

# National Seniors

## AUSTRALIA

### ADELAIDE NORTH-WEST BRANCH NEWSLETTER

April, 2024

Meeting at 1.30 pm on the fourth Wednesday of each month at  
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale

Entrance & Parking - Drive through carport to rear of building

#### COMMITTEE

President ..... Brian Mibus (0417 887701)

Activities Coordinator ..... Annie McCall

Vice-President .. Trevor Molde (0417 838740)

Committee ..... Jeanette Molde

Secretary ..... Kathy Hancock (0432 101372)

Newsletter..... Trish Mibus (0407 605091)

Treasurer ..... Mavis Smith

### 2024 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
<i>All dates are Wednesdays</i>		
April 24, 1.30 pm	<b>GUEST SPEAKER – David Jarman – Oakdale House</b>	Annie McCall
May 8, 12 noon	<b>LUNCH – Seaton Hotel</b>	
May 22, 1.30 pm	<b>GUEST SPEAKER – Robin Jarman –Tour Guide Life</b>	Kathy Hancock
June 12, 10.30 am	<b>LUNCH OR OUTING – Pancakes at the Port</b>	
June 26, 1.30 pm	<b>GUEST SPEAKER from West Torrens Historical Society</b>	Jenny Mathews
July 10, 12 noon	<b>CHRISTMAS IN JULY LUNCH – Findon Hotel</b>	
July 24, 1.30 pm	<b>GUEST SPEAKER – How to look after your eyes - Domenic</b>	Jeanette Molde
August 14, 10.30 am	<b>BUS OUTING &amp; LUNCH – Bay Discovery Centre / Bakery</b>	
August 28, 1.30 pm	<b>GUEST SPEAKER – Robin Jarman –Sudoku</b>	Lynda Scantlebury
September 11, 12 noon	<b>LUNCH – venue to be advised</b>	
September 25, 1.30 pm	<b>GUEST SPEAKER – David Jarman –Wetlands</b>	Mavis Smith

DATE	ACTIVITY	AFTERNOON TEA
<b>All dates are Wednesdays</b>		
October 9, 10.30 am	<b>BUS OUTING &amp; LUNCH</b> – Airport – Vickers Vimy tour and lunch at café	
October 23, 1.30 pm	<b>GUEST SPEAKER</b> – to be advised	Dawn Thomas
November 13, 12 noon	<b>LUNCH</b> – Lockleys Hotel – Christmas lunch	
November 27, 1.30 pm	<b>GUEST SPEAKER - SAPOL</b>	



Adelaide North West Branch celebrated two birthdays with a luncheon held at the Findon Hotel on Wednesday, April 10, 2024.

- **Adelaide North West Branch 20<sup>th</sup> Birthday**

National Seniors Chief Executive Officer, Chris Grice, who earlier in the day met with Zone representatives, and Ed Staunton, Zone Chairman, joined us for lunch. Chris presented badges for 20 or more years' membership to John and Kay Day, Mavis Smith, Trevor and Jeanette Molde, and Brian and Trish Mibus. Our first President, Gerald Sutton, was also awarded a badge, but was unable to attend.

- **Mavis Smith's 90<sup>th</sup> Birthday**

It was great that we were finally able to celebrate with Mavis after she spent her 90<sup>th</sup> birthday in hospital following surgery.

Two cakes were cut, one for the Branch's birthday and the other for Mavis's birthday. Everyone enjoyed the afternoon and no-one seemed to want to leave.

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*Thanks to Trevor for the following article -*

## **The Brain Science Behind Ageing and Forgetting**

Are younger people smarter? Are older people wiser? Living longer affects the brain, but exactly how may surprise you.



Solomon Shereshevsky, a Russian journalist in the 1920s, was known as "The Man Who Could Not Forget." He could effortlessly recall long lists of numbers or nonsensical information, books of poetry in languages he didn't know, and complex scientific formulas he never learned.

But his superpower came at a price. He was **burdened by irrelevant data** and struggled to prioritize, filter, and

forget what he no longer needed.

In his later years, desperate to purge his cluttered mind, Shereshevsky drank himself to death. His story serves as a cautionary tale about the roles of remembering and forgetting.

While we tend to vilify forgetting, everyone forgets, and forgetting plays an essential role in maintaining cognitive health throughout our lifetime, argues Lisa Genova, author of *Remember: The Science of Memory and the Art of Forgetting*. **“An intelligent memory system not only remembers information,” she says, “but also actively forgets whatever is no longer useful.”**

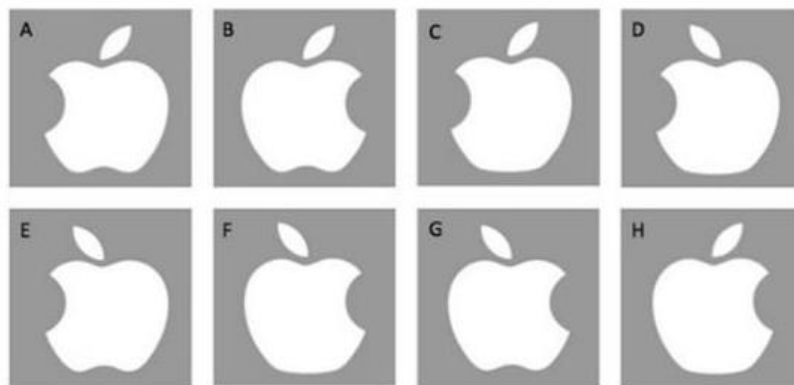
Pay attention: This is why we forget.

