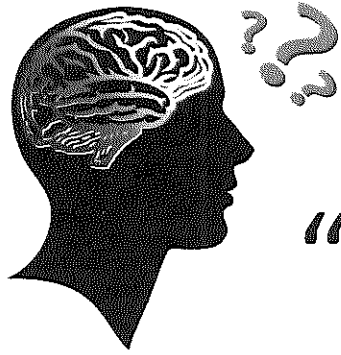


**ALZHEIMER'S &  
BRAIN AWARENESS  
MONTH**

Compliments of

**Adult Day  
Services**

**Landis  
Homes** 



# BRAIN

# “STRAIN”

Puzzles and  
Fun Facts  
to celebrate  
BRAIN  
AWARENESS  
MONTH

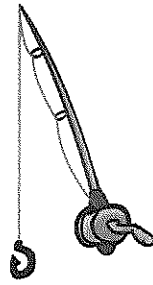
## TRIVIA TO STUMP ...EVEN CHRISTY AND FAITH!

- The biggest seed in the world is the ‘Coco de mer’, weighing up to 18 kilos or 39 pounds. It is found in the wild only in the Seychelles in the Indian Ocean.
- A 600 pound (270kg) octopus can escape from captivity wriggling through an opening one inch in size.
- Willow bark, from which aspirin was originally synthesized, has been a pain remedy for 2,500 years, when the Greeks first discovered it.
- You can tell the age of a whale by looking at the wax plug in its ear. This plug has a pattern of layers when cut lengthwise that scientists can count to estimate the age of the whale.
- Hawaii is moving towards Japan at the speed of 4 inches a year. The reason for this is because they are on different tectonic plates.
- Rocks found at the bottom of the Grand Canyon in the USA are around 2 billion years old.
- Bamboo can grow very rapidly; some types grow 3 feet (almost a meter) in one day!
- The liver of a Polar Bear has so much vitamin A that if a human eats it, he/she will die.
- Honey can last up to 3000 years without spoiling.
- Oak trees do not have acorns until they are 50 years old.
- There are several types of Biology degrees: Wildlife Biologists, Forensic Biologists, Microbiologists, and Biological Engineers, to name a few.
- It is estimated that 2,500 men lost their lives building the Panama Canal.

## FINISH THE LINE...

KIDS FINISHED THESE A first grade teacher collected well known proverbs.

He gave each kid in the class the first half of the proverb, and asked them to come up with the rest. Here is what the kids came up with:



Better to be safe than . . . punch a 5th grader.

Strike while the . . . bug is close.

It's always darkest before . . . daylight savings time.

Never underestimate the power of . . . termites.

You can lead a horse to water but . . . how?

Don't bite the hand that . . . looks dirty.

No news is . . . impossible.

A miss is as good as a . . . Mr.

You can't teach an old dog . . . math.

If you lie down with dogs, you . . . will stink in the morning.

Love all, trust . . . me.

The pen is mightier than . . . the pigs.

An idle mind is . . . the best way to relax.

Where there is smoke, there is . . . pollution.

Happy is the bride who . . . gets all the presents.

A penny saved is . . . not much.

Two is company, three is . . . The Musketeers.

None are so blind as . . . Helen Keller.

Children should be seen and not . . . spanked or grounded.

If at first you don't succeed . . . get new batteries.

You get out of something what you . . . see pictured on the box.

When the blind lead the blind . . . get out of the way.

There is no fool like . . . Aunt Edie.

Can you finish these?

High and \_\_\_\_\_

Give and \_\_\_\_\_

Forgive and \_\_\_\_\_

Dead or \_\_\_\_\_

Down and \_\_\_\_\_

Law and \_\_\_\_\_

Birds and \_\_\_\_\_

By and \_\_\_\_\_

Flesh and \_\_\_\_\_

Pots and \_\_\_\_\_

Null and \_\_\_\_\_

Rant and \_\_\_\_\_

Signed and \_\_\_\_\_

Thick and \_\_\_\_\_

War and \_\_\_\_\_

Wait and \_\_\_\_\_

To and \_\_\_\_\_

Sweet and \_\_\_\_\_

Trials and \_\_\_\_\_

Tossed and \_\_\_\_\_

Can You finish these?

