



Age Old Wisdom

LIFELONG LEARNING

When people get to be a certain age, they sometimes have “bucket lists” that outline a number of lifelong ambitions that have gone unfulfilled. Among these dreams may be a number of academic interests that seniors may want to pursue. One of the most interesting of these involves picking up a new language. Opening up one’s mind to learn a new language not only opens up a new world of social and travel possibilities, but it also helps improve brain function. In fact, lifelong learning has been linked with lower incidences of Alzheimer’s disease and dementia. Learning to speak, read, and write a new language particularly targets improvements in short-term memory needed to solve complex problems and recall just-learned information.

At Deutsches Altenheim, our caring staff realizes that even are most senior residents have the desire to learn and explore. We provide a wide arrange of activity and entertainment options that are designed to appeal to a variety of interests. To learn more, reach us today. *Learn how we earned our superior reputation!*

P.S. Making the effort to learn a new language at an advanced age switches on the “nucleus basalis,” which is the part of the brain that focuses on attention and learning.