



Healthy Lifestyle Includes Memory TuneUp Program at Destinations, Las Vegas

Did you know that contrary to old myths, recent medical research has proven that that brain cells DO regenerate. They can see it by electron-microscopy . . . amazing! So savvy doctors are now advising their patients to exercise their minds as well as their bodies in order to maintain the brain in peak condition. The memory can continue to work just fine for years to come; don't buy into mis-information – we're not all doomed to dementia. So stop worrying about "Senior Moments."

At any age, it's imperative that we keep the circulation lively, the joints flexible, and the muscles strong by doing physical activity; drinking water consistently for good hydration; providing quality nutrition for cellular metabolism; breathing plenty of fresh oxygen; and sleeping soundly. We all know about these things that keep the body healthy, whether we do them daily or not.

But how do we exercise the brain to strengthen the mind? This is more of a mystery. We've been hearing the popular saying, "Use it or lose it!" But how?

We can do Crossword Puzzles, and if we like numbers there's the latest craze called Sudoku; it's always been a good recommendation to read novels and magazine articles, and there are some great games we can play, on computers and socially . . . but what else can we do to use it to insure that we don't lose it?

Now there's a great answer! It's a fun, entertaining and enjoyable way to challenge your



memory, stimulate your mind and exercise your mental muscles. It's called "Memory TuneUp" created by Jan Dacri (pronounced DAK-REE), world-renowned memory expert, and a highly acclaimed motivational speaker for organizations such as AARP for 30+ years of speaking on the universally popular topic of Memory.

She's created a program consisting of a book and DVD called MEMORY SECRETS; Restore Your Memory – Retrain Your Brain. While watching the video, alone or in groups, viewers can join in with an enthusiastic audience on screen who are learning classic, age-old memory techniques taught by Jan in a refreshing, and amusing way. The two and a half hours of fun and mental

stimulation can be viewed straight through, or enjoyed in a series of short sessions. Each person reads and writes in their own book which, like any good workbook, has places to test yourself and prove to yourself that your memory is still working just fine. As a group activity, they say it's a blast. Practicing on your own, it's an insurance policy that no amount of money can buy!

According to BJ Hill (age 68) these sessions are "Like a gym for the mind." Here in Las Vegas, the lucky individuals (age 55+) who live at any one of the nine Destinations Active Adult Communities can conveniently enjoy every opportunity to cultivate a healthy mind and body with the variety of activities offered right on their property which now includes Jan's Memory TuneUp program (see the "boys" with their book, photo right).

From Arthritis Foundation exercise classes in the workout room . . .



to Aqua Aerobics in the Pool . . .



Jigsaw Puzzles which challenge the brain . . .



playing pool or a good old-fashioned game of Table Tennis (Ping Pong), one can pump up the physical and mental muscles at Destinations, Las Vegas.



Most residents enjoy the Healthy Lifestyle Program; and the newest addition, "Memory TuneUp" is quickly catching on.





Once a week in the Club House, after watching twenty to thirty minutes of video, the Activity Director (or an enthusiastic resident) leads the group in a lively interactive session full of challenging memory activities. Each person proves to him or herself that there's still a great brain between his or her own two ears! When neurons are charged up this way, dendrites lengthen, the mental muscles begin to bulge, outlook improves for the future, self-confidence builds. It's not about whether there's something "wrong" with your mind – rather, it's

meant to provide an opportunity to enjoy the feeling of knowing how good it is!

Everyone succeeds! Each session is different. The one all about remembering names is especially popular. Others include ways of locking lists and all sorts of information in mind. Jan tells the group, "The memory grows stronger just by using it in this amusing and gratifying way."

Doctor endorsed and heartily approved. Dr. Robert Stone says "I highly recommend doing the exercises in this remarkable program . . . a milestone in applying what medical science has discovered about improving the human mind and memory."

Dr. Larisa Likver, who's patient population is significantly over 55, tells us "As we age, it is obvious that we must do more than before to keep the body in good condition. This program will show you how to do that for your mind!"

Dr. Jim Montagano encourages patients to do Memory TuneUps to "reverse memory loss without drugs; restore youthful vitality to your brain cells."



As a group activity, the Memory TuneUp Program brings folks together who enjoy learning something new. Everyone can do it. According to Alberta Gwinn (86) "I now go to the grocery store without a list, just to pump-up my memory muscles. I remembered the first and last names of all 16 people in my Aquacize class and many of their phone numbers; and I'm memorizing a magazine, just to amuse myself and to beef up my brain cells!"

The DVD and book are coordinated to be used together to reinforce the information by getting it from a live, dynamic presentation as well by reading it in print. Used on your own just as easily as in a group – it's a self-working program, step-by-step, like a Do-it-Yourself Tool Kit to repair your memory and discover how to maintain your brain in tip-top condition. Destinations



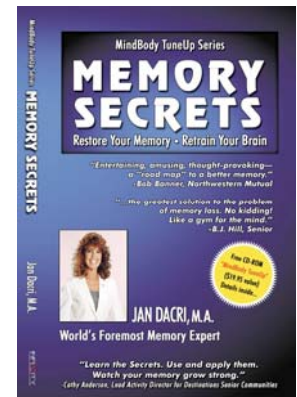
residents can borrow a DVD to review any session again on a computer in their library.

For the rest of us, the program can be a great parent-child activity, regardless of the age of the parent and/or child! Valuable for students who'd like to study in less time and get better grades. And it's perfect for people still out working in the hectic business world who can't seem to remember where they left their keys or where that darn car keeps hiding in the parking lot!



If you happen to live in Las Vegas at Destinations you're one of the lucky ones. Says Resident Adele N. "I look forward to joining the Memory TuneUp group right in our Club House every Tuesday; and I get a kick out of practicing in-between."

If you have any questions feel free to call Cathy Anderson, lead Activity Director for Destinations Active Adult Communities at (702) 476-8997.



To purchase the book and DVD for yourself, go to www.jandacri.com; click on Products. To arrange for a Memory TuneUp Program for your group, school, business, or organization, contact Jan at 702-376-4727 jan@jandacri.com.