

Senior BrainMinders Presentation

Program guidelines

“What were you thinking?”

- This program is directed to the attention of senior care facility residents.
- It is designed to be informative as well as entertaining. There are also proven exercises included that actually help build new neural pathways. Our Pilot Clubs can make a difference by helping individuals increase their memory capacity through the process of exciting brain cell growth.
- In the process of researching this program we found that there were many different levels that would appeal to a variety of audiences.
- This program has a basic format and then an assortment of activities that may be incorporated or substituted to suit the audience that will be present.
- The presenters may choose the format variations based on the audience.
- When choosing the presentation, remember, a good presentation should be 20 minutes or less (if you are providing interaction with the audience).
- A presentation without visuals or interaction should be 10 minutes or less.
- Why? The brain loses interest and focus very quickly unless actively engaged in your presentation. After twenty minutes the body starts to lose interest.
- This format, used with your “Pilotly” imagination and creativity, is designed to captivate an audience’s attention.
- If your club makes **BrainMinder** Buddy presentations to younger children your audience will be interested to see and hear how you do this and the results your club has experienced.
- If your club has character costumes this is **always** a hit with audiences of all ages.
- Your script will shine when presented by two or more enthusiastic, slightly hammy, dramatic Pilots.
- Throughout the script you will be given a choice between A. or B. variations - feel free to add your own twists...

Pilot One – Greeting (Good Morning/Afternoon/Evening)

My name is _____ and I am a member of
the Pilot Club of _____

Tell a quick story about your club: when it started, the interests of the
projects committee in your community...

One of our favorite activities is sharing
BrainMinders... No... I didn't say BrainFinders...
though I think we could all use something like that
every now and then... BrainMinders is our signature
project and it is about "Protecting Your Brain for Life"
– We present educational safety programs for children
and teens and informational programs for Baby
Boomers and Seniors.

- A. At this time... If you have a Buddy group you could ask them to share what they do with BrainMinders™ Phase I and II – or proceed to...**
- B. Pilot two enters very energetically and strides to stand next to Pilot One**

Pilot Two – Boy, oh boy... this is the day I've been saving for...

I'm excited!

Pilot One – Do tell! *(Confidentially to audience- perhaps as if you are whispering in a conspiracy with the audience)*

I love it when folks get excited!

Pilot Two – This is that Brainy day I've been saving for! Yes-s-s-s

I said BRAINY because we want to share some ways you can avoid “Brain Drops” and we ALL know that we experience brain drops every now and then.

Pilot One – Would you mind explaining to me what you mean by Brain Drops? I think I know but I want to hear it from your lips.

Pilot Two – Sure... how many times have you walked out of a room to get something and as soon as you walk through the door “BAM” you have a brain drop and you forget what you were going to do? *(Looks quizzically at Pilot One... like- what were you thinking??!)*

Pilot One – O-h-h-h-h... I’ve got it. (*looks around at audience*) Has anybody here ever had a Brain Drop? (*Pilots hold up their hand*)

Pilot Two – Usually if I turn around and go back into the room I just came out of... I remember why I left in the first place.

A. Would anybody like to share their “Brain Drop Story”? B. If we have time later we would love to hear your Brain Drop stories.

Pilot One – I guess we all have a lot in common when it comes to Brain Drops. Did you know the problem isn’t so much a bad memory... it’s more like a memory that’s never been trained to remember? It’s true... no matter what our age we can train our memory to do more.

Pilot Two – Hey... I’m all for Brain Proofing my head! What’s the secret? I’m up for some training!

Pilot One – It’s really about observing. I think it was the baseball player and coach Yogi Berra who said, “The more you observe the more you see.” Think about it... He’s right! If you have a watch on your wrist... I want you to cover it up right now... with your other hand... without looking... Now, without thinking too long... I want you to guess... is the number 9 on your watch... numbers, roman numerals, just a mark or a stone? *(pause)* Did you answer it correctly? Most people cannot answer this question correctly because they have never carefully observed their watch... they have only looked at the time. They have seen it several times but they have not observed what was on their watch. So... your first key to a trained memory is observation.

Pilot Two – Albert Einstein said that, “Imagination is more important than knowledge.”

Pilot One – Well... that was easy for him to say.

Pilot Two – To remember... you have to observe... right? The next step to remembering what you observed is to imagine a way to associate what you observed to create the memory. It helps to have a creative imagination. It is much easier to remember pictures than words. If you can associate something with a picture it is much easier to remember. Here's a quick example... If you had to draw a map right now of China, England, France or Italy... which would you choose? (*look around room*)

And... why would that be? Yep... some boots were made to resemble Italy... we learned that in grade school.

Pilot One – Speaking of Einstein... he believed in putting a problem that he wanted solved in his mind before going to sleep... he would tell his brain to work on it. He said he always had good luck with this technique. Usually, while shaving the next morning... he would have one

of those “AH-HA” moments. He believed in telling his mind to work around the clock. He was always confident that his mind would solve the problem and that he did not have to consciously worry about it... it just took care of itself.

Pilot Two – You don’t have to be an Einstein to have a limitless memory. Most of us put limits on our memory without giving it a fair chance to remember.

Pilot One – True... There’s no such thing as a “bad” memory... your memory is either trained or untrained... or just (*use dramatic emphasis*) running wild!

