

# Successful Aging & Your Brain

## Four Factors Jumble

Unscramble the words below to learn about the four factors of successful aging. Once you figure out the answers, unscramble the highlighted letters to fill in the healthy brain mystery phrase (three letters have been filled in for you).

IALOSC MGGEATEENN

S O C I A L      E N G A G E M E N T  
7 55      37 73      58 26      46

RAPIEMID NUFNOITC

I M P A I R E D      F U N C T I O N  
44 65 72 21      49 23 8

LOCTLHEEROS

C H O L E S T E R O L  
53 6      61      60 32 40 11

NALCITTULLEE VATTYICI

I N T E L L E C T U A L      A C T I V I T Y  
39 22      57      68 17      4

COORDT

D O C T O R  
59 14 19

GODO DETI

G O O D      D I E T  
63      34 18 15

CETMDINOIA DSEI-CESTEFF

M E D I C A T I O N      S I D E - E F F E C T S  
20 38 43 47 69      1 71 24      36 28 54

VAURSACL HETAHL

V A S C U L A R      H E A L T H  
25 67 35      29 30 10 33      31 12 2

RIEEXSEC

E X E R C I S E  
41 9 16 27

DUETEAQA SELPE

A D E Q U A T E      S L E E P  
3 51      64 13      42 45      62

LODBO PESRUERS

B L O O D      P R E S S U R E  
66 70 48 52      5 50      56

S T A Y      P H Y S I C A L L Y      A C T I V E      R E D U C E  
1 2 3 4      5 6 7 8 9 10 11 12 4      13 14 15 16 17 18      19 20 21 22 23 24

V A S C U L A R      R I S K      F A C T O R S      T A L K      T O  
25 26 27 28 29 30 31 32      33 34 35      36 37 38 39 40 41 42      43 44 45      46 47

Y O U R      D O C T O R      A N D      K E E P      Y O U R      B R A I N  
4 48 49 50      51 52 53 54 55 56      57 58 59      60 61 62      4 63 64 65      66 67 68 69

L I V E L Y  
70 71 72 73 4

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## Keep Your Memory Sharp Jumble

What may seem like a faltering memory may in fact be a decline in the rate at which we learn and store new information. Visit [www.dana.org](http://www.dana.org) for more information on memory, and practice these memory skills to enhance learning and make remembering easier:

The following jumbled words are skills you can practice to help keep your memory sharp (hint: we've underlined the first letter of each word for you). Once you figure out the answers, unscramble the highlighted letters to answer the riddle (eight letters have been filled in for you, and letters can be used multiple times).

ICESTAAO

A S S O C I A T E

XEARL

R E L A X

RENNECATCTO

C O N C E N T R A T E

COSFU

F O C U S

LSWO NOWD

S L O W D O W N

NAOZIGRE

O R G A N I Z E

WITRE

W R I T E

PETREA

R E P E A T

IUZAVISLE

V I S U A L I Z E

"Why do reptiles have such good memories?"

" BECAUSE THEY HAVE

TURTLE RECALL "

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## Brain Quote Cryptograms

The following cryptograms are all quotes about the brain, with the names of their authors. Some of the letters have been filled in to give you a head start. See how many you can solve! Visit [www.dana.org](http://www.dana.org) for more information on neuroscience and the brain.

### We're Not in Kansas Anymore

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4						18	19				25									10		14		9	

A N D   M Y   H E A D   I ' D   B E   S C R A T C H I N G  
 4 8 3   7 9   19 13 4 3   12 3   15 13   5 17 6 4 1 17 19 12 8 18

W H I L E   M Y   T H O U G H T S   W E R E   B U S Y  
 14 19 12 25 13   7 9   1 19 2 10 18 19 1 5   14 13 6 13   15 10 5 9

H A T C H I N G   I F   I O N L Y   H A D   A B R A I N  
 19 4 1 17 19 12 8 18   12 22   12   2 8 25 9   19 4 3   4 15 6 4 12 8

T H E   S C A R E C R O W  
 1 19 13   5 17 4 6 13 17 6 2 14

### The Sci-Fi Brain

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		7			10		9	22				8								1	20	19			

T H E   H U M A N   B R A I N ,   T H E N ,   I S   T H E  
 17 9 16   9 1 8 3 12   6 21 3 22 12   17 9 16 12   22 15   17 9 16

M O S T   C O M P L I C A T E D   O R G A N I Z A T I O N  
 8 23 15 17   7 23 8 5 25 22 7 3 17 16 26   23 21 2 3 12 22 11 3 17 22 23 12

O F   M A T T E R   T H A T   W E   K N O W  
 23 10   8 3 17 17 16 21   17 9 3 17   19 16   4 12 23 19

I S A A C   A S I M O V  
 22 15 3 3 7   3 15 22 8 23 20