



# Age Old Wisdom

## GET CREATIVE!

As you may have heard, stimulating their minds helps seniors preserve their brain power. Armed with this knowledge, many older adults have made it a point to engage in intellectual activities such as doing crossword puzzles and playing cards and computer games. While all these activities are good, it seems that the most benefit comes to those who engage in creative hobbies like painting, quilting, sewing, pottery, or woodworking. It seems that artistic pursuits provide a boost to the brain that other forms of mental activity cannot match. It also helps to engage in these artistic pursuits earlier rather than later. Those who indulge themselves in their passion for creative endeavors beginning in middle age seem to do best. Combining an artistic hobby with fellow enthusiasts is a great way to stimulate the mind since the social aspect bolsters the effect.

At Deutsches Altenheim, we understand the unique health challenges that our seniors may face. From short-term rehabilitation and assisted living to adult day health, Alzheimer's/memory care and long term care, our services cater to the ever-changing needs of our expanding senior family. To learn more about our offerings, contact us today.