

# Brain

## HEALTH PROGRAM



# Episode Guide

## Travel



**Brain Boost**



**Brain Health 101**

**FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:**

**SANDERS-BROWN CENTER ON AGING**

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## **Program Description:**

### **Brain Boost**

Activities When Living with Early to Moderate Dementia

### **Brain Health 101**

Activities When Living with Early to Moderate Dementia

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## **Table of Contents:**

<b>Painting a Watercolor Sunset.....</b>	<b>4</b>
<b>Sing-a-Long .....</b>	<b>6</b>
<b>Art Museum Tour.....</b>	<b>11</b>

# Painting a Watercolor Sunset



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## Supplies

140 lb. water color paper

Masking Tape

Ruler

Pencil

Paint brushes

Cup filled with water

Water color paint

Paper Towel

## **Modifications**

You may enjoy helping get the painting area ready. You could help prepare by filling up the cup with water, setting out the paper, or getting the paints out of the cabinet.

When creating a painting, you may find that you enjoy painting one particular part of the painting. You could do this repetitively on many pieces of paper.

You could do one painting together, each of you adding special touches.

And you may want to use a brush that has a thick, wide handle for easier grasping.

If you would rather view art rather than make it, feel free to visit an art museum, or get some art books at your local library to enjoy! Seeing the images can be visually stimulating and good for your brain!

## Sing-a-Long



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## Chattanooga Choo Choo

Pardon me, boy,  
Is that the Chattanooga Choo Choo?  
Track twenty-nine  
Boy you can give me a shine.  
Can you afford  
To board the Chattanooga Choo Choo?  
Oh, I've got my fair,  
And just a trifle to spare.  
You leave the Pennsylvania station  
'bout a quarter to four.  
Read a magazine and then you're in Baltimore.  
Dinner in the diner,  
Nothing could be finer

Than to have your ham and eggs in Carolina.  
When you hear the whistle blowing eight to the bar  
Then you know that Tennessee is not very far.  
Shovel all the coal in,  
Got to keep it rolling  
Woo woo Chattanooga, there you are  
There's gonna be a certain party at the station.  
Satin and lace  
I used to call funny face  
She's gonna cry  
Until I tell her that I'll never roam.  
So, Chattanooga Choo Choo  
Won't you choo choo me home?  
So, Chattanooga Choo Choo  
Won't you choo choo me home?

## Country Road

Almost heaven,  
West Virginia Blue Ridge mountains,  
Shenandoah river Life is old there,  
older than the trees  
Younger than the mountains,  
growin' like a breeze  
Country roads,  
take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads  
All my memories,  
gathered round her Miner's lady,  
stranger to blue water  
Dark and dusty,  
painted on the sky  
Misty taste of moonshine,  
teardrops in my eye  
Country roads, take me home  
To the place I belong West Virginia,  
mountain mama Take me home, country roads  
I hear her voice in the morning as she calls me



The radio reminds me of my home far away  
And driving down the road I get a feeling  
That I should have been home yesterday Yesterday.  
Country roads, take me home  
To the place I belong West Virginia,  
mountain mama Take me home, country roads  
Take me home, country road

## Side by Side

Oh, we ain't got a barrel of money

Maybe we're rugged and funny.

But we'll travel along, singing a song,

Side by Side.

We don't know what's coming tomorrow.

Maybe it's trouble and sorrow.

But we'll travel the road

Sharing our load

Side by side.

Through all kinds of weather,

What if the sky should fall?

Just as long as we're together,

Really doesn't matter at all.

When they've all had their quarrels and parted,

We'll be the same as we started.

Just traveling along, singing a song,

Side by side.

When they've all had their quarrels and parted,

We'll be the same as we started.

Just traveling along, singing a song,

Side by side.

## Art Museum Tour



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A few paintings are discussed in the University of Kentucky Art Museum segment. While viewing the segment in the episode is an activity, you can modify this to make it more engaging.

### Discussion Questions for Each Painting

Art can be a great activity to engage the mind. You may want to push pause at any point during the art tour and discuss the art and your own experience. Here are some questions and ideas to get you started.

#### “Locomotive Taking on Water” painting

David Lucas, the painter of “Locomotive” is from Letcher county, Kentucky. Discuss the Letcher county/eastern Kentucky area.



What do you think of the smokestack?

Describe the painting, the use of colors. What is happening in the painting?

Reminisce about train rides.

Discuss history of trains in the world.

What sounds do trains make? Use your Smart Phone or computer to google “train sounds” and listen.

## “Jockey Silks” painting

What jockey silk do you like best?

Have you ever been to a horse race? If so, did you bet on the race based on what the jockey silk looked like? Did you win any money?



If you have some silk fabric, use that to touch while looking at the painting. Describe how it feels.

Talk about where silk fabric is made.

## Additional Suggestions

If you'd like to be artistic, you could pause the video and create your own copy of the painting. You would need to gather paper or use a canvas, paints, paintbrush, and water, depending on what kind of paint you are using.

In addition to these paintings, are there other art pieces in your home you can discuss with your loved one? Could you visit an art museum in your area? You may be able to find works of art or art classes by contacting the library, senior center, extension office,

or art gallery in your community. Sometimes they have groups or showcases that they are doing. You could also go see a play at a local theater or attend a concert.