- Rain or \_\_\_\_\_
- Slip and \_\_\_\_\_
- Ranting and \_\_\_\_\_
- Pros and \_\_\_\_\_
- Leaps and \_\_\_\_\_
- Hugs and \_\_\_\_\_
- Prim and \_\_\_\_\_
- Stars and \_\_\_\_\_
- Bits and \_\_\_\_\_
- Stiff and \_\_\_\_\_
- Born and \_\_\_\_\_
- Hail or \_\_\_\_\_
- By hook or by \_\_\_\_\_
- Heart and \_\_\_\_\_
- Straight and \_\_\_\_\_
- Sick and \_\_\_\_\_
- Chalk and \_\_\_\_\_
- Dribs and \_\_\_\_\_
- Odds and \_\_\_\_\_
- Fast and \_\_\_\_\_

**BRAIN AWARENESS MONTH**

H	W	U	U	X	N	R	F	E	F	A	H	E	N	S
N	N	G	X	K	N	W	O	F	W	L	G	J	U	U
I	C	Q	V	L	L	W	X	U	F	Z	V	C	V	B
G	A	R	A	K	T	N	V	V	D	C	Y	Q	T	S
N	K	A	G	O	V	F	P	G	U	C	D	U	E	Z
M	Z	K	Z	S	T	T	P	G	X	M	X	V	A	G
X	W	P	Q	T	H	O	U	G	H	T	S	V	S	N
W	T	E	X	E	R	C	I	S	E	F	V	K	E	I
B	S	A	P	U	Z	Z	L	E	S	U	W	J	R	D
R	G	C	N	H	K	D	Y	A	Z	V	F	K	S	A
A	P	Y	K	S	G	R	O	O	E	V	C	L	Q	E
I	V	V	B	L	E	O	V	X	U	U	W	W	X	R
N	C	M	W	T	B	S	N	E	E	V	H	W	F	W
J	H	S	G	N	I	L	E	E	F	S	W	B	U	V
X	T	B	J	X	O	X	S	R	E	L	Z	Z	U	P

