

Local News

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Brain games: Techniques to help you stay mentally sharp

BY SHANNON LYNCH
Executive Director

When we talk about being in good health, we are not only referring to our physical conditioning. Mental wellbeing is just as important as physical fitness when maintaining a healthy lifestyle at any stage of life.

That maintenance, however, becomes even more critical in our later years when the signs of dementia and depression appear. Staying physically and mentally fit allows us to fully enjoy our golden years.

Studies indicate seniors can improve brain function by stimulating their minds. If you feel your cognitive skills, such as your attention span or processing speed, are slipping, consider this a great time to sharpen your mental health with brain training.

While we stretch, walk and do other exercises to keep our bodies

in shape, there are also many fun and challenging ways to make sure our minds stay sharp.

Start by evaluating the health of your brain. Online testing, such as Lumosity.com, will estimate your "brain age" based on how you score in memory games and speed tests. The Lumosity program, which was created by scientists and game designers, has over 50 cognitive games to test and measure your mental health.

Ready to go? Here are four ways to keep your brain sharp.

On your computer. Online programs can be simple, quick and easily accessible from your home computer. There are many online games designed to stimulate your mind; find the one that makes it fun for you to exercise your brain!

In your community. Socialization is a great way to keep your mind young. Enjoy the company of your friends

and neighbors at recreational and community events, such as bingo or paint night. A stimulating experience tied in with a social event can benefit your brain health. Playing cards, chess, checkers and trivia games are also great ways to keep your mind sharp while having fun with friends and neighbors.

BY JUSTIN ROSHAK
justin@salmonpress.news

LITTLETON—The High School will host a pioneering partnership with the Arts Alliance of Northern New Hampshire this week, focused on using and encouraging creativity in the classroom.

Arts Alliance artistic veterans will coach teachers on using the creative process to engage learners of all ages, and across all subjects. The seminars are open to educators from all fields and grades.

Teachers may exercise creativity in the classroom when they tailor their lessons to the needs of different learners, and students at divergent levels of mastery. They may cross-over disciplines, introduce art into science, or physics into music, to better teach, explain, and engage.

Students who think creatively are more likely to absorb what they hear, to engage with what they learn, and use what they know. They are also more likely to have fun. In our age of

and the kids be creative and imaginative. It's another great way to stimulate the brain!

With your family. Activities such as puzzles and board games are also great to play with your grandchildren and family members. They're fun, free and create memories of you that your grandkids will carry with them for the rest of their lives. Find games that make you

and the kids be creative and imaginative. It's another great way to stimulate the brain!

Anywhere you go! Anyplace can provide stimulus. Take in the sights, the sounds and the smells. Visit a museum, attend a concert or festival, or begin an art project; it doesn't always have to be a game as long

as you are stimulating all of your senses.

Whether you take a walk-and-talk with friends to stretch your legs and share stories about your families, or do a crossword puzzle in quieter moments, finding ways to stimulate your mind will help you stay mentally fit.

High school to host clinic on creative classrooms

individualized education, lessons that use and encourage creativity are better able to enlist the attention of diverse students with different interests, and individual needs.

In a change from previous professional development workshops, the high school will host the workshops. Therefore, the school will save significantly on the cost of transporting teachers off-site.

Littleton's classes this Wednesday and Thursday will be led by a Lisa Condino, a visual artist and experienced teaching artist who has trained for Universal Design for Learning (UDL).

Creativity figures prominently in Universal Design for Learning, which Superintendent Steve Nihlas hopes to further implement in his district. He believes that the last two decades of education reform have placed an undue heavy emphasis on math and reading, to the detriment of other important fields.

The first three Littleton seminars are part of a series of fifteen such workshops planned for locations across the state, in including classes in Plymouth, Gorham, and Manchester. A mid-August class will feature the use of music in K-3 classrooms as a

way to build literacy, language, and communication ability. Last week's class focused on the use of creative arts and natural materials to encourage oral and written expression skills.

Superintendent Nihlas, who also serves on the board of the Arts Alliance, would like to make Littleton a hub for artist-educator collaborations.

"I think a lot of people would like to come to Littleton," he observed.

He hopes that teachers will embrace the idea of using multiple subjects in their classroom, and of approaching lessons from a creative perspective.

N. H. STATE POLICE LOG

REGION — State Police Troop F reported the following arrests from July 6-20.

On July 6, on route 3 in Columbia, Nelson Chapple, 23, of Stratford was arrested on two counts of DUI-Impairment.

On July 6, on Route 3 in Stewartstown, Jamie West, 24, of Manchester was arrested for Hindering Apprehension and Prosecution, Arrest on a Bench Warrant and Contempt.

On July 6 in Franconia, Ran Li, 40, of Winchester, Mass. was arrested for Reckless Operation.

On July 7, on Route 16 in Gorham, Michael

Murdoch, 57, of Mill Valley, Calif. was arrested for Driving after Suspension and DUI-Impairment.

On July 7, on Route 3 in Thornton, Patrick Thompson, 31, of Meredith was arrested for DUI-Impairment, second or third.

On July 7, on Route 135 in Dalton, Eric Brower, 40, of Stratford was arrested for DUI-Impairment.

On July 8, on Route 104 in New Hampton, Isiah Batista, 18, of New Hampton was arrested on a Bench Warrant.

On July 11, on Route 3 in Northumberland, Beth Cameron, 30, of Colebrook was arrested on a Bench Warrant and Possession of a Controlled Drug.

On July 12, on Route 302 in Haverhill, Eric Hesselstine, 32, of Landaff was arrested for Driving after Suspension and DUI-Impairment.

On July 13, on Route 3 in Northumberland, Kenneth Meunier, 39, of Groveton was arrested for DUI-Impairment, sec-

ond or third and disobeying an officer.

On July 13, on NH Route 10, at the Blueberry Self Storage in Haverhill, Sherrydawn Gonzalez-Ramirez 30 was arrested for Driving after Suspension and Suspension of a Vehicle Registration.

On July 14, on State Street in Groveton, Elizabeth Howland, 28, of Stratford was arrested on a Bench warrant.

On July 14, on I-93 in Holderness, Ayush Singh, 22, of Cambridge, Mass. was arrested for Reckless Operation.

On July 15, on I-93S in Thornton, Erin Chase, 37 of Hope, Maine was arrested for DUI-impairment.

On July 15, on I93S in Thornton, Lauren Moore, 19, of Hudson was arrested for DUI-Impairment, Unlawful Possession/Intoxication and Possession of less than three quarters of an ounce of marijuana or hash, Transport of Alcohol by a Minor and DUI-adult greater than .08, POLICE, PAGE A15

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