

# Memory Tune™



Day Five

*Building new brain connections is possible at all ages. Baby Boomers, **make this a priority** because *what is life without your memory?**

From the previous session, have you made some changes to improve your eating, sleeping and physical fitness? It takes only a week or two to establish new habits, so keep up your determined effort!

## Do you feel in charge yet?

Working to keep your brain and memory active takes **conscious effort**. By now, if you have followed each of the activities and exercises in this course, you will be more aware of what you need to do to consciously think about **how** you remember, **what it takes** for you to remember and **why** you remember.

## Three keys to a sharp memory: Focus - Connect - Rehearse



### Paying Attention is the key.

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

Then **connect** the thought to something you already know.

Finally, **rehearse** it in some way - repetition, saying out loud, using a rhyme or any way you choose.

## Putting a Name to a Face.

Baby boomers can usually recognize whether or not they have seen someone before. It's a skill that's taken for granted, isn't it? Well, it is until you see someone you are sure you know quite well and you have no idea of where you have met that person before, or what his name is!

A face can sometimes linger in the memory for days before it comes back in a blinding flash where you have seen him before and suddenly, the name is remembered.

## Things to do at home:



1. Memorize all of the telephone numbers you need to know. It's easier than you think if you practise your memory techniques.
2. Pick a word at random - how many other words can you make from the letters? Give yourself 30 seconds to come up with at least six. Scrabble players will find this an easy one!
3. Now, in 10 seconds, write down as many words as you can think of beginning with the first letter of the word you used for 2.
4. Keep active - gardening, walking, going to the gym; anything that is more than you would usually do.

## Why is this? What's happening in the memory?

Well actually, several things are happening. Researchers have identified that just recognizing a face is quite easy for most people because all of the 'clues' are right there in front of you. You know that you have seen those features before.

Just where you have seen them, or what the person's name is, requires another memory skill, **recall**, and this is more complex. To **recall**, you need to reconnect to the information about this person you have stored away in your memory, but without any clues (particularly if you see him in a different situation from last time).

## Today's Memory Skill - Face Recognition

### Meeting new people

Meeting new people may create a stressful situation. for you.

Will you remember their names? What will they think of you? Are you dressed appropriately for the occasion? This raises your level of stress bringing about an increase in heart rate, blood pressure, breathing rate, and nervousness.

Take a couple of deep breaths, inwardly remind yourself, 'Calm mind, relaxed body', smile, and step forward with confidence to meet the new person. Look the person in the eye, show your interest in the conversation, and take the opportunity to repeat his or her name during the introduction.

### Be Observant!



Most people say that they look at, and remember the eyes of a person best. The shape, yes, but often the colour of eyes is a detail that is missed. To be really sure you will remember, look carefully at other features, too! The hairline, eyebrows, mouth, jaw line, chin, ears - there are a lot of details to be taken in.

Recognizing faces is one of the key memory skills that you can lose in later years. Imagine that! Arriving at your school reunion and not knowing who anybody is.

For most baby boomers, though, it's not recognizing people that is the problem, it is remembering their names!



## Did you know?

**Prosopagnosia** is the scientific name for 'face blindness' or not being able to recognize familiar faces.

If a close family member goes out of the room and returns, a person with **prosopagnosia** will fail to recognize the face.

## Practise the techniques for remembering faces.

Each time you **concentrate** on a feature, you are committing that feature, and the face, to memory.

### Try this exercise:

Give yourself 10 seconds for each of the people below. In your mind, 'attach' the name to each face.



Mei Zhang



Ted Baxter



Ping Tan



Peter Franks



Malcolm Johns



Frances West



Mavis Moore



Joyce Helsom



Matthew Coyle



Dan Foster

## Memory Tip:

Remembering names is a skill that you can practise and master.

When you first hear a person's name, try to connect that name to a feature of the face, personality or something you know about the person. Repeat it to yourself (out of earshot!) several times, giving your brain time to process this new name into your long-term memory.

Later in the day, let your memory run over the meeting, and rehearse the names with faces you recall.



## Remembering biographical information

Study these people, imagining you are being introduced to each one. They offer you information about themselves that you would like to remember. Look at each face for about 15 seconds, memorizing his or her name and biographical information.



**Gordon Lane**

Gordon is a school teacher. He enjoys hiking and camping.



**Lucy Monk**

Lucy is a dental student. She skis in winter and plays tennis in summer.



**Raymond Kerr**

Raymond is a keen gardener and specializes in growing prize roses.



**Anne Neate**

Anne is a writer of animal stories for children. She illustrates her books herself.



**Nick Hodge**

Nick is a fire fighter and father of three sons. He coaches their football team.

## Remember your Brain Food!

Your brain thrives on brightly coloured fruit and vegetables. This recipe contains vital antioxidants for an excellent start to the day.

### Breakfast Smoothie

Handful of frozen berries  
(or a banana)  
Two scoops of Protein Powder  
6 Ice cubes  
Half a cup of cold milk

Combine ingredients in blender until smooth.



Without looking back, write down the names and as much as you can remember about these people.



## More Practice:

Try to closely observe 3 people each day over the coming week.

Make a written list of the general appearance, taking particular note of the types and colours of clothing and other details. Put the list away.

A couple of hours later try to duplicate the list, including shoe colour and whether or not, for example, the middle-aged lady with the red scarf was carrying her purse over her left arm.... or was it the right?

This is excellent for your observation skills and wonderful practice for your short-term memory!



Remembering is an **ACTIVE** process - it rarely happens by chance.

## Focus - Connect - Rehearse

Remember: brain food, more exercise and effective sleep patterns will assist your memory to improve more rapidly. Note down your progress.

### Brain Wake Up

The 4 digits below each have either a + sign or - sign. Without pen and paper, find five ways to combine these to add up to a total of 22. You may use digits as many times as you like, but you must use all 4 in each sum.

$$+4 \quad -2 \quad -1 \quad +6$$

$$\text{e.g. } 6 + 6 + 4 - 1 - 2 + 4 + 6 - 1 = 22$$

There are many ways of doing this! Exercise your working memory.



## You can be a master of remembering names!

Write down the names of our friends below - as many as you can remember from the previous page.

Notice which ones were the easiest for you. Why was that?  
Is that something that you can use to help you next time?



Over the next 24 hours, and without referring back to these papers, try to recall each of the people you have memorized today. Visualize their faces, recall their names and information. This is a skill that improves with practice.



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