- BRAIN
- THOUGHTS
- FEELINGS
- PUZZLERS
- READING
- EXERCISE
- TEASERS

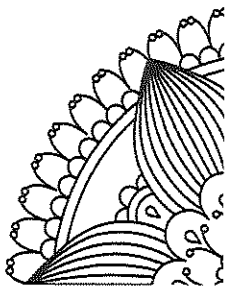
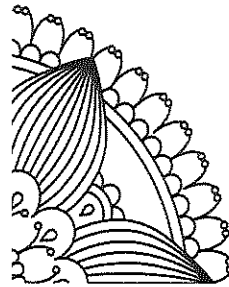
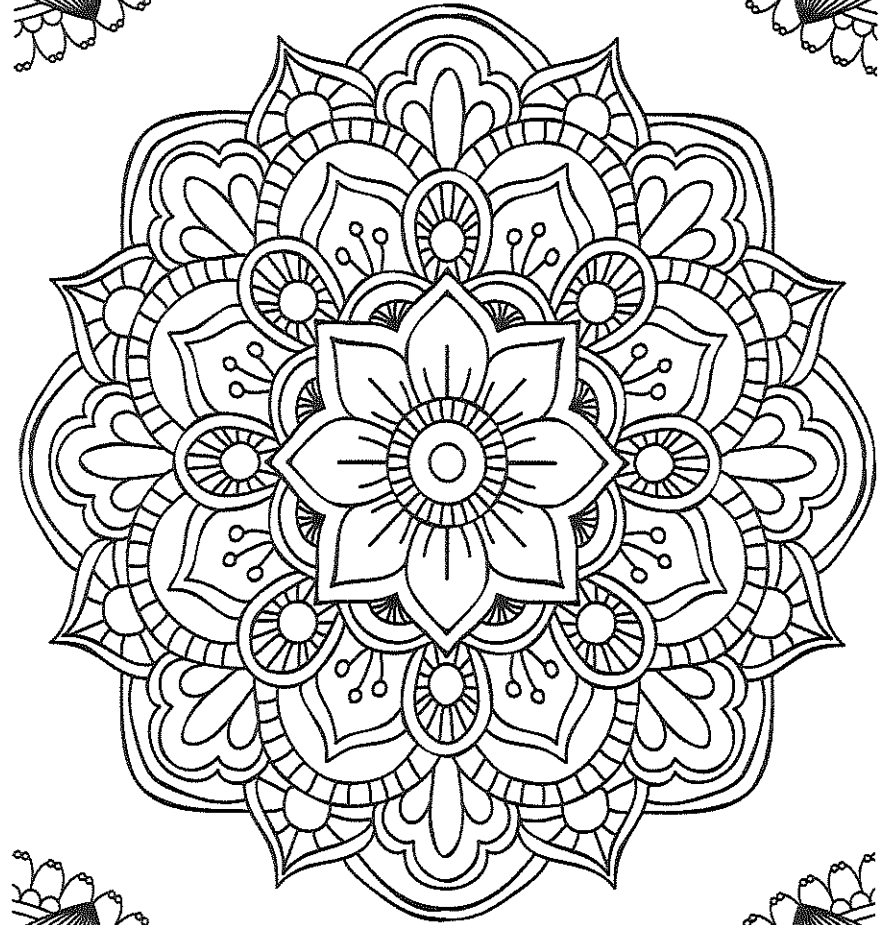
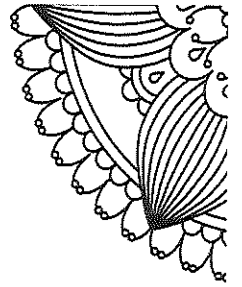
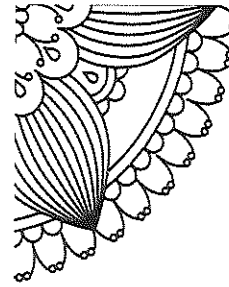
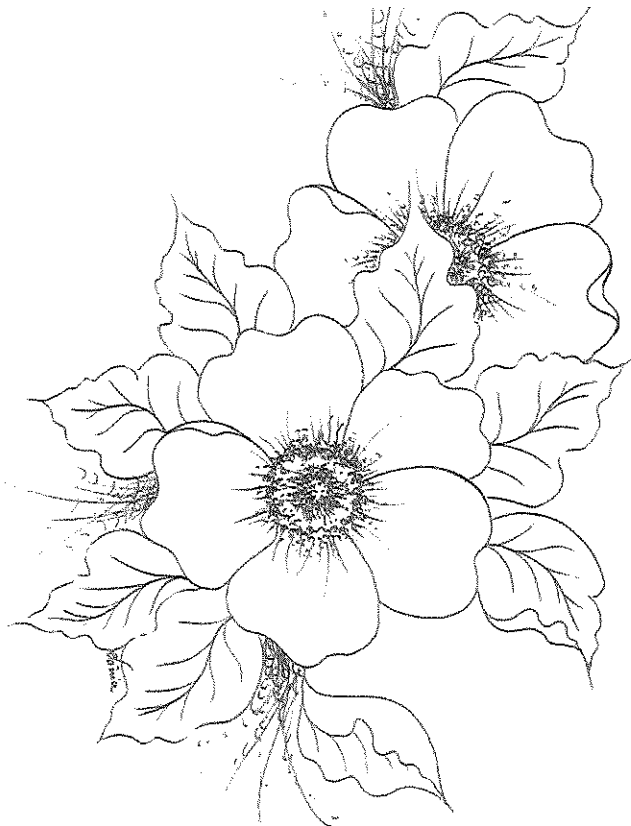
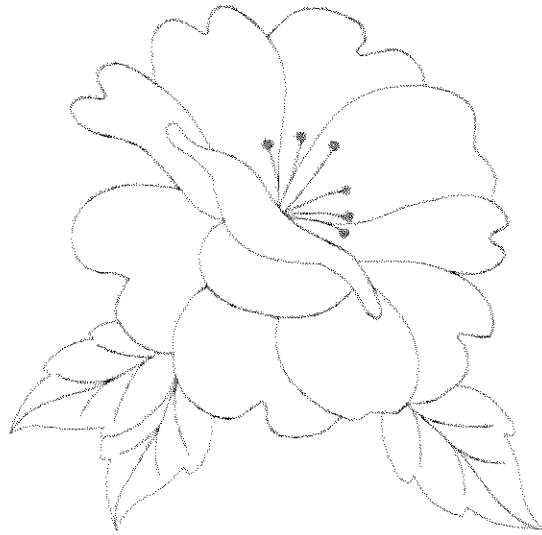
## Questions

1. If two's a company and three's a crowd, what are four and five?
2. What weighs more: a kilo of feathers or a kilo of copper?
3. Two fathers and two sons go fishing. Each catches one fish. How come they arrive home with 3 fish?
4. Mr. Bates has two children. If the older child is a boy, what are the odds that the other child is also a boy?
5. Which month has 28 days?
6. Can you guess the four days of the week starting with the letter 'T'?
7. How many '9's are between 1 and 100?
8. A rooster laid 15 eggs and the farmer took 6. How many eggs were left?
9. How can you make seven even?

