

# Brain Minders for Seniors

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**Narrator:** Ladies, today our BrainMinder™ furry, fuzzy friends are here with some helpful tips on how to keep our brain safe. They have many tips for the young on why they should wear a helmet, look both ways when crossing the street, be careful on the play ground and so on. But, today they have come here to visit with our nifty... not yet, but most over fifty population. These Brain Minder friends want to give you some tips on how to keep your brain in tip top condition.

***FIONA FOX*** is our foxy lady who reminds children to look both ways and to be street smart. But today she will be our attractive, fashionable, and very sexy senior with tips to help you with pedestrian safety.

*(Our Fiona Puppet has beads around her neck, a hat trimmed in sequins on her head and a purse around her paw)*

**Welcome Fiona**

**FIONA FOX:** Ladies! - - - I'm here to dispute the myth when we become old our brain deteriorates. Look at ME!

*(dramatically pleased with self)*

**There is no documentation for that.**

**Why my brain can function as effectively and efficiently as a normal young brain ----well----- maybe - except for speed.**

But let me tell you, like I tell those young whippersnappers ... young or old... you need to be street smart.

Listen up and pay attention to these simple rules:

1. When crossing the street at stop lights, wait for the opposite light to turn green. Of course if you're in the city those fancy signs will say "WALK" to let you know it's safe to cross.
2. Cross the street with other pedestrians... if possible (they can guide you if you get lost), and also a group is more visible (or a large target). But maybe we are safer in numbers.
3. Look both ways before stepping into the crosswalk.

4. Be alert for drivers who are turning.
5. Only cross at intersections (no jay-walkers allowed)
6. Stand on the curb, not on the street while waiting to cross the street.
7. Concentrate on the traffic around you as well as what you are doing and where you are going.

Now!!!!!!!!!!!!!! Follow these simple rules and you will be known as that sexy, foxy street smart lady just like me.

**TA! TA!**

*(waves and walks off opposite from Narrator's entrance)*

**Narrator:** Now our TOOLIP PIG reminds our young people about fire safety. But today she can address some issues other than you shouldn't play with

matches... you have long advanced  
from that game.

*(Our Toolip puppet has a blonde wig, long dangling earrings, a  
pearl bracelet and necklace)*

**H-e-e-r-r-e-e-s-s-s Toolip Pig.**

**TOOLIP PIG:** I'm here in all my bangles and  
beads. I just love getting all gussied  
up, but let me tell you... burns are  
serious business for the elderly - - -  
oops - - - for us more mature adults -  
so stay alert to the dangers that may  
be lurking in your home.  
You know that most fires are caused  
by careless personal behavior - - - - -  
this is true for old and young alike.  
So don't leave lighted candles  
unattended.  
I'm not sure they had us in mind  
when they invented those candle

warmers, but now you can buy a  
candle warmer, - - - -

Yep - - - right down the street there at  
WalMart - - you can enjoy the sweet  
scent without lighting the candle.

Also... cigarettes... you shouldn't be  
smoking... but if you do, don't leave  
those butts unattended.

Let's think about that kitchen.

Don't walk away and leave that pot on  
the stove. I know we sometimes  
forget, but keep your brain working,  
because that pot can flame up in a  
hurry. It's a good idea to have a fire  
extinguisher right there in the  
cabinet. Also, check those fire  
alarms, if you don't have them, - - -  
get them installed, and don't forget to  
replace the batteries once a year. How

about on your birthday, seems people never forget to remind you your advancing in age?

Did you notice how I keep reminding you not to forget... that's to keep those brain cells booted up and working? Just like a computer.

One more thing, have an escape route out of your house.

Did you know crawling is the best way to get out if there is too much smoke? Yep! - - - I'm not that old. I can get down on the floor and crawl down low where the air is lighter. I bet you can too. If you can make time to wet a cloth or towel to hold over your nose and mouth to keep from breathing smoke.

When you think of fire safety, just remember how gorgeous I look and you will remember fire safety rules.

**S-o-o-o-o-o-o Long !!!**

*(waves and walks off opposite from Narrator's entrance)*

**Narrator**      **GERALD GIRAFFE** likes to wear his helmet and tells children it protects their brain if they fall off their bikes, skate boards, or other riding apparatus, but you and I don't need a helmet because many times a fall for us doesn't crack our head- - - it cracks our hips and wrist instead.

