

# Memory Tune™ Course



Day Four

Great to see you back for the next step in tuning your brain.  
Every time you make a conscious effort to think about your brain and memory, you are building a buffer against future memory loss.



## What is the Brain & Memory Foundation?

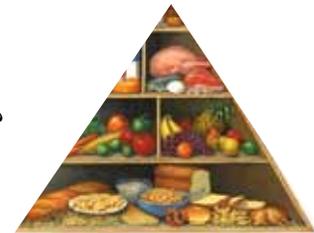
The Brain and Memory Foundation was established because two sisters, Dr. Allison C. Lamont and Gillian M. Eadie, spent several years watching their mother, Jeanie, succumb to the memory lapses associated with Alzheimer's Disease. She kept them away for over 90 years through reciting poetry, counting backwards from 100 (in 3s, 7s, 9s and so on) and maintaining a lively interest in history, literature, current affairs and sport. All Baby Boomers need to hear the message of 'Use it or Lose it' - which is why they have put so much effort into making their knowledge available to everyone.

## What have you learned?

Over the past sessions of this course, you have looked at a number of different aspects of your memory; you have engaged in exercises that have energized your memory skills, as well as finding out about the lifestyle factors that play a profound role in supporting your alert, active and healthy brain.

### Yesterday you were asked you to:

1. **Make a list of the individual foods you've eaten since your last Memory Tune session. Did you have more colourful foods than white/pale foods? Keep that pattern up because you are giving your brain every chance to work well.** If you have a lot of bland-coloured foods on your list, don't despair. By changing just a few of them each week, you will notice increased energy and a sharper brain over time.
2. **Note your sleep pattern last night and for the past few days.** Did you manage to sleep for the magic six to seven hours last night? Well done, if you did. If you are still having interrupted sleep, please jot down what you were doing in the hour before you went to bed – what you had to eat or drink, whether you were watching TV, clearing emails, reading etc. What time did you go to bed? **All of these details will help you develop an insight into your own sleep habits; that knowledge will be the basis of finding out how you can improve your chances of refreshing sleep and an active, alert and refreshed brain.**



**Food that is good for your brain  
is fantastic for your body and  
fitness, also!**

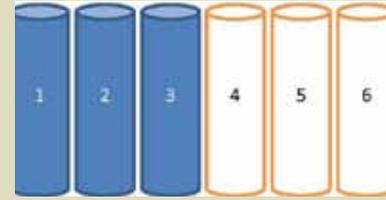


3. Think back over the three new memory skills you have learned in the past three sessions – did you practise them?

Can you jot down now what they are and ‘see’ in your mind the new tip for improvement in each one you learned?



### Brain Wake Up



Line up six glasses in a row. the first three are filled with water while the other three are empty. How can you change the order of the glasses so that the first glass is filled with water, the second is empty, the third is filled, the fourth is empty, the fifth is filled and the sixth is empty? You may move only ONE glass.



### New Memory Skill for Today:

## Activate Your Short-Term Memory

Every moment you are being bombarded with images you can see, sounds you can hear, ‘things’ you can feel through touch, odours you can smell and emotional reactions evoked by these. Most of these sensations vanish as quickly as they came, **unless some of them become important to you and move into your short-term memory.** Most people can store seven items together (+ or minus two). **To recall them later, though, the items need to be rehearsed into the long-term memory.** The whole process takes about 7 seconds!

### Short-Term Memory Tip.

When faced with a list of items, dates or appointments, find a way to **rehearse** them into your long-term memory. Look for a pattern, group similar items together, sing them in a rhythm or rhyme, repeat the sequence over and over, or move around.

**Concentrate while you are doing it.**

## Short-Term Memory for Numbers

Mental arithmetic is great exercise for your short-term and working memory skills. Try these, without pencil and paper. You can check your answers at the end of this Memory Tune.

- $1 \times 2 \times 3 \times 4 \times 5 = ?$
- $6 + 7 + 8 + 9 + 10 = ?$
- $10 \times 3 \div 5 \times 8 - 7 + 11 = ?$
- $246 + 257 = ?$
- $293 - 15 - 21 - 43 - 17 - 35 = ?$



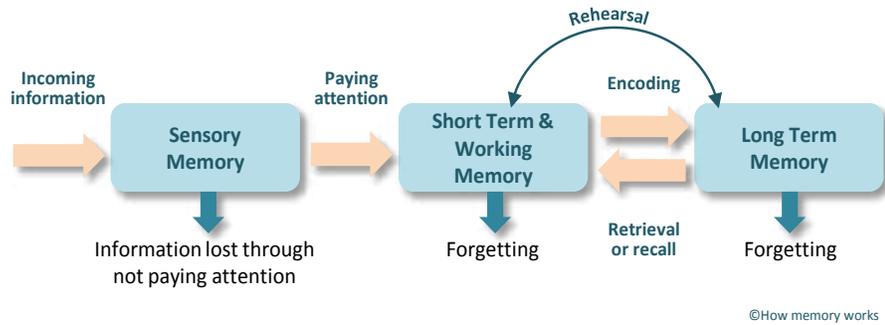
# How you create a memory trace

Look at this diagram.  
In your brain,  
this happens millions  
of times a day:

This process occurs for every little thing you recall.