Among people of all ages, the main cause of forgetting is **failing to pay attention**. If you’ve driven a familiar route and can’t recall passing landmarks or making certain turns, you’ve experienced this phenomenon.

Why didn’t you remember? Your brain was on autopilot. You never created a memory in the first place.

Consider the Apple logo test. Since most of us regularly see Apple’s iconic emblem, we should be able to remember it, right?

That was the question researchers sought to answer in a 2015 study featuring 85 UCLA college students. Despite their youth and familiarity with Apple products, fewer than half could identify the correct logo among a line-up similar to the one below. When it came to drawing the Apple logo from memory, only one student could do it accurately.



Can you tell which of these is the real Apple logo? (For the answer, go to the end of this article.)

The researchers’ conclusion: **Of everything we see, we don’t notice much. The vital ingredient, regardless of your age, is attention.**

### **YOUNGER ≠ SMARTER**

Even when we do manage to stay focused, people of all ages inadvertently change, edit, and manipulate the details. Science tells us that many of our episodic memories — the ones that tell the stories of our life’s most emotional moments — turn out to be dead wrong.

In a landmark study conducted the day after the tragic Challenger space shuttle explosion in 1986, researchers asked a group of 44 college students about their knowledge of the event. Nearly all expressed confidence about where they were and what they were doing at the time they heard the news.

Three years later, researchers asked the same participants the identical questions and compared their answers to their previous ones. Remarkably, no one scored 100%, and 25% scored *zero*. Half could correctly recall their answers to only one of the original questions.

“In the process of consolidating an episodic memory, your brain is like a sticky-fingered, madcap chef,” Genova says. “While it stirs together the ingredients of what you noticed for any particular memory, the recipe can change, often dramatically, with additions and subtractions supplied by imagination, opinion, or assumptions.”

The bottom line? Whether you’re young or old, **you can be 100% confident in your memories and still be 100% wrong.**

## WHERE SENIOR BRAINS STRUGGLE

Over the course of normal aging, changes occur in the prefrontal cortex, affecting many types of recall.

*Prospective memory* — trying to remember something you need to do in the future — often takes a hit with aging. That could have been the case for Yo-Yo Ma, the world’s most famous cellist, who in his mid-40s forgot his \$2.5 million cello, leaving it in the trunk of a cab. (To his immense relief, it was returned the next day.)

Older adults also frequently experience a decline in *working memory*. That means if you have to remember something for a short period of time — for example, a six-digit code — you’ll have a harder time doing this at 60 than at 40. And unless you’re a super-ager, you’ll do it more slowly, due to a decline in processing speed.

## WHERE SENIOR BRAINS SHINE

Older adults are better at retaining information they’ve learned, called *semantic memory*. For example, throughout life, people maintain and grow their vocabulary. Seniors are better Scrabble players and often excel in foreign languages. At age 69, Akira Haraguchi, a retired engineer from Japan, recited 100,000 digits of pi from memory.

Likewise, older people outpace their younger peers when it comes to combining and utilizing complex ideas. While they may not be pumping out new cutting-edge gizmos, people in their 40s and beyond excel at using the concepts they’ve learned and expressing them to others, says author Arthur C. Brooks in *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*.

Using complex concepts, Brooks says, is a sign of *crystallized intelligence* — knowledge that’s stored and accumulated over time. It’s the secret sauce of older adults who lead the way as teachers, writers, and historians. With continued learning and socialization, *crystallized intelligence can increase throughout most of a person’s life*.

## RAW SMARTS OR WISDOM?

Scientists who study ageing stress that there is a huge degree of variability in cognitive functioning among individuals. Some teenagers are perpetually forgetful, while some in their 50s are *Jeopardy!* champions.

However, *one factor is consistent*: The cognitive skills that tend to surface later in life bring increased insights and an enhanced level of discernment. In a word, what emerges is *wisdom*.

Wisdom manifests in many ways: Seeing the big picture. Exercising emotional control. Demonstrating compassion. Making decisions based on a broad perspective. Avoiding black-and-white thinking.

Arthur Brooks says: “When you are young, you have raw smarts; when you are old, you have wisdom. When you are young, you can generate lots of facts; when you are old, you know what they mean and how to use them.”

Make a note to remember: Those skills may be the most priceless cognitive traits of all.

*The correct answer to the Apple logo test is B.*

## FUNNIES

- Wife texts husband on a cold winter morning: “Windows frozen, won’t open.”  
Husband texts back: “Gently pour some lukewarm water over it and then gently tap edges with hammer.”  
Wife texts back 10 minutes later: “Computer really messed up now!”
- The quickest way to double your money is to fold it in half and put it back in your pocket.
- The most wasted day of all is one in which we have not laughed!