10. A 40-meter road has a tree every 10 meters on both sides. How many trees are there?
11. How is the moon like a US dollar?
12. When do giraffes have 8 feet?
13. If you take 3 apples from 5 apples, how many do you have?
14. How do you write 240 in Roman Numerals?
15. What do you call an angle that is adorable?
16. How many times can you subtract 5 from 20?
17. How many zeroes are in one billion?
18. What is the highest number in a standard Bingo game?
19. How many squares is a chessboard?
20. Which bird does not fit in this group? Finch, Gull, Eagle, Ostrich, Sparrow?

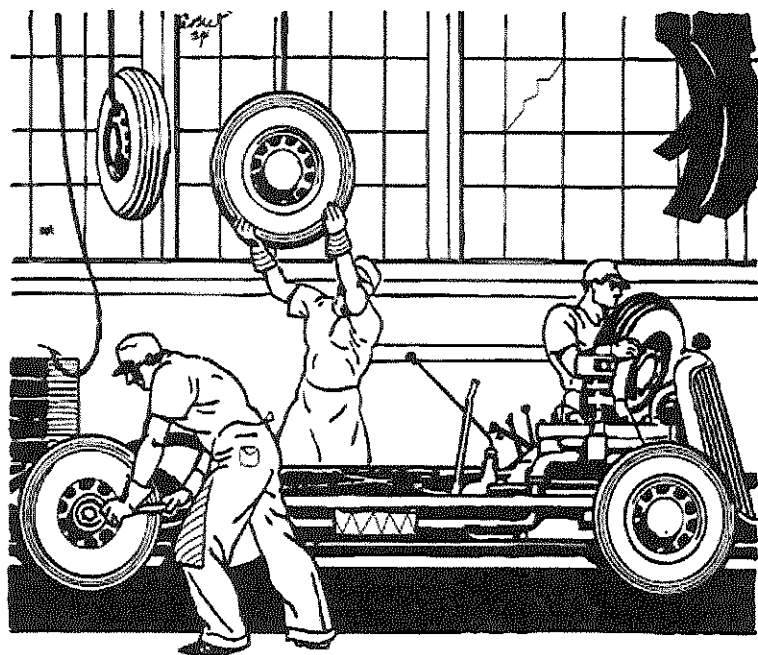
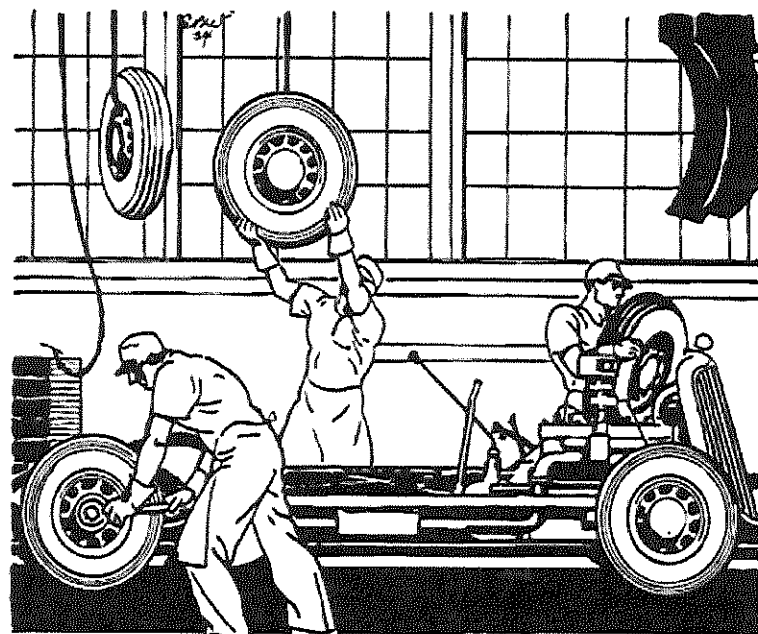
*Answers found on page 13*

