



Boost Your Memory

We all know the importance of physical exercise in staying healthy, but researchers are learning that mental exercise is just as important to maintaining a sharp mind. Turn your library into the gym for your brain with help from the databases listed below. They're all free with your library card! Find out how to access them on the back of this sheet.

BrainHQ

BrainHQ is an interactive brain training program where you exercise your memory, attention, brain speed, people skills, intelligence, and navigation by playing fun games. According to the scientists behind BrainHQ, the benefits of the games are proven in more than 100 studies on healthy aging. Published clinical papers show cognitive and quality-of-life benefits from using BrainHQ, ranging from 10+ years improvement in memory to safer driving, better mood, and sharper focus.

"Improving Your Memory" with Lynda.com

If you have trouble remembering names, dates, passwords, or to-do lists, then try the online video course "Improving Your Memory." You'll learn techniques to improve your recall, including mnemonic devices, rhymes, stories, and alliteration—all taught by Paul Nowak, who teaches speed-reading and memory improvement at organizations such as NASA and Google. Find the course on Lynda.com, an online learning resource that helps anyone learn software, creative, and business skills to achieve personal and professional goals

Transparent Language Online

According to an article in *The Atlantic*, "people who learn a second language, even in adulthood, can better avoid cognitive decline in old age." Even trying to learn a new language can delay the onset of dementia. Transparent Language Online offers unlimited access to more than 95 online language courses, packed with pronunciation, speech, grammar, writing, and vocabulary-building lessons. Through interactive games and learning materials, Transparent Language Online builds all four core language skills: listening, speaking, reading, and writing.

Submit your answer to the question below in the entry box located in the main library by January 31, 2018 to be entered to win a \$75.00 Amazon gift card.

Login to BrainHQ or Transparent Language Online and complete one exercise/lesson, or login to Lynda.com and watch one video in the "Improving Your Memory" course.

Title of exercise/video: _____

Resource used: _____

Name: _____ Phone #: _____



Resources

Books Available at JCPL

Outsmarting Alzheimer's : What You Can Do to Reduce Your Risk by Kenneth S. Kosik, MD, with Alisa Bowman. HEALTH CONDITION 616.831 KOSI

The Mindspan Diet : Reduce Alzheimer's Risk, Minimize Memory Loss, and Keep Your Brain Young by Preston Estep, III, PH. D. HEALTH DIET 616.8 ESTE

Library Databases

*** Access all of the following library databases at <https://www.jesspublib.org/learning> ***

BrainHQ

BrainHQ is an easy way to make brain health a priority. Library card holders can access a suite of online exercises designed to stretch your brain in new ways to help you think faster, focus better, and remember more. Register with your library card number and PIN.

Lynda.com

Lynda.com is a premier online learning resource offering more than 4,400 courses covering technical skills, creative techniques, business strategies, and more. Login with your library card number and PIN. Once you login, search for the course "Improving Your Memory."

Transparent Language Online

Transparent Language Online offers lessons in over 80 languages and includes courses in English as a Second Language. If you are in the library, create an account to get started. Otherwise, call the Ask a Librarian Desk at (859) 885-3523 ext. 228, and we will create an account for you.

Online Articles

"For a Better Brain, Learn Another Language" by Cody S. Delistraty. *The Atlantic*. Oct. 17, 2014. <https://tinyurl.com/yar2683f>

"Yoga May Be Good for the Brain" by Gretchen Reynolds. *The New York Times*. June 1, 2016. <https://tinyurl.com/yb9r3xc9>

"How to Improve Your Memory" by Melinda Smith and Lawrence Robinson. Helpguide.org. <https://tinyurl.com/y8jrn9sl>

Videos

"What is BrainHQ?" <https://vimeo.com/190944852>

"Learn a Language with Transparent Language Online" <https://youtu.be/UMHiv-iSZZg>