

# Staying Sharp

It's common to have an occasional moment of forgetfulness, but a significant amount is not a normal part of aging. To help fend off forgetfulness, make sure to stimulate your brain with new and difficult activities. This can help build new brain cells and improve memory! If you've noticed you are experiencing memory loss that interferes with your daily routine, schedule an appointment with your provider to discuss any concerns.

---

**To help keep your brain in tip-top shape, try out the memory boosting tips below!**

- 1 Learn Something New**  
Find a hobby or new skill to challenge your brain with a mental exercise. Read a new book every month, play chess or bridge with friends or do a daily crossword puzzle or word search.
- 2 Use All Your Senses**  
The more senses you use, the more likely your brain will remember something. Challenge your sight, smell, taste, touch and sound by trying a new recipe at home or taking an art class.
- 3 Repeat What You Want To Remember**  
If there is something you've read or heard that you want to remember, say it out loud or write it down. When you first meet someone, use their name when you speak with them.
- 4 Use a Mnemonic Device**  
Mnemonic devices help you remember something. An example would be using "ROY G BIV" to help remember the colors of the rainbow or "HOMES" to remember the Great Lakes. Try using a mnemonic device to make remembering easier.
- 5 Use a Reminder**  
Sometimes we need a little help remembering things, and that's OK! Make a "to-do" list or write a reminder on a post-it and put it on your bathroom mirror, kitchen cabinet or refrigerator.

---

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