# PAGES TO COLOR

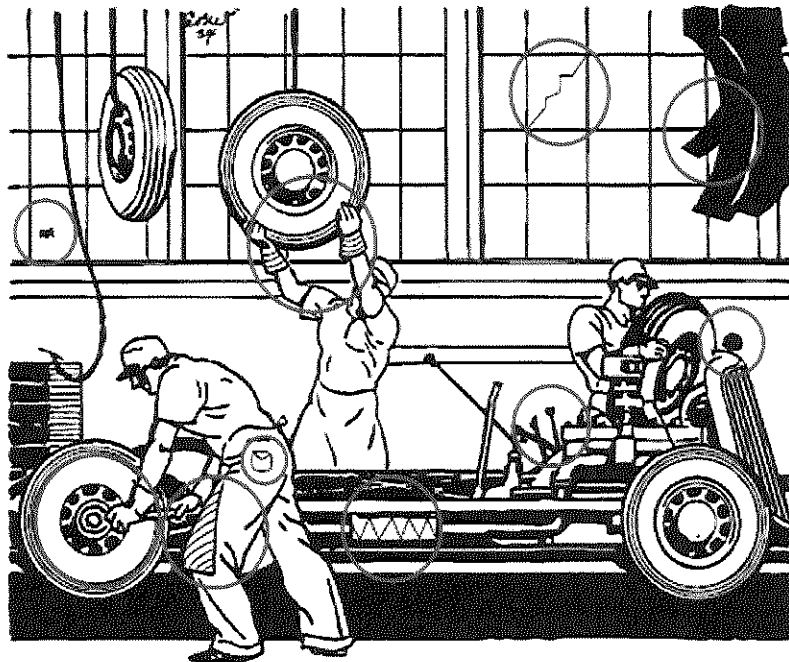
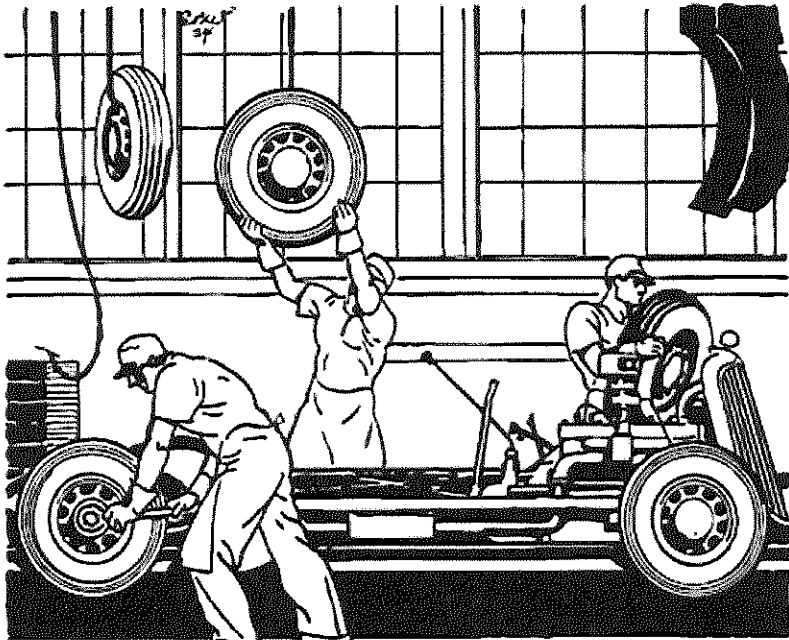




Spot The Difference 10 to find!



Spot The Difference 10 to find!



Answers:

1. Nine
2. They weigh the same – a kilo is a kilo
3. The fishing group is grandfather, his son, and his son
4. 50%
5. All months have 28 days!
6. Tuesday, Thursday, today and tomorrow!
7. Twenty 9's
8. None. Roosters don't lay eggs!
9. Just take out the 's'
10. 8: 4 on each side
11. They both have 4 quarters
12. When there are two of them
13. Three apples (I didn't say "how many are left!")
14. CCXL
15. Acute angle
16. Only once because after that the number is not 20 anymore
17. Nine zeroes
18. Seventy Five
19. 204 squares (there are many different sized squares!)
20. The Ostrich; it is the only bird that does not fly.



## 10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. **Start now.** It's never too late or too early to incorporate healthy habits.

