active
- How to Stay Young
- EAT!
- Ideas to Stay Mentally Active
- Steps to Improve Your Memory

P.O. Box 18667  
Charlotte, NC 28218

800.849.1503  
Fax: 704.331.9663  
Kathy@  
southernbuilder.org

Visit our website  
southernbuilder.org

# Hats ON for Safety

VOLUME 1, ISSUE 43

SEPTEMBER 2011

## Senior Moments

### Sad, But True

I had saved an article on "Senior Moments" several months ago for the Safety Newsletter. Pulled the saved article from the file and put it by my keyboard to remind me to continue to search for additional information. I sat there and I would look at the title "Senior Moments." Then, suddenly, it was

gone. I could not find it anywhere. To this day, I cannot locate it. WOW. Talk about your "Senior Moments!"

The very first "senior moment" ... ☹️



And **that's** what happened to the dinosaurs!

Decided I could not possibly be alone in this...

### Senior Moments

As we get older, our brains slow down and memory loss occurs. It is a natural part of the aging process and, in most cases, no cause for alarm. Your mind works a lot like a computer. Your brain puts information it judges to be important into 'files.' When you remember something, you pull up a file. As people grow older, it may take longer to retrieve those files. My personal opinion is that is because there is more information in there than for a younger person. Just stands to reason, as we get older, we keep filing information—the files grow.

### Staying Mentally Active

Your brain, like your muscles, must be exercised to stay in shape. To keep your brain active, you have to continue to do new and adventurous things. That does not mean to try

jumping out of a plane or windsurfing. Try simple things like trying a new recipe, rearrange the furniture, anything that will challenge the day to day monotony.



### How to Stay Young

- Keep only cheerful friends
- Keep learning
- Enjoy the simple things
- Laugh often, long and loud
- Cherish your health

## EAT!

To curb lackadaisical brain activity, EAT! Eat purple fruits and vegetables such as blueberries, cranberries and Concord grapes. Incorporate certain foods that are high in antioxidants, B vitamins and omega-3 fatty acids. Fill your plate with:



- Spinach
- Beets
- Legumes, nuts and seeds
- Eggs
- Fish (salmon, herring, mackerel, tuna, sardines and bluefish)
- Dairy

## Ideas to Keep Mentally Active

- Doing crossword puzzles
- Reading parts of the newspaper that you normally skip
- Taking different routes when driving
- Learning how to play a musical instrument
- Volunteering at a local school or community organization
- Stay active physically and socially



What are \*YOU\* worried about? Let us know safety topics that could help keep your workplace safe!

## Steps to Improve Your Memory

- **Encourage Yourself Regularly.** Convince yourself you have a good memory
- **Keep Your Brain Active.** Puzzles and games can keep your brain active and improve its faculty of reason and memory.
- **Exercise Daily.** This improves blood circulation and efficiency of body and competence of your brain.
- **Reduce Stress.** Relax to make you fresh mentally.
- **Eat Healthy.** Try to eat 5 or 6 times throughout the day instead of 3 times. It may improve your memory as it balances your blood sugar.
- **Repeat Things You Need to Learn.** Repeat it either aloud or silently. Try writing it down.
- **Sleep Well** People who sleep well tend to remember things well.
- **Organize Your Life.** Keep things you use daily in the same place. (Like keys, glasses, wallet.)





