



WHETHER IT IS PUZZLES, WALKING, OR playing video games, everyone seems to have a different idea about what will help retain brain power as the body increases in age.

If you have been keeping up with the news, brain fitness is not a new term; however, what might be new is Posit Science. Claiming to improve thinking, understanding, and memory, Posit Science provides its students with scientifically based activities that are both engaging and stimulating. The program is offered through a series of classes that are done for one hour a day, five days a week, for eight weeks. The length of time, eight weeks, is important to establish it as a habit.

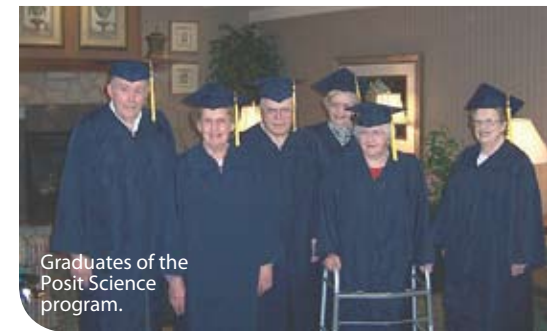
Posit Science uses more than 50 university-based scientists to create these programs. Our brains are designed to interpret our experiences which define who we are. The goal of Brain Fitness is to help you redefine who you are. Brain Fitness is designed to challenge the student to enhance their natural abilities to enable them to function independently.

Leisure Care Retirement Communities have brought this program to all of their facilities. "Loss of memory is not your fault; however, you can get it back," says Brandon Eller, Fairwinds Marketing Director. The average improvement delivers up to 10 years in memory gain. When entering the Brain Fitness room at Fairwinds, you will notice the walls are a bright purple, a color which is linked with triggering easy learning. There are four computer stations. Each station has a small fan, a one-button mouse, and a stress ball in the shape of a brain.

In the couple of hours that I got to spend at Fairwinds, Eller logged me into the Posit Science program. As I got the opportunity to test out the classes I found myself getting frustrated. There is a listening portion that tests the pitches of sound. The goal upon hearing the sound

is to differentiate whether the pitch is up then down, down then up, etc. Since I got the first couple of them right, the difficulty was raised. Instead of hearing the bell heralding that I was correct, I began hearing a thud announcing I was wrong. Anne Marie Erichsen, a first time Brain Fitness student commented on how "it is visual and challenging," and she would definitely take the course again. So far Fairwinds has had two graduating classes with seventeen graduates.

The improvements are not necessarily noticed by the students, but rather by



those around them. Memories or information that was thought to be lost have been recovered. "I remember minor details and others say that I am improving," Edna Victory informs us. With this being Edna's first time in the class, she found it important that those interested understand that even if you have poor vision, the letters are large and the colors bright, so what she thought would hold her back, was not an issue.

This is cutting edge technology. General belief used to be that our brains deteriorated as we got older; fortunately this belief is being challenged as more seniors begin taking the Brain Fitness classes. These classes are available to the general public, not just Fairwinds residents. "Spokane seniors need to take advantage of such an innovative learning program," concludes Eller.

For more information visit www.PositScience.com