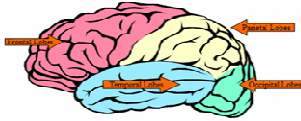


Brain Specialization



Executive Functioning and Our Brain

Our brain is shaped like an unshelled walnut and weighs about 3 lbs (pounds). We are born with billions of brain cells, called **neurons or nerve cells**. We **learn** when the neurons connect (or talk) to each other.

The brain is divided into four major areas called **Lobes**. The back of our brain, called the **Occipital** (oc-sip-it-al) **Lobe** helps us see the information. The side of our brain, above our ears, called the **Temporal** (temp-or-al) **Lobe** helps us hear and remember information. The top part of our brain, called the **Parietal** (par-rie-et-tal) **Lobe** helps us sense information such as touching and sense how things are organized in space. The front part of our brain, behind our forehead, called the **Frontal Lobe** helps us think and solve problems. **Executive functions** are performed within the Frontal Lobe.

The term **Executive Functioning** describes higher level thinking skills to solve problems and to perform (**execute**) complex tasks and includes our ability to plan and organize, pay attention and sustain our attention, remember information, manage our time, persist in completing a task, regulate our emotions and monitor our thoughts and behaviours.

Some suggestions to improve executive functioning skills are to **use a calendar** to assist with planning and organizing activities, **write short notes or reminders** to help with remembering things, make a **to-do list**, **set times** to complete specific tasks, **break down large** tasks into smaller manageable tasks.

There are other things that we can do to **maintain/improve brain (cognitive) function**. In the same way that “working out” keeps the body strong, **exercising the brain with mentally stimulating activities helps brain function**. Our brains receive a good “work out” when we engage in craft work, knitting, playing games, sports, volunteer work, reading, taking a class, playing an instrument, maintaining social relationships and in other activities. **The brain likes novelty** (new stuff) **more than it likes routine** (doing the same things over and over). Your brain will thank you for doing something different. It can be as simple as using your other hand (non-dominant hand) to eat or more complex, like learning something new.

References

- Katz, L. C. & Rubin, M. (1999). *Keep Your Brain Alive*. New York, Workman Publishing Co. Meyers, L. (2008). *Warding Off Dementia*. *Monitor on Psychology*, 39(3). Retrieved March 16, 2018, <http://www.apa.org>, Platt-McDonald, S. (2010). *Brain Health*. Grantham, Lincolnshire: The Stanborough Press Ltd, Weir, K. (2017). Keeping Dementia at Bay. *Monitor on Psychology*, 48 (7), 46-52.)

Dr. Emelita A. Jackie Outerbridge, Ph. D., NCSP, ABSNP

Calendar of Events April 2-6, 2018

Mon. April 2, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

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

Tues. April 3, 10:00 a.m. 50 Plus Social Club, St. James Hall, Somerset

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

Wed. April 4, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

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

11:00 a.m. Pembroke Seniors' on the Roll, Pembroke Adventist Hall

1:00 p.m. Joy Club, St. George's Community Centre

Thurs. April 5, 11:00 a.m. Golden Milers, Salvation Army, Hamilton

11:00 a.m. Season Seniors, St. George's Adventist Hall

12:30 p.m. Meals on Wheels Luncheon, St. Paul's Church Hall, Paget \$5.00

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

Fri. Apr. 6, 12:30 p.m. Special Peoples Club, St. Mary's Church Hall

Sat. April 7, 3:00 p.m. RAA Club, Goldie Oldie Dance & Refreshment \$10.00

April 9-13, 2018

Mon. 9, 12 noon Golden Elite Seniors, Allen Temple Church Hall, Somerset

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

11:30 a.m. Happy Seniors' Club, Hamilton Adventist Hall

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

1:15 p.m. Island Wide Social Committee Meeting, Admiralty House

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

11:00 a.m. Pembroke Seniors' on the Roll, Pembroke Adventist Hall

Thurs. April,12, 11:00 a.m. Crown of Glory Club, Somerset Adventist Hall

April 16-20, 2018

Mon. April 16,11:00 a.m. Sunshine Club, Southampton Adventist Hall

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

Tues. April 17,10:00 a.m. 50 Plus Club, St. James Church Hall, Somerset

11:30 a. m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

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

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

Wed. April 18, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Pembroke Seniors' on the Roll, Pembroke Adventist Centre

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

1:00 p.m. Joy Club, St. George's Community Centre

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

Thurs. April 19,12:30 p.m. Senior Luncheon, Admiralty House \$7.00

Fri. April 20, 12:30 p. m. Special Peoples, St. Mary's Church Hall, Warwick

Digital Drop-In for those fifty something and over

The programme takes place at the Bermuda Senior Islanders' Centre, Admiralty House Park, Tuesdays 2:15p.m.–3:15 p.m.

Donations will be accepted to help with Centre expenses.

