

Technology and Your Brain Events Guide

October - December 2016



BRAIN MATTERS



www.baltimorecountymd.gov/aging • 410-887-2594

EDUCATIONAL SPEAKER SERIES

OCTOBER

Friday, October 7, 2016 at 11 a.m.

Boost Your Brain: Evidence-Based Principles and Technologies that Enhance Brain Function

Kate Ortman

Founder and CEO of Brain Training of Maryland

Location: Arbutus Senior Center

855A Sulphur Spring Road, Arbutus, MD 21227

Learn and be empowered with strategies and techniques that improve brain fitness. Attendees will benefit from discovering more about neuroplasticity, the brain's extraordinary ability to rewire and change.

NOVEMBER

Tuesday, November 8, 2016 at Noon

Your Brain and Diabetes: Understanding the Connection to Keep Your Mind Strong

Dr. Ruth Horowitz, MD

Chief of Endocrinology, GBMC

Ellen Wallace RN

Geckle Diabetes and Nutrition Center

Location: Civiletti Conference Center, GBMC

6565 N. Charles Street, Towson, Maryland 21204

Discover the effects of diabetes on brain function, including the general vascular effects of diabetes control on the brain, as well as the association between diabetes and the development of dementia.

DECEMBER

Thursday, December 8, 2016 at 7 p.m.

Holidays and Alzheimer's Families

Yolanda Wright, LGSW, MSW

Alzheimer's Association Greater Maryland Chapter

Location: Alzheimer's Association Conference Room

1850 York Road, Lutherville-Timonium, MD 21093

The holidays are a special time when family and friends often come together. But for families living with Alzheimer's and other dementias, the holidays can be challenging. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions.

RSVP requested - 410 887-2002

October

DISCOVER THE POWER

Mon., 10/3, 2 p.m.	Jacksonville – Finding Information Online
Tues., 10/4, 10 a.m.	Parkville – What is Intellectual Wellness?
Tues., 10/4, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tues., 10/4, 11 a.m.	Reisterstown – Beal Bank Brain Games
Wed., 10/5, 11 a.m.	Arbutus – Brain Exercises
Wed., 10/5, 11 a.m.	Liberty – Can Depression Cause Memory Loss?
Thurs., 10/6, 9 a.m.	Essex – Memory Enhancement
Thurs., 10/6, 12:45 p.m.	Woodlawn – Getting Better with Age
Thurs., 10/6, 1 p.m.	Liberty – Depression Screening
Fri., 10/7, 10:15 a.m.	Seven Oaks – Enlisting Your Emotional Memory
Tues., 10/11, 10:30 a.m.	Reisterstown – Reminiscing Memory Program
Tues., 10/11, 11 a.m.	Lansdowne – Your Amazing Brain
Tues., 10/11, 12:30 p.m.	Hereford – Brain Games
Wed., 10/12, 1 p.m.	Fleming – Better Choices, Better Health
Thurs., 10/13, 1 p.m.	Overlea – Technology to Enhance Your Life
Fri., 10/14, 10 a.m.	Catonsville – Technology to Enhance Your Life
Fri., 10/14, 11 a.m.	Parkville – Effects of Diet on Memory
Mon., 10/17, 10 a.m.	Catonsville – Dangers of a Sedentary Lifestyle
Tues., 10/18, 10:30 a.m.	Woodlawn – Cognition, Balance, and Chair Exercises
Tues., 10/18, 11 a.m.	Edgemere – Brain Fitness
Tues., 10/18, 1 p.m.	Essex – Technology to Enhance Your Life
Wed., 10/19, 1:30 p.m.	Pikesville – Fitness for the Body and Brain
Thurs., 10/20, 10 a.m.	Bykota – Enhancing Your Memory
Thurs., 10/20, 11 a.m.	Victory Villa – Brain Games with Essex Library
Thurs., 10/20, 12:45 p.m.	Ateaze – Brain Games with BCPL
Thurs., 10/20, 12:45 p.m.	Pikesville – Brain Game Day
Thurs., 10/20, 1 p.m.	Cockeysville – Brain Fitness
Thurs., 10/20, 1 p.m.	Rosedale – View The Brain
Fri., 10/21, 10:15 a.m.	Bykota – Technology to Enhance Your Life
Fri., 10/21, 10:15 a.m.	Seven Oaks – Optimizing Brain Fitness
Fri., 10/21, 11 a.m.	Cockeysville – Benefits of Reminiscing
Tues., 10/25, 10 a.m.	Liberty – Brain Vitamins and Functionality
Tues., 10/25, 10 a.m.	Parkville – Relaxation Techniques for Relief
Fri., 10/28, 1 p.m.	Pikesville – Brain Fitness

Risk Factor: Lack of Intellectual Stimulation

Proper sleep and stress management are important to maintaining a healthy lifestyle. Without sleep you could suffer slower brain activity, thus reducing your ability to think critically and learn.