*(Gerald puppet has on a yellow helmet and wears a tie of bright colors)*

**Come on out Gerald.**

**GERALD GIRAFFE:**

**Yep !!!!! I wear this helmet for the young boys and girls.**

**But for YOU to keep your balance and not fall maybe... you shouldn't be vain... just grab a cane.**

**S-O-O-O-O!!!!** let me tell you falls can lead to all kinds of injuries for us.

**In your kitchen, don't climb on a chair to reach that top shelf (you know better than to be climbing) have your items where you can easily reach them.**

**Another thing, be careful of spills. - - - - you know just one slip can send you flying across the floor.**

**Let's move to the bathroom. - - - - Did you know tripping over the edge of the rug, or slipping on scatter rugs causes most accidents? Make sure those rugs have the non-skid backs.**

Also - - - - have those grab bars installed around your tub, shower, and commode. Those bars can help get you up and down.

**OH!!!!** And have those non-slip mats in the shower or tub.

**WEEEE!!!!** Don't want one slip in the tub to compromise your modesty.

After you activate that Life Line button you don't want them finding you in your birthday suit...!

A few more things before I go. Make sure those pathways in the bedroom are well lit. Don't leave obstacles in the middle of the floor. One loose shoe can land you on your rump.

So !!!! Take my advice; be careful, falls can be serious business for young and old. **BYE.**

*(waves and walks off opposite from Narrator's entrance)*

**Narrator**      **PENNY PANDA** likes to teach children about wearing seat belts and proper behavior in the car, but here she is to tell you about driver safety. Come on out Penny.

*(Penny wears a red hat and a purple boa around her neck)*

**PENNY PANDA:**

Yes - - - ladies, remember your brain is like an engine. You should keep it in gear, so before you start that engine and put it in gear, **BUCKLE UP FOR SAFETY.**

They say elders are poor drivers, but actually we are among some of the safest drivers - - - - after all we have more experience you know.

But - - - - here are a few reminders.

**Keep alert. You always have to watch out for all those other drivers on the road.**

**Obey all traffic signs - - - because one fender bender could put your brain out of commission.**

**By the way - - - there are some car manufacturers who are designing cars with many features like beepers to let you know you are too close to something, - - - - they talk to you - - - why they tell you your door is open, your tire is low, why they have some that even give directions.**

**I guess they know that right now we baby boomers and better are the largest population in the U.S. and we will be buying those fancy automobiles.**

There are also organizations like  
AARP (you all know what those  
initials stand for) they help keep us  
updated on current driving rules.

So - - - stay alert and drive careful.

We have one other furry friend, the  
most important of all.

*(waves and walks off opposite from Narrator's entrance)*

**Narrator**

**MARTIN MONKEY** teaches  
playground safety to our youth.

But today you will learn that physical  
activity can improve our muscle  
strength, flexibility, coordination and  
balance. And all this activity helps  
keep our brain in working condition.

*(Martin wears a muscle shirt, shorts, tennis  
shoes and a head band)*

**MARTIN MONKEY:** I enjoy swinging around  
and all this activity keeps my body fit  
and stimulates my brain.  
But - - - before you start exercising,  
first check with your doctor. You  
know that a little exercise keeps the  
whole body working inside and out.  
All your internal organs work better if  
you exercise . . . . . and exercise also  
helps maintain your figure too.  
Start with a supervised exercise  
program if you can.  
Walking is the best thing you can do  
if you don't have that fancy  
equipment.  
Walking every day may sharpen your  
memory and help you juggle mental  
tasks.

Why - - - your brain function,  
attention span, and focus on goals  
improves just with a little walking  
program.

But - - - - walk on smooth and level  
surfaces.

Swimming - - - - if you know how - -  
- - is good exercise; I bet there are  
some of you out there who can tell us  
how much fun it is too.

But - - - for safety reasons, you should  
always swim with one other person  
around.

I've also learned that dancing is a  
wonderful physical activity to help  
keep all your faculties in tune.

So grab a partner and take a spin  
around the dance floor. Dancing is

good too for our social and mental development.

So remember exercise is good for the whole body, and keeping it fit is the name of the game. So - - - - keep it fit.

**BYE**

*(waves and walks off opposite from Narrator's entrance)*

**Narrator**

So there you have it ladies.

We may have silver hair, thick waistlines, orthopedic shoes, and trifocals, but we know how to protect our bodies and nourish our brain to keep it activated. Every age is the right age to protect your brain for life!

*At this point you may want to talk about your Pilot Club – How long you have served your community, the various projects your members do in the community and an invitation for people to come to the next meeting to see if they would be interested in joining Pilot International and making a difference in their community.*