You can see why so much just never gets through to being stored in your brain.

That's the process we are aiming to tune-up today.



## Exercise 1: (where you test what has transferred into your long-term memory)

Think back over today and name four people you interacted with during the day.

*Can you name the shirt colour of the second person you talked to? Can you say who was wearing a tie? Was a woman you met wearing earrings? What was the slogan printed on a T-shirt? You get the idea.*

It doesn't have to be these exact details – choose your own to test yourself.

Did you notice well? Did you pay attention to details?

If you didn't, you may not have been able to answer the questions above. Keep noticing!

## Exercise 2: Study the picture below for thirty seconds.



Without looking back at the picture, answer the following questions:

1. Are the red lanterns oval, round or oblong?
2. How many of the following were also hanging? Chinese characters, fish, birds, butterflies, balloons, tigers, gold leaves
3. Was the pattern on the wall behind the display based on circles or squares?
4. What colour was the writing above the shop entrance?

How well did you concentrate on the details of that picture?  
Try again with other pictures before the next session.

### Additional practice, wherever you are.

#### Create mental arithmetic for yourself

- add up the digits in telephone numbers
- mentally keep a tally of the cost of items you are purchasing in the supermarket
- work out whether the large or small package of an item is the best deal

Keep on the alert for daily opportunities to practise adding, multiplying, subtracting and dividing numbers.

### Exercise 3:

Study this list of dates for 90 seconds:

1066: William the Conqueror invades Britain  
 1492: Christopher Columbus reaches the West Indies  
 1666: Great fire of London  
 1773: Boston Tea Party  
 1865: Assassination of Abraham Lincoln  
 1903: Wright Brothers took their first flight  
 1941: Pearl Harbour attacked  
 1963: John F. Kennedy assassinated  
 1990: Nelson Mandela freed in South Africa.

Cover them - write down as many as you can recall.

7-8: Well done. Your short-term memory is phenomenal!

4-6: Your short-term memory is in the normal range.

0-3: Don't worry – it isn't too late. You can retrain your brain connections with regular practice.

## Focus Connect Rehearse

Your keys to a sharp memory.

Re-wiring your brain for an alert, responsive memory takes conscious effort. To create a memory trace, there are three main steps:

focus, connect and rehearse.

**Paying Attention is the key.**

To remember well, you need to **focus** on what you want to remember.

The thought then needs to **connect** to something you already know.

Finally, you need to **rehearse** it in some way - repetition, saying out loud, using a rhyme .....

Just like an athlete, you train your body, brain and memory to operate at peak. You can grow all of the new brain connections you need but **only if you create that need every day!**

## Give yourself a 'brain break'!

Drink a glass of water or jasmine (green) tea. Have a brain snack of almonds, dried fruit, a few berries or other food that you enjoy from your brain food snack list.



## Remember: Focus - Connect - Rehearse

### 4. A Focus Exercise

Focus, or paying attention, is vital for remembering.

Read this text while silently counting upward from 1.



As forecast by Johann Goethe in a letter of 1815, Frankfurt businessman Johann Friedrich Städel bequeathed his extensive possessions to the public, thus becoming the first citizen to establish a private museum anywhere in Germany. The museum has in its holdings masterworks dating from the early fourteenth century to the present. Famous old master paintings such as Sandro Botticelli's *Idealised portrait of a lady*, Jan Vermeer's *Geographer*, or Rembrandt's *Blinding of Samson* are among the historical treasures. However, the work *Goethe in the Roman Campagna* painted in 1878 by Johann Heinrich Wilhelm Tischbein – the composition forming the prelude to the European Masters: Städel Museum 19-20th Century exhibition – is a virtual Städel trademark.

*Extract from Holbein's 'European Masters'*

Now, cover the text and answer the questions on the next page.

## Questions

1. Who are the artists mentioned in this text?
2. What painting is known as the Städel trademark?
3. What number had you reached by the end of the text?
4. Where is the Städel museum?



If you were counting at the same time as reading, it is likely that you couldn't answer any of these questions. The second task, counting, distracts from the focus needed to absorb and memorize the text. Results obtained when you complete a cognitive task **without focus** are usually disappointing

## Prepare for the next session:

1. Continue with your food, exercise and sleep monitoring. This information will form an important base-line for your future progress.
1. Practise again all of the techniques you have learned and this time, create your own memory tasks based on those in Memory Tune.
2. Draw, from memory, a map of how to get from your city or town centre to your home.



### Answers for Mental Arithmetic

- a. 120   b. 40   c. 52   d. 503  
e. 162

### The Glasses puzzle:

This required lateral thinking! Pick up glass #2 and pour its contents into glass #5, then place glass #2 back into its original position. the glasses are now alternately filled and empty.

Once you reach 50+, it's time to start thinking of the best ways to spend your leisure time. There are so many choices! But you cannot take your brain and memory skills for granted.



# Memory Tune™

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