



Age Old Wisdom

TAKING UP THE CHALLENGE

Seniors may tend to be increasingly selective about how they expend their energy. From a physical standpoint, this may help them save their energy for the activities that matter most to them. From a mental standpoint, avoiding complex mental tasks helps them reduce stress. On the other hand, “selective engagement,” as psychologists call it, prevents older individuals from engaging in demanding mental tasks that build brain power. The fact is that the more we challenge our brains with mental tasks that require us to think harder, the better our brains’ ability to avoid cognitive loss (dementia) later in life. With this in mind, it may help to exercise our brain power every now and then by learning a new skill.

Deutsches Altenheim is pleased to present you with interesting and informative topics. We care about the health and well-being of our residents. We treat them as individuals, and consider them like family members. To learn what we offer, reach us today. You are invited to tour our community at 2222 Centre Street, West Roxbury. *Our residents are our #1 priority!*

P.S. Research shows that older individuals’ ability to remember daily events tends to decline as they age, but their ability to use general knowledge usually continues to improve.