

COMMUNICATION CONNECTION

Enhancing the quality of life of the older adult and supporting their friends, families and caregivers.

Kathryn Kilpatrick

www.connectionsincommunication.com

www.memoryfitnessmatters.com

WINTER 2006

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UPCOMING INTERVIEW

with Kathryn Kilpatrick
Saturday February 11,
6-7 PM EST (3rd segment)

on Jacqueline Marcell's
Internet radio program
"Coping with Caregiving"
heard free worldwide on
[http://www.wsradio.com/
copingwithcaregiving/](http://www.wsradio.com/copingwithcaregiving/)

BECAUSE YOU CARE
Supporting caregivers
as they walk the journey
with a loved one

More details on
Communication Connection
website - [INTERVIEWS](#) link

RADIO INTERVIEW

with Judith Brachman
WOSU
Traveling with Seniors.

Please visit our website,
click on [INTERVIEWS](#)
and you will be able to
listen to tips and
suggestions on
how to enhance
the time spent together.

PREVIOUS NEWSLETTERS

2005

[Check website](#)

FOR INFORMATION
AND PRACTICAL
TIPS

SUPPORTING
CAREGIVERS

LIFE ENHANCEMENT

HOLIDAY AND
TRAVEL PLANS

Welcome to the newly created focus of *Communication Connection*.
The popular series of programs directed toward the growing interest in memory
fitness and successful aging led to the book "Walking the Path to Memory Fitness
One Week at a Time" and **MEMORY FITNESS MATTERS**.
Enjoy some of the tips in this newsletter and visit www.memoryfitnessmatters.com
for more information. It is never too early to start maximizing your memory!

PAY ATTENTION

Paying attention is essential
to the recall of information.
If the information does not
register, it is going to make it
more difficult to retrieve any of
the details later.

TO DO: Pick 3 activities you plan
to do today. Notice how many
times you are interrupted or
completely sidetracked.
How much longer do you think it
takes to actually do the task?

*If I ever made any valuable
discoveries, it has been owing
more to patient attention
than any other talent.*

ISAAC NEWTON

ORGANIZE

You can reduce stress and
frustration by improving your
organizational skills. You may find
yourself wasting less time.
Reducing clutter can make it
easier to find something
in your environment.

TO DO: Chose one small area that
is cluttered. Begin sorting it out.
Are there some things that you can
throw away? Do some of the things
need to be stored in a different place?

*Nothing is truly lost.
It's just where it doesn't belong.*
SUZANNE MUELLER

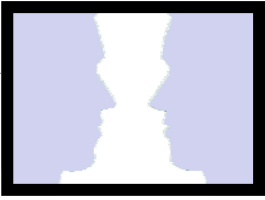
LIFESTYLE CHOICES

NUTRITION – Breakfast is very important. It increases your blood sugar
level and helps you maintain mental clarity throughout the day. Low
blood sugar interferes with brain functioning. If you have special diet
restrictions, take them seriously.

SLEEP – Relax and unwind before you go to bed. When you are feeling
less alert or groggy, you are less likely to pay attention.

EXERCISE – Some type of exercise on a daily basis will improve the
circulation of blood to your brain. Your memory will benefit from those
things you do to increase your mental alertness.

He who would live long must sometimes change his way of living.
ITALIAN SAYING



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MORE KEYS TO YOUR MEMORY FITNESS

The growth of the human mind is still high adventure, in many ways the highest adventure on earth.

NORMAN COUSINS

MEMORY IN THE WORKPLACE

How does stress, multitasking, a busy schedule, frequent interruptions and hurrying impact your effectiveness in the workplace? Learn some tips and strategies to maximize your memory in the workplace.

OTHER SEMINARS

Memory Fitness Matters
Listening and the Art of Paying Attention
Successful Aging and Memory
Attitude Matters!

MEMORY CLUBS

SPONSOR A BRAIN HEALTH PROGRAM

Use it or lose it!

- *Memory workouts*
- *Lots of laughter*
- *Motivating*
- *Ideas for your memory fitness routine*

BALANCE

Humor is a great stress reliever. How many times a day do you laugh? Put more of whatever brings a smile to your face into your life today!

TO DO: Take off your watch for the day. Do not check the clock. Just let the day's activities evolve. When you are hungry, eat. When tired, just rest.

He has achieved success who has lived well, laughed often and loved much.

ELBERT HUBBARD

STRATEGIES

Memory props are essential. Repetition is an excellent way to develop your ability to focus.

TO DO: Go out of your way to meet a new person today. Introduce yourself and say their names several times.

Notice an outstanding feature. Do they have a nickname? Were they named after someone? Verify the spelling of their name. Say their name again when you are leaving. Are you able to recall it later ?

BRAIN AEROBICS

Memory is enhanced by keeping your mind active. Are you in a rut? Do you need to combat some mental laziness? What interests you most? Keeping your mind engaged is an essential step on the path to memory fitness

TO DO: Memorize something today. Pick out something that appeals to you. Share the information with someone.

Let every year make you a better person.

BENJAMIN FRANKLIN

ATTITUDE

There are so many things that you do remember day in and day out even though you may experience periodic memory lapses. Notice the things you do remember and give yourself credit when a strategy works.

TO DO: List 10 things in your life for which you are grateful. Which ones made a major difference?

Don't take the little things for granted either.

Practice appreciation each day.

How old would you be if you didn't know how old you was?

SATCHEL PAIGE

Want more Information?

Walking the Path to Memory Fitness One Week at a Time

By Kathryn Kilpatrick

Details and sample pages at website

www.memoryfitnessmatters.com

\$12 plus

\$5 postage and handling

To order: email

memoryfitnessmatters@gwis.com

QUANTITY DISCOUNTS AVAILABLE

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AND

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