<http://www.brainhq.com/brain-resources/everyday-brain-fitness/social-life-brain-fitness>

November

UPGRADE YOUR BRAIN

Tues., 11/1, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tues., 11/1, 10:30 a.m.	Woodlawn – Brain-X-Ercise Class
Wed., 11/2, 11 a.m.	Arbutus – Brain Exercise
Thurs., 11/3, 10 a.m.	Bykota – Exercising Your Working Memory
Thurs., 11/3, 1 p.m.	Victory Villa – PBS: The Brain
Fri., 11/4, 9 a.m.	Liberty – Medication Check-Up
Fri., 11/4, 10 a.m.	Bykota – Brain Fitness
Fri., 11/4, 10:15 a.m.	Seven Oaks – Take Advantage of Technology
Fri., 11/4, 10:30 a.m.	Edgemere – Getting Better with Age
Mon., 11/7, 10:30 a.m.	Pikesville – Organic Foods and Brain Health
Wed., 11/9, 10:30 a.m.	Rosedale – Brain Benefits of Aromatherapy
Wed., 11/9, 1 p.m.	Cockeysville – Brain Fitness
Mon., 11/14, 12:45 p.m.	Arbutus – Technology to Enhance Your Life
Tues., 11/15, 10 a.m.	Overlea – Five Hidden Benefits of Exercise
Tues., 11/15, 10 a.m.	Parkville – How Diabetes Affects Your Brain
Tues., 11/15, 10:30 a.m.	Hereford – Brain Games
Tues., 11/15, 10:30 a.m.	Reisterstown – Protect Your Brain Health
Tues., 11/15, 11 a.m.	Lansdowne – Brain Skills
Tues., 11/15, 11:15 a.m.	Reisterstown – Food for Focus
Wed., 11/16, 10:30 a.m.	Rosedale – Technology to Aid Memory
Wed., 11/16, 1 p.m.	Catonsville – Memory Screening
Wed., 11/16, 1 p.m.	Essex – Brain Games with Essex Library
Wed., 11/16, 1 p.m.	Fleming - Diabetes and the Brain
Thurs., 11/17, 10 a.m.	Bykota – Putting Your Senses to Work
Thurs., 11/17, 11 a.m.	Victory Villa – Brain Games with Essex Library
Thurs., 11/17, 11:45 a.m.	Pikesville – Nutrition and the Brain
Fri., 11/18, 10 a.m.	Parkville—Memory Screenings
Fri., 11/18, 1 p.m.	Jacksonville – Games for Fun
Tues., 11/22, 11 a.m.	Edgemere – Brain Fitness
Wed., 11/23, 12:30 p.m.	Essex – Diabetes: The Brain and Beyond
Wed., 11/23, 1 p.m.	Fleming – Brain Trivia with BCPL
Tues., 11/29, 10 a.m.	Catonsville – Sample Tasty Brain Foods
Tues., 11/29, 10:30 a.m.	Ateaze – Alzheimer’s Awareness
Wed., 11/30, 11 a.m.	Overlea – Diabetes and Brain Health

Risk Factor: Diabetes

One of many debilitating health problems associated with type 2 diabetes is a higher risk for dementia. According to one recent study, diabetes ages your brain about five years faster than normal.

<http://articles.mercola.com/sites/articles/archive/2014/12/18/diabetes-affects-memory.aspx>

