

# Brain

## HEALTH ACTIVITIES

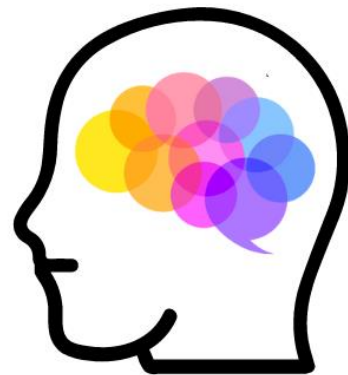


# Episode Guide

## Hobbies



**Brain Boost**



**Brain Health 101**

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

**SANDERS-BROWN CENTER ON AGING**

**2199 HARRODSBURG ROAD**

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**[MEDICINE.UKY.EDU/CENTERS/SBCOA](http://MEDICINE.UKY.EDU/CENTERS/SBCOA)**



## **Program Description:**

### **Brain Boost**

Activities designed for those with Mild Cognitive Impairment (MCI) and those with mild Dementia

### **Brain Health 101**

Activities designed for those with mild to moderate Dementia and those who care about them

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## Crafting a Bird Feeder



Brain Boost



Brain Health 101



### Supplies

Bird Seed

Peanut Butter

Pine Cone or Cardboard  
Tube

Scissors

String

### Directions

If using a cardboard tube, punch two holes through the tube. Insert string through the holes and tie.

If using a pinecone, tie the string around the pine cone and make a knot so it will be able to hang from a branch later.

Scoop out peanut butter and spread on tube or pine cone. Roll in birdseed to cover. Hang from a branch outside and watch the birds eat!

## **Modifications**

Making a bird feeder is a project, so simplifying it into separate activities may be helpful. These steps can be done in longer amounts of time, paying attention to details. The first step is finding a cardboard tube or pinecone. You could go on a walk indoors looking for an empty toilet paper or paper towel roll. If you decide to get pinecones, you could gather these from outdoors. This gathering could be an activity in itself as you explore and notice things around you.

Have your loved one assist as much as possible. They may be content to watch you do most of the work and that is okay. They might like tasting the peanut butter as the bird feeder is being made or rolling the tube or pine cone in the seed.

If they don't seem interested in making a feeder, they might enjoy filling a bird feeder and watching the birds eat. Caring for animals provides purpose and relaxation. Assisting in any part of it will increase brain power!



# Painting a Watercolor Bee & Dandelions



## Supplies

140 lb. water color paper

Medium Size Soft Bristle Brush

Water Color

Paint Palette

Cup of Water

Paper Towels



## 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.



## Tai Chi in the Park



Brain Boost



Brain Health 101



### Modifications

Tai Chi is a wonderful activity that has many benefits including maintaining flexibility, strength, and balance. If your loved one is having difficulty doing Tai Chi as shown in the video, you may need to modify it. If standing is difficult and poses safety concerns, use a chair. You will continue to reap many of the Tai Chi benefits from sitting down. Also remember that this activity does not have to be done perfectly to be enjoyable. Participate in what feels comfortable. There may be a stretch that feels good and you want to continue that. If the instructions feel like they are too cumbersome, pause the video and continue doing the stretch. You may have more success if you do it together. Having your loved one see you do the stretching may be a visual cue of how the stretch is supposed to be done and they may mimic you. You could also attend a Tai Chi class.