



Admiralty House, Registered Charity Number 663, Limited by Guarantee  
March 2018 Newsletter

Is your Executive Function working effectively?

**I**t's wonderful when you can improve your mental skills and get things done without too much stress and frustration. Recently, I read that Executive Function was likened to the CEO of the brain, in charge of getting things done from the planning stages of a job to the final deadline. Executive Function is controlled by an area lying (frontal lobe) on either side of the brain directly behind the forehead.

**A**n article by Amyra Krishna on the Quora Digest grabbed my attention, when he asked this question: **How does frequent deliberation and thinking affect your brain over the long-term?** He said that frequent deliberation and thinking limit the availability of mental energy for other tasks. Krishna maintains that in the long run, the carryover effects can be severe, including shaping our brains and mental health.

**R**udiments of the Science: Executive Function helps us manage time, pay attention, switch focus, plan and organize, remember details, avoid saying or doing the wrong thing and multitasking. Executive Function muscles shrink when the brain focuses on a specific task for a long time. We then have less capacity in the brain which is drawn upon by Executive Function throughout the day. This vital resource when exhausted by over-activity, hinders mental capacity severely for other tasks.

**B**ad Effects of over Deliberation: **Overthinking and stressing out about one thing or another tire the brain and leads to shortness of temper, impatience, haste and a reduction of vitality over time. When executive function is not working as it should behavior is less controlled.**

**T**reating Executive Function is left for health professionals to cure, we're merely raising the topic for further discussion. Nevertheless, we're not defenseless against executive functioning episodes; we can pray, read sacred texts and meditate. We can also summon idiomatic affirmations that may give temporary relief from imaginary and exaggerated thinking. **Let it be, give it a rest, leave it alone, hang-up, easy up, think no more of it, bear no malice, let it pass, wink at it, laugh it off and chill out.**

A retired school psychologist will continue this discussion in the April newsletter.

(Source for this article from Quora Digest, WebMD & American Psychological Association)

**Admiralty House Luncheon, Thursday, March 15, 2018, 12:30 p.m.  
\$7.00. Takeout Meals after 1:30 p.m., \$10.00**

**Calendar of Events March 1-9, 2018**

**Thurs.** March 1, 11:00 a.m. Season Seniors, St. George's Adventist Hall

11:00 a.m. Golden Milers, Salvation Army, Hamilton

12:30 p.m. Young at Heart Club, St. James Church Hall

12:30 p.m. Meals On Wheels, St. Paul's Church Hall, Paget

1:00 p.m. RAA Club, St. George's RAA Club (Talk on Home Security)

**Fri.** March 2, 12:30 p.m. Special Peoples Club, St. Mary's Church Hall

**Mon.** March 5, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

11:00 a.m. Devonshire Circle Group, Devonshire Adventist Hall

**Tues.** March 6, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

11:00 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

**Wed.** March 7, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Each One Teach One, Warwick Adventist Hall

12:30 p.m. Joy Club, St. George's Community Centre

11:00 a.m. Pembroke Seniors on the Roll, Devonshire

**Thurs.** March 8, Crown of Glory Club, Somerset Adventist Church Hall

**March 12-16, 2018**

**Mon.** March 12, 12 noon Golden Elite Seniors' Club, Allen Temple Church Hall



**Appreciation Luncheon for Bermuda Senior Islanders' Centre Director**

The Appreciation Luncheon is for Fredrick R. Hassell, MBE

**The Fairmont Southampton**

Thursday, April 26, 2018

12:30 p.m.

**Tickets \$40.00**

Contact Myra Bristol 234-0255, Marva Bridgewater 236-3723 and club leaders  
**for tickets.**

**Tues.** March. 13, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

11:00 a.m. Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

**Wed.** March 14, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

11:00 a.m. Pembroke Senior on the Roll, Devonshire Adventist Hall

**Thurs.** March 15, 12:30 p.m. Senior Islanders' Luncheon, Admiralty House \$7

**Fri.** March 16, 12:30 p.m. Special Peoples Club, St. Mary Church Hall

**March 19-29, 2018**

**Mon.** March 19, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

11:30 a.m. Senior Circle Club, Devonshire Adventist Hall

**Tues.** March 20, 11:00 a.m. 50 Plus Social Club, St. James Church Hall

11:00 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

1:00 p.m. BIU Senior Club, BIU Headquarters

**Wed.** March 21, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Each One Teach One, Warwick Adventist Hall

11:00 a.m. Pembroke Seniors on the Roll, Devonshire

12:30 p.m. Joy Club, St. George's Community Centre

1:00 p.m. Smiling Glee Club, St. Luke's Hall, St. David's

**Thurs.** March 22, 10:00 a.m. Mount Zion Senior Circle, Southampton

**Tues.** March. 27, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

11:00 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

**Wed.** March 28, 1:00 p.m. Each One Teach One, Warwick Adventist Hall

11:00 a.m. Pembroke Seniors on the Roll, Devonshire



**RAA Seniors Helping St. Peter's Restoration Fund**

**RAA members will hold a Bake Sale at St. Peter's**

**Church, St. George's, Thursday, March 29, 2018, from**

**11:00 a.m.- 4:00 p.m., to help with the church's building fund.**

**Please contact Dianna Adams for details.**

**More of us**

**The population of Bermuda according to recent figures is 63, 779 and those of us 65 and over comprise 17 % of the population. We have 10, 842 senior islanders and the median age of the population is 41 to 44.**



**Digital Drop-In for those fifty something and over**

**If you're fifty-something you can drop in at the Bermuda Senior Islanders' Centre, Admiralty House Park, and get help operating your ipad or phone. Yvonne Treacy our volunteer instructor will show you how to pay bills online and use the internet. The class will be held on Tuesdays 2:15 p.m. –3:15 p.m. and donations will be accepted to help with Centre expenses.**



**Bermuda Senior Islanders' Centre Newsletter**

**Editor, Fredrick R. Hassell, MBE**

**Office 441 295 9094, Email, [seniorislanders@logic.bm](mailto:seniorislanders@logic.bm)**

**Website [www.seniorislanders.bm](http://www.seniorislanders.bm)**

**See our budding Facebook Page**

**P.O. Box 1248 HM FX, Hamilton**

**24 Admiralty Lane, Pembroke HMOI**

**Government Building 0329**