### **Break a sweat.**

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

### **Hit the books.**

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

### **Butt out.**

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

### **Follow your heart.**

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

### **Heads up!**

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

### **Fuel up right.**

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

### **Catch some Zzz's.**

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

### **Take care of your mental health.**

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

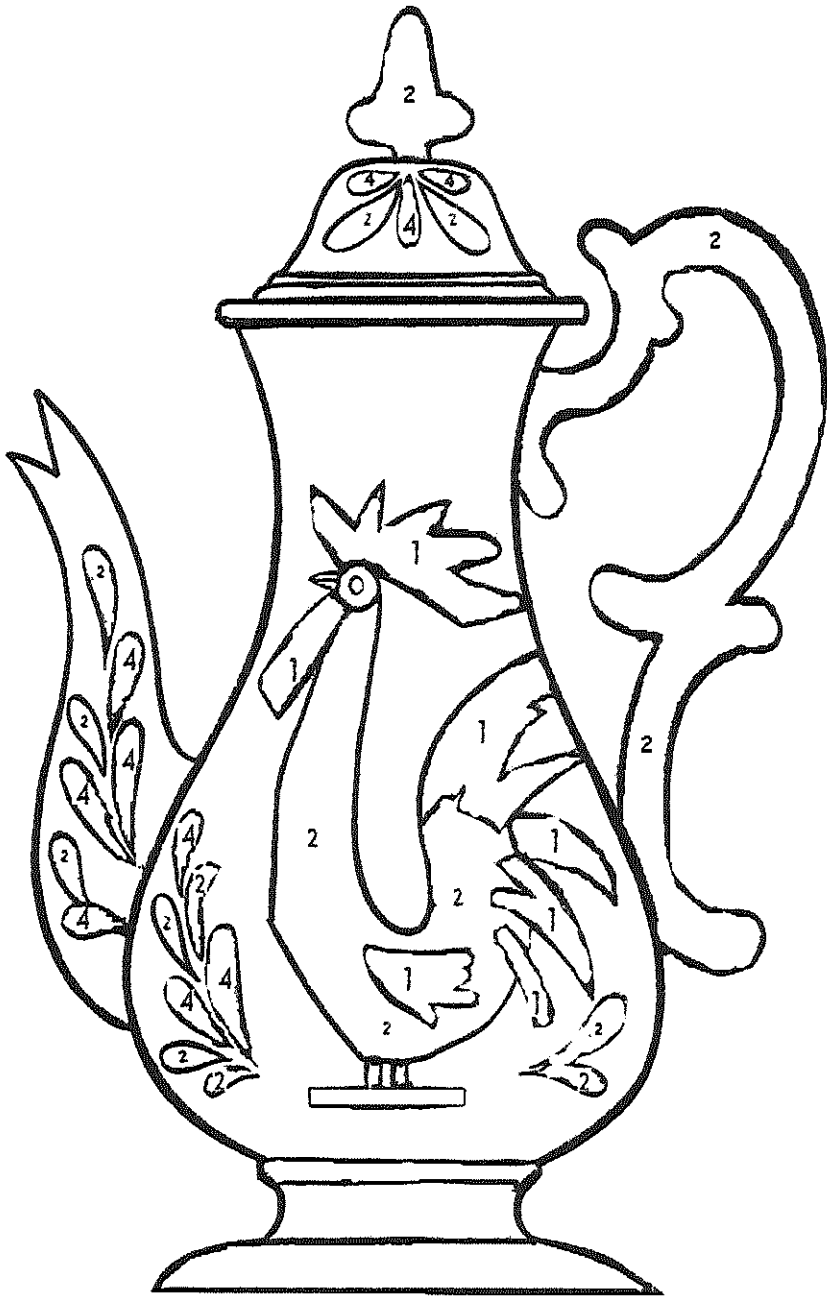
### **Buddy up.**

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

### **Stump yourself.**

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

This information comes from the Alzheimer's Association Website [www.alz.org](http://www.alz.org). They have a lot of helpful information to share.



- |          |         |          |         |
|----------|---------|----------|---------|
| 1—Red    | 3—Blue  | 5—Orange | 7—Brown |
| 2—Yellow | 4—Green | 6—Purple | 8—Black |

## Begins and Ends with Same Letters

Choose the two-letter sequence that begins and ends each word.

Example: phonograph

1. \_\_\_\_\_ BL \_\_\_\_\_
2. \_\_\_\_\_ YLI \_\_\_\_\_
3. \_\_\_\_\_ RMINA \_\_\_\_\_
4. \_\_\_\_\_ RI \_\_\_\_\_
5. \_\_\_\_\_ LIGHT \_\_\_\_\_
6. \_\_\_\_\_ QUIR \_\_\_\_\_
7. \_\_\_\_\_ ARNAB \_\_\_\_\_
8. \_\_\_\_\_ AS \_\_\_\_\_
9. \_\_\_\_\_ IGINAT \_\_\_\_\_
10. \_\_\_\_\_ REWI \_\_\_\_\_

- |    |
|----|
| DE |
| EM |
| ER |
| ES |
| TE |
| LE |
| SH |
| EN |
| OR |
| ST |

