

Your Brain is Like a Muscle, Use it or Lose it!

BY **MATT SAVIELLO**, JUANITA POHL CENTER SUPERVISOR, CPRP

The City of Tualatin is celebrating its inaugural Brain Awareness Week (June 6-10) to help raise awareness of brain health in our community. FREE Brain Health activities for adults 40 & Better will be held all week long at the Juanita Pohl Center-Tualatin's Active Aging Center!

A colleague once asked me, what were my keys to healthy, active aging in my own life? I thought about it and said "I want to engage my brain, challenge my body and embrace social connections. And I figure that if I do these three things on a daily basis, I have a great chance to avoid having my cognitive functions decline and my physical body deteriorating."

A recent AARP national survey indicated that virtually all adults 40 & Better believe maintaining or improving brain health is important. In the same survey, the average

age where people noticed a decline in their ability to remember things was 55 years of age. In a study conducted by the Center of Brain Health at the University of Texas found that "staying mentally sharp" outranks social security and physical health as the top priority and concern for those over 50 years of age.



In an effort to showcase activities that can keep your brain sharp, the Juanita Pohl Center will be hosting a variety of activities for adults that include the 1st Annual State of Oregon Adult Spelling Bee Championships (Monday 6/6 1:00-3:00pm), Cooking Workshops by New Seasons Market, Meals

on Wheels People & Neighbors Nourishing Communities (Tuesday 6/7 1:30-3:30pm), and interactive online learning Brain Health Workshops by the Alzheimer's Association and Ruth Curran, Brain Based Solutions (Thursday 6/9 10:00am & 1:00pm). The center will conclude the week with unique musical

performances including a Hammered Dulcimer & Native American Flute duo, a Mandolin & Ukulele performer and a performance by the Tualatin High School String Orchestra. (Friday 6/10 1:15pm; 2:45pm; 4:00pm).



The main event during Brain Awareness Week is the Steady & Sharp Brain Health Festival that will be held on Wednesday, June 8 from 1:30-4:00pm. There will be 12 interactive booths including brain games, experiment with a foreign language, fitness, balance, origami, puzzles, coloring, laughter yoga, dancing, chopstick skills and word games. Complete activities at all of our vendor booths and be eligible to win a gift basket of brain health goodies worth over a \$100!

For detailed schedule of activities, information on other adult programs and services offered at the center or to pre-register for the Adult Spelling Bell please call 503.691.3061 or go online at www.tualatin.or.us The Juanita Pohl Center is located at 8513 SW Tualatin Rd, Tualatin, OR 97062.

Matt Saviello has spent the past 13 years in the field of Parks & Recreation supervising various program areas including youth, teens, adults, older adults and facility management. He is a Certified Parks and Recreational Professional (CPRP), Certified Youth Sport Administrator (CYSA) and currently manages the Juanita Pohl Center.

