STRONGERMEMORY℠
by GOODWIN HOUSE

Packet 7

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Welcome to StrongerMemory, a program designed to help those facing mild cognitive challenges or an early diagnosis of dementia. This program consists of simple activities practiced daily to engage the working memory and trigger brain activity in the prefrontal cortex, which research indicates might help stabilize or improve cognitive functions. StrongerMemory is not a cure – there is no known cure for Alzheimer's or dementia. This is a tool that might help some people to slow the symptoms of cognitive decline and gain more "good" years.

StrongerMemory involves these three activities known to engage the brain's prefrontal cortex:

1. Simple math done quickly
2. Handwriting
3. Reading out loud

We recommend that you engage with these exercises for a total of 20 to 30 minutes a day, at least four times a week – though every day is best. We've included a calendar that you can use to track your progress.

We currently offer 11 StrongerMemory packets. Each packet includes 11 pages of math exercises, 8 pages of writing prompts and a simple list of ideas for reading out loud. Every day, complete one math sheet, one writing prompt and spend time reading out loud. Upon completing one packet, you may progress to the next or repeat the packet, as you choose. Once you've completed all of the packets, you can start back at the first one, or design your own challenges.

The important thing is to do 20 to 30 minutes a day of these exercises in any combination: a math sheet, writing by hand and reading out loud.

We hope you enjoy StrongerMemory!

strongermemory@goodwinhouse.org

Calendar

Track your daily progress - write down the amount of time you spent each day on these brain exercises.

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Section 1

Quick Math Sheets

Directions for Those Solving the Problems:

The object of completing these math pages is to **create focus**. The key to just do the math without worrying about the right answers. The problems are intended to be simple. They should not cause anxiety. If the math problems are causing you stress, feel free to repeat a previous sheet or return to an earlier packet instead.

Complete all of the problems in this section as fast as possible.

Please use a timer to track the time it takes to complete the math sheet. This is intended as a tool to help track your progress over time.

Once you complete a sheet, please read the problems and answers out loud before going to the next task.

Directions for Supporters:

Having someone to cheer on the daily efforts either in person or remotely is helpful and encourages one to stay engaged with the work. If you are supporting someone doing these packets, your tasks are twofold:

1. Cheer on the effort!
2. Positive feedback!

Please complete these math questions as quickly as possible:

1+1=	1+2=	1+3=	1+4=
1+5=	1+6=	1+7=	1+8=
1+9=	2+1=	2+2=	2+3=
2+4=	2+5=	2+6=	2+7=
2+8=	3+1=	3+2=	3+3=

Awesome! Great job! Way to go!

Time to completion: _____

Please complete these math questions as quickly as possible:

3+4=	3+5=	3+6=	3+7=
4+1=	4+2=	4+3=	4+4=
4+5=	4+6=	5+1=	5+2=
5+3=	5+4=	5+5=	6+1=
6+2=	6+3=	6+4=	7+1=

Be proud! Success! Nice work!

Time to completion: _____

Please complete these math questions as quickly as possible:

7+2=	7+3=	8+1=	8+2=
9+1=	9+2=	9+3=	9+4=
9+5=	9+6=	9+7=	9+8=
9+9=	8+3=	8+4=	8+5=
8+6=	8+7=	8+8=	8+9=

Congratulations! Keep up the good work!

Time to completion: _____

Please complete these math questions as quickly as possible:

7+4=	7+5=	7+6=	7+7=
7+8=	7+9=	6+5=	6+6=
6+7=	6+8=	6+9=	5+6=
5+7=	5+8=	5+9=	4+7=
4+8=	4+9=	3+8=	3+9=

Doing nice work! Keep it up!

Time to completion: _____

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Please complete these math questions as quickly as possible:

10+1=	10+2=	10+3=	10+4=
10+5=	10+6=	10+7=	10+8=
10+9=	11+1=	11+2=	11+3=
11+4=	11+5=	11+6=	11+7=
11+8=	12+1=	12+2=	12+3=

Effort is key! You can do it!

Time to completion: _____

Please complete these math questions as quickly as possible:

12+4=	12+5=	12+6=	12+7=
13+1=	13+2=	13+3=	13+4=
13+5=	13+6=	14+1=	14+2=
14+3=	14+4=	14+5=	15+1=
15+2=	15+3=	15+4=	16+1=

Fantastic! Your math is strong!

Time to completion: _____

Please complete these math questions as quickly as possible:

16+2=	16+3=	17+1=	17+2=
18+1=	18+2=	18+3=	18+4=
18+5=	18+6=	18+7=	18+8=
18+9=	19+1=	19+2=	19+3=
19+4=	19+5=	19+6=	19+7=

Great results! You are making it work!

Time to completion: _____

Please complete these math questions as quickly as possible:

19+8=	19+9=	17+3=	17+4=
17+5=	17+6=	17+7=	17+8=
17+9=	16+4=	16+5=	16+6=
16+7=	16+8=	16+9=	15+5=
15+6=	15+7=	15+8=	15+9=

High five! You are making a difference!

Time to completion: _____

Please complete these math questions as quickly as possible:

5+5=	6+4=	7+3=	8+2=
9+1=	1+9=	2+8=	3+7=
4+6=	10+1=	10+2=	10+3=
10+4=	10+5=	10+6=	10+7=
10+8=	10+9=	1+10=	2+10=

Incredible! Your math is great!

Time to completion: _____

Please complete these math questions as quickly as possible:

1+6=	2+5=	3+4=	4+3=
5+2=	6+1=	1+7=	2+6=
3+5=	4+4=	5+3=	6+2=
7+1=	1+8=	2+7=	3+6=
4+5=	5+4=	6+3=	7+2=

Just keep going, you can do it!

Time to completion: _____

Please complete these math questions as quickly as possible:

1+2=	2+1=	1+3=	2+2=
3+1=	1+4=	2+3=	3+2=
4+1=	1+5=	2+4=	3+3=
4+2=	5+10=	1+10=	2+10=
3+10=	4+10=	5+10=	6+10=

Keep it up, you are fantastic!

Time to completion: _____

Section 2

Writing Sheets

Directions:

Handwrite your answers to the following writing suggestions. Take your time. This is for your own use. No need to worry about spelling or proper grammar.

Once you complete the answer, please read your work out loud.

Did you have any hobbies growing up? What were they?

Write about the neighborhood you grew up in. Was it in a small town or a big city?

What are some of your interests? Do you have any favorite subjects to learn about?

Do you have siblings? How many? What are their names? What is the best thing about having siblings?

What is something you've done in your life that may have impacted others?

Who or what in your life helped make you the person you are today?

Are you a morning person or a night person? Has that changed over your life?

What are some things you like to do when you have free time?

Section 3

Reading Aloud

Directions:

Grab your favorite book, pick up the nearest magazine, read positive news stories – it's your choice. Just find something that you can read – out loud – for 10 minutes or more a day. You can even read to someone in your network of family and friends!