Pilot Two – Think about it... every memory you have is associated with something... consciously or subconsciously.

Pilot One – When you were born the neurons in your little brain were making over one billion connections a day. Your brain was drinking in every sound, smell, sight, touch

and impression available... All of which has served as the very basic architecture of your brain... these are all at the foundation of your life experience...

Pilot Two – Hmmm... that explains why my childhood memories are still so vivid... I was learning something new every day...

Pilot One – Yes... and if you had any experiences or adventures that were associated with emotions... whether it was love, a sense of awe, or fear – those memories are especially strong.

Pilot Two – When I think back I believe my childhood was my first memory book... You know like photo album with cute pictures and words. Gosh.. I have probably five memory books so far of the good, the bad, the ugly and the in-between. The rate I'm going I'll probably have a whole bookshelf of books.

Pilot One – Well... my book is in chapters and I guess I am up to about twenty chapters starting with early childhood... teen-age years (yeah, I used to be one too); college, my first job... getting married... jeepers... the list goes on...

Pilot Two – Jeepers??? Let's take a moment... I'd like everyone in the room to think about how many books or chapters you already have stored in your memory... **A.** If you'd like to share, we'd like to know how many books or chapters you have and perhaps the names of some of those books. *(This is often a good interactive)* **B.** Go to Pilot One...

Pilot One - You are probably telling yourself... no wonder my mind is so full! Yes... it's full... but you still have room. Scientists are proving every day that our brain is capable of much more than we imagined. You can still teach your brain new tricks.

Pilot Two - Simple things like doing crossword or Sudoku puzzles help keep your mind active. Exercising, walking, dancing, and reading, travel and social interactions are also very good ways to keep your brain connections active. Every time you reach to develop a new skill or expand your skills your brain activity increases to new, more powerful levels.

Pilot One - Here are a few helpful memory tips that will help you remember and may even help increase the capacity of your mind too.

Pilot Two – How many times have you misplaced your glasses or your keys or something you use fairly often? It is quite natural for us to just put them down while walking in a room. It is quite frustrating when we can't remember where we put them down. Tip number one... get a basket or a box and put it on a counter or somewhere easily accessible... then... looking at the container tell

yourself – This is where all of the keys... glasses... pens... whatever... are going to be placed... you must consciously tell yourself that over the next three days while using it to hold these items. You will be pleased with the results because the first and second time you recover these items you will want to repeat this and it will quickly become a habit.

Pilot One – Going back to the art of observing... **Pay attention!**

You cannot remember something that you have not observed. For instance... when you are leaving your room... look at the lock in your door as you are locking the door and repeat to yourself... I'm locking the door.” This simple act will keep you from worrying about whether or not you locked the door. Or... if you don't have to worry about locking a door you can do the same thing with items in your room like a lamp or television.

Pilot Two – Keeping a journal is a useful brain activity. If you have a notepad or journal book, try this for a few days. Before leaving your room take a few deep breaths and relax your mind to get rid of clutter. Imagine you are an observer today and you will go about your day observing details of everything around you. Capture the scenes in your mind just as Sherlock Holmes may have. When you get back home write down five or six things that you saw or heard that you had not observed before. This helps expand your mind and improve your memory. You may even be impressed with your powers of observation.

Pilot One – Before we leave we want to give you a few brain exercises that will help you stay focused and alert. Everyone who can... please stand and take a stretch... You've been sitting for a while ... this is also good when you have been riding for a long time... this is a

practical exercise for helping you to focus on your task. Standing up straight, stretch... take a few deep breaths... loosen your shoulders and hold your right or left arm out in front of you, shoulder high, now point the opposite leg out in front of you so that opposite sides are out in front, next, switch sides swinging your arms and legs so you have the opposite effect. This looks a lot like what they call “goose stepping.” Slowly switch sides back and forth, swinging your arms as you go and speed up until you have completed ten repetitions. You should feel refreshed and ready to go on to complete your task.

Pilot Two – Oops! You are having too much fun! Everyone please sit... this little exercise is a great way to wake up in the morning. Sometimes... in the early morning your brain feels a little bit fuzzy. Neuroscientists call this “Brain Fog.” (demonstrate) Hold up both hands, palms facing –

and curl your fingers as if you are going to catch a grapefruit. Holding that position... raise your hands – one on each side of your head 2-3 inches above your ears... now with the tips of your fingers tap each side of your head from the temples... in a semi-circular motion toward the base of your skull in the back of your head... next... over your ears and back toward the temples of your head... gradually work your way to the crown of your head and back... do this at least six to ten times. This actually stimulates the circulation and helps to wake up those sleepy neurons so they can start connecting your day.

- *Your club can add a song section here of recognizable favorites such as Oh Susannah, You Are My Sunshine, members' choice. If you don't have a piano player in your group perhaps*

a tape or CD player could serve as musical accompaniment.

- *If you have the BrainMinder puppets this is always a popular activity to pass the puppets around and let your audience ask questions.*
- *Brain Drop discussions and perhaps how to avoid them “Brainstorming How to Keep Brain Drops from Falling out of Your Head.”*

Ending - Remember the Pilot Club of _____

wants you to Play Safe... Play Smart – and Protect

Your Brain for Life – BrainMinders!