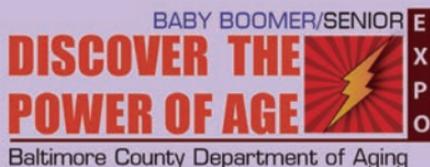
December CEREBRAL CELEBRATION

Thurs., 12/1, 1 p.m.	Liberty – Brain Disorders and the Environment
Fri., 12/2, 11 a.m.	Cockeysville – Getting Better with Age
Fri., 12/2, Noon	Rosedale – It’s a Cerebral Celebration!
Mon, 12/5, 1 p.m.	Jacksonville – Conversation through Cinema
Tues., 12/6, 10 a.m.	Edgemere – Technology to Enhance Your Life
Tues., 12/6, 10 a.m.	Parkville – Genes at Work in the Brain
Tues., 12/6, 10 a.m.	Victory Villa – Optimizing Brain Fitness
Tues., 12/6, 10:30 a.m.	Woodlawn – Remembering Christmas
Wed., 12/7, 10 a.m.	Bykota – Family Feud
Wed., 12/7, 1 p.m.	Fleming - What’s Good for Your Brain?
Thurs., 12/8, 12:45 p.m.	Pikesville – Women’s Brain Health Series
Thurs., 12/8, 12:45 p.m.	Pikesville – Men’s Brain Health Series
Thurs., 12/8, 1 p.m.	Liberty – The Skillful Brain
Thurs., 12/8, 1 p.m.	Overlea – PBS’s The Brain with Dr. David Eagleman
Fri., 12/9, 1 p.m.	Essex – TimeSlips Storytelling
Tue., 12/13, 11 a.m.	Reisterstown – Beal Bank Brain Games
Tues., 12/13, 1 p.m.	Essex – TimeSlips Storytelling
Wed., 12/14, Noon	Woodlawn – Diabetes and Brain Health
Thurs., 12/15, 11 a.m.	Victory Villa – Brain Games with Essex Library
Thurs., 12/15, 1 p.m.	Liberty – The Complexity of Alzheimer’s
Fri., 12/16, 10:15 a.m.	Seven Oaks – Building Your Cognitive Reserve
Fri., 12/16, 11 a.m.	Cockeysville – Strategies for Managing Stress
Fri., 12/16, 1 p.m.	Cockeysville – Brain Fitness
Tues., 12/20, 10:30 a.m.	Reisterstown – Your Pet’s Brain Health
Tues., 12/20, 11 a.m.	Edgemere – Brain Fitness
Wed., 12/21, 10 a.m.	Bykota – Matching and Music
Wed., 12/21, 11 a.m.	Cockeysville – Ways to Fire Up Your Metabolism
Wed., 12/21, Noon	Overlea – Winter Solstice “Cele-brain-tion” Lunch
Wed., 12/21, 12:45 p.m.	Catonsville – Reminiscing About the Holidays
Thurs., 12/22, 12:45 p.m.	Ateaze – Brain Games with BCPL
Thurs., 12/22, 1 p.m.	Liberty – Mental Health Awareness
Fri., 12/23, 1 p.m.	Pikesville – Brain Fitness
Thurs., 12/29, 12:45 p.m.	Pikesville – Brain Health and Ourselves
Thurs., 12/29, 1 p.m.	Ateaze – TimeSlips Storytelling

Risk Factor: Genetics

At least a third of the approximately 20,000 different genes that make up the human genome are active primarily in the brain. These genes influence the development and function of the brain, and ultimately control how we move, think, feel, and behave.

http://www.ninds.nih.gov/disorders/brain_basics/genes_at_work.htm



Blazing a Trail to a Healthier You at the
POWER OF AGE EXPO

on October 26-27 at the Timonium Fairgrounds.

Admission is \$2 or 2 canned food items.

Two action packed days filled with
resources, free health screenings, fitness classes,
cooking demonstrations, entertainment and more.

New this year is the Brain Matters feature area filled with
lectures on brain health, mindboggling games, health screenings
and the opportunity to tour an inflatable brain.

WEDNESDAY, OCTOBER 26

MINDRAMP

- 10 a.m. The Quest for Qualongevity – The New Age of Aging
- 11 a.m. How to Design Your Future Brain
- 1 p.m. Qualongevity Action Plans: Risk and Protective Factors
- 2 p.m. Physical Movement and Exercise for Better Brains
- 3 p.m. Mental Stimulation for Better Brains

JOHNS HOPKINS UNIVERSITY

- 10 a.m. Seeing the Mind with Precision Imaging
- 11 a.m. New Approaches to Dementia Research
- 2 p.m. The Healing Power of the Arts in Memory Care
- 3 p.m. Managing Behaviors in Persons with Dementia:
Non-Pharmacologic Interventions

THURSDAY, OCTOBER 27

MINDRAMP

- 9 a.m. The Quest for Qualongevity – The New Age of Aging
- 10 a.m. Mindsets, Brain Health and Flourishing
- 11 a.m. Social Engagement and Stress Management for Better
Brains
- Noon Diet and Nutrition for Better Brains
- 1 p.m. Sleep and Mental Rest
- 2 p.m. Creativity and Art for Better Brains
- 3 p.m. How to Design Your Future Brain

JOHNS HOPKINS UNIVERSITY

- 10 a.m. Diet and Dementia
- 11 a.m. Early Detection of Dementia
- 2 p.m. Lifestyle Strategies to Help Prevent Memory Decline