Luncheon Thursday, 12:30 p. m., April 19, 2018

**Bermuda Senior Islanders' Luncheon, Admiralty House Park
\$7.00, takeout meals after 1:30 p.m. \$10.00**

April 23-27, 2018

Tues. April 24, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

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

Wed. April 25, 11:00 a.m. Each One Teach One, Adventist Hall, Warwick

11:00 a.m. Pembroke Seniors' on the Roll, Pembroke Adventist Hall

Thurs. April 26, 10:00 a.m. Mount Zion Senior Circle Club, Southampton

12:30 Appreciation Lunch for Fred Hassell, Fairmont Southampton, \$40.00

Bermuda Senior Islanders' Centre Board Meeting

Bermuda Senior Islanders' Centre

11:15 a.m. Saturday, April 7, 2018

RSVP (295-9094)

Tag Day Organizer Needed

The Bermuda Senior Islanders' Centre needs an organiser for a fundraising Tag Day. We need someone to help with the Tag Day and coordinate taggers. Having computer skills would be an asset to organising the fundraiser. Please call us 259-9094 or email us seniorislanders@logic.bm.

[Renew Your Membership in the Bermuda Senior Islanders' Centre \\$5.00](#)

Name: _____

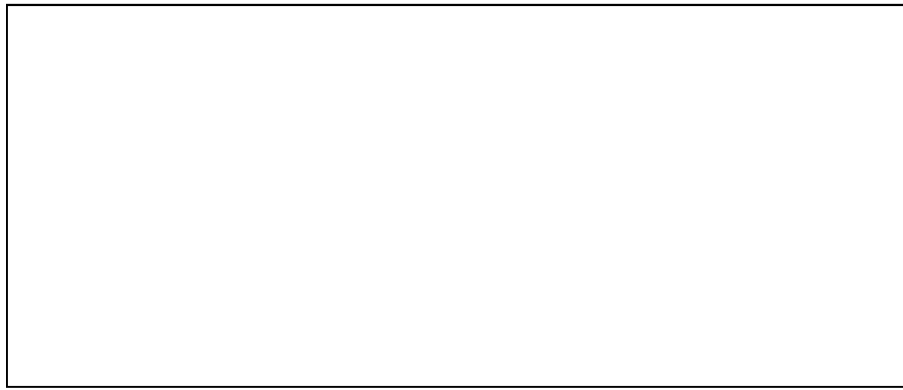
Address: _____

Phone # _____

Email: _____

Date of Birth: _____

O Celestial Providence, help us to help a growing number of city dwellers, who loiter, mooch, pan-handle and manipulate us in Hamilton. Show us how to help those who do not have the will-power to help themselves and show us how to help those who can help themselves. (F.R.H.)



Island Wide Committee Senior Club Leaders April 2018

Fredrick R. Hassell, Senior Islanders' Centre, Admiralty House, 295-9094, seniorislanders@logic.bm
Marva Bridgewater, Joy Club, St. George's Community Centre, 236-3723, antoinetteb65@gmail.com
Sylvia Lightbourne, Golden Hour Peace Lutheran, Paget, 747-1038, sylvialightbourn402@hotmail.com
Hattieann Gilbert, Young at Hearts, St. James Church Hall, 234-0650
Melba Wilson, Happy Seniors, Hamilton Adventist Centre, 505-5176, mlsshowcase@gmail.com
Dorothy Tucker Senior Circle Club, Devonshire Adventist Hall, 292-5946 pgreyson@logic.bm
Norma Showers, Each One Teach One, Warwick Adventist Hall, 238-1860
Mary Smith, Smiling Glee, St. Luke's AME Church Hall, 232-6976
Helen Mateen, Special People's Club, St. Mary's Church Hall, Warwick 236-8991
Beryl Broadley Seasoned Seniors, St. George's Adventist Hall, 297-0066, stgsda@northrock.bm
Betty Richardson, Mount Zion Club, Mount Zion Church Hall, 292-8696, mtzion@logic.bm
Roma Douglas, Island Wide Committee 293-1508
Myra Bristol, 50 Plus Social Club, St. James Church Hall, Somerset, 234-0255
Melvin Gibbons, RAA Activity Club, RAA Club St. George's, 297-1979 dimadams45@gmail.com.
Joan Robinson, Sunshine Southampton Church Hall, Southampton 332-8445, jamrob@northrock.bm
Geraldine Waldron, Crown of Glory, Somerset Adventist Hall, 236-3168
Grenell Stocks, Golden Elite Club, Allen Temple AME Church, 234-3881
Colin Simmons, BIU Club, 292-0044, biu@biu.bm
Geoffrey Butler-Durrant, Helper, 234-5459, sheikofsands@logic.bm
Brenda Wilson, Pembroke Seniors on the Roll Pembroke Adventist, 7077607 brendavwison@gmail.com



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

For tickets call Myra Bristol 234-0255, Marva Bridgewater 236-3723



Bermuda Senior Islanders' Centre Newsletter Editor: Fredrick R. Hassell, MBE

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