

Brain Activities for Continued Growth of Brain Cells

Francine Hokin Katz, a speech pathologist.

Mrs. Katz, M. A. C. C. C. taught at Pasadena City College for over 45 years and was an Assistant Professor at CSULA for 12 years.

Mrs. Katz has been giving speech therapy for 65 years.

Presently, she teaches "Memory Enhancement and Brain Aerobics" classes each week. Her students are 60-95 years old seniors/adults. The program is FREE!

Mrs. Katz is truly an excellent example for using one's brain and helping others do the same. There are a total of over 150 students and she knows all their names.

Each week, she spends over 6 hours to prepare the activities. Some of her students have been with her for 15, or 16 years. In 2020 when the locations we used were shut down, everyone was so disappointed.

In April 2022, Mrs. Katz resumed her program, as fresh and flamboyant as ever.

I (T.W.) started her program in 2017. I wished I had known her while I was still a classroom teacher. All the mental activities are valuable for any age group, especially for our young minds.

Here are a few important drills and approaches for brain health activities taught by Mrs. Katz.

English Language

The English language is 56% invisible. The most visible consonants are "P" "B" and "M". It is thus important to train our eyes to respond by watching lip movements. This is not just for the hearing impaired person, but for all listeners.

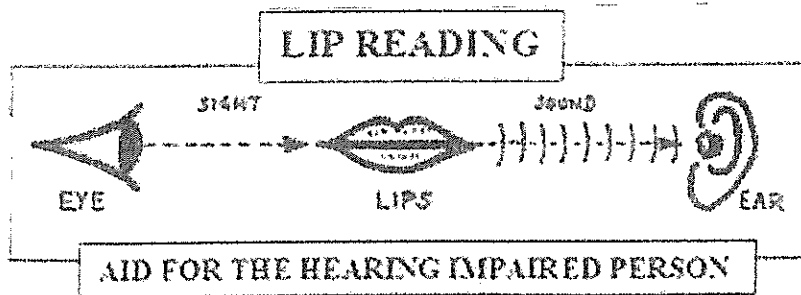
I think it is a good habit and skill for our young children to learn. Teach them to be attentive listeners.

As for speaking, children should also learn to slow down their speech and try to articulate each syllable clearly.

ATTENTION is the KEY for both the speaker and listener.



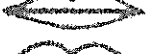



Our brains, however, fill in where the eyes don't see and where the ears don't hear. Thus, be attentive when we communicate in words!

Below is a chart created by Mrs. Katz's Lip Reading technique.



BIBLE FOR LIP READING

Six visible movements (motor pattern)

<u>Letters</u>	<u>Picture</u>	<u>Name</u>
f - v		Bite
w - wh - r		Pucker
p - b - m		Kiss
th		Sandwich
sh - ch - j		Lips Forward
s - z		Smile

Homophones - look alike letters

1. Watch the lips - not the hips
Laugh and smile
2. Train the eyes to watch the mouth
Visible movements
3. Extend concentration - watch the mouth
Motor action
4. It takes a long time to learn lip reading.
Don't give up - Don't be discouraged.
It becomes easier with practice.
Try it - you will like it.

Health habit

Mrs. Katz has an anagram: SMEEMNT

- S - Sleep
- M - Mental Stimulation
- E - Exercise
- M - Memorization
- N - Nutrition
- T- Talk

Nutrition

Mrs. Katz calls it G-BOMBS

- G - Greens
- B - Beans
- O - Onions
- M - Mushrooms
- B - Berries
- S - Seeds

Mrs. Katz ends each class with a joke because she thinks laughter is so important.

She reminds us we belong to the JOY group.

- J - Just
- O - Older
- Y - Youth

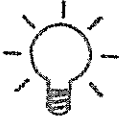
She also tells us to eat more mushrooms to improve our immunity and nourish our brain.

Sleep



Mental

Stimulation



Exercise



Memorize



Nutrition

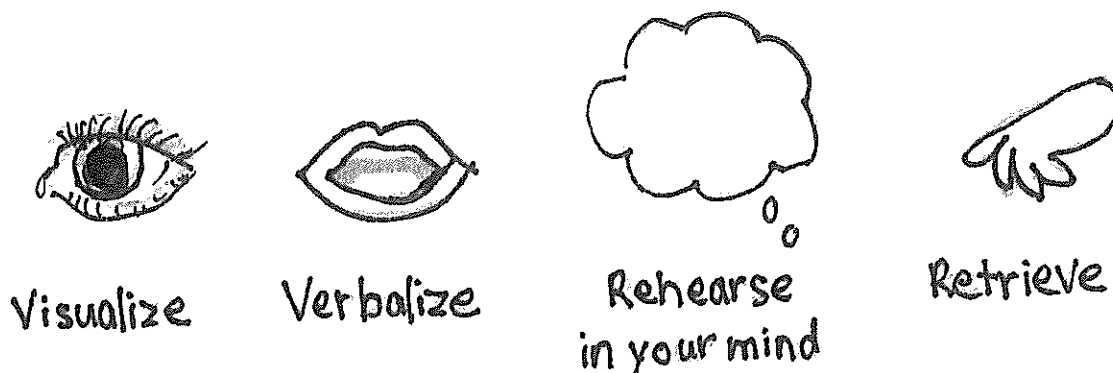


Talk



Memory enhancement:

Mrs. Katz has developed an efficient way to remember the Where? What? When? with our objects like car keys, eyeglasses etc. (She constantly gives out the little reminder and encourages us to post it everywhere in our home.)



To establish long term memory for certain information like remembering a poem or spelling words, she suggests:

- Squeeze the left fist as you say it for the memorization
- Squeeze the right fist for retrieval

Brain stimulation (regular brain maintenance)

- Write cursive handwriting with the non-dominant hand. (Children can color)
- Try to read by turning the reading material upside-down. (A fun change of pace for children)
- Write a long word and see how many small words you can find. (Good sight words recognition for children.)
- Look at a picture for a while, ask yourself (or children) questions. Recall the picture details a few hours later.
Answer the questions the next day.