


Proposed New MA-COA Summer Courses

- 1)  **Spark: The Revolutionary New Science of Exercise and the Brain**, by John J. Ratey, MD, Harvard Medical School (103 minutes)

This MetLife *MindAlert* video-lecture (presented in Philadelphia on September 20, 2008) delves into Dr. John Ratey's groundbreaking and fascinating investigation into the transformative effects of physical exercise on the brain. In the area of cognitive performance, moving muscles produces proteins that play roles in our highest thought processes. Exercise stimulates the brain's gray matter to produce what Ratey calls "Miracle-Gro" for the brain. "I can't understate how important regular exercise is in improving the function and performance of the brain," he says. "It's such a wonderful medicine."

Video: <http://webcast.streamlogics.com/audience/index.asp?eventid=78298585>

Slides: <http://webcast.streamlogics.com.edgesuite.net/customer/aso/2008Dec8/auditorium/resources/SLIDES%20FOR%20PHILLY%20SEPT%202008%20combined%20deck.pdf>

Dr Ratey's website: <http://www.johnratey.com/newsite/index.html>

- 2) **Healthy Eating for Successful Living in Older Adults: An Introduction.** (60 minutes).

The Amherst Senior Center will begin offering a new six week *Healthy Eating for Successful Living* course this fall. This summer, the Senior Center will offer weekly introductory overview classes. Please attend one of these introductory classes before signing up for the six week program. [NOTES: (1) Attending this short *Healthy Eating for Successful Living in Older Adults: An Introduction* will help you to decide if the six week (15 hour) *Healthy Eating for Successful Living in Older Adults* course is really something you want to attend. (2) The *Healthy Eating for Successful Living in Older Adults* course was developed by Hebrew Senior Life, and is being sponsored in Amherst by the National Council on Aging and Massachusetts' Executive Office of Elder Affairs.

- 3) **Prevention of Chronic Disease by Means of Dietary and Lifestyle Changes: An Introduction** (60 minutes).

The Amherst Senior Center will begin offering a new eight week *Prevention of Chronic Disease by Means of Dietary and Lifestyle Changes: An Introduction* course this fall. This summer, the Senior Center will offer weekly introductory overview classes. Please attend one of these introductory classes before signing up for the eight week program. [NOTE: Attending this short course, *Prevention of Chronic Disease by Means of Dietary and Lifestyle Changes: An Introduction* will help you to decide if the eight week (12 hour) *Prevention of Chronic Disease by Means of Dietary and Lifestyle Changes* course is really something you want to attend.]

- 4)  **Safe Driving and Mobility for Mature Adults: An Introduction** (60 minutes).

The Amherst Senior Center will again begin offering this eight week *DriveWell*-based course in September 2009. Please attend this overview lecture to decide if the longer course is something you want to attend. [NOTES: (1) The longer course is based on, but expands on *DriveWell*, a program developed by the National Highway Safety Traffic Administration, the Administration on Aging and the Centers for Disease Control. (2) Unlike *DriveWell*, the *Safe Driving and Mobility for Mature Adults* course the Amherst Senior Center offers places greater emphasis on lifestyle changes that keep "aging's dominos" from falling, and how to stand them back up, if they have already tumbled. (3) *DriveWell* is a comprehensive information program designed to: (a) Promote community conversations that can lead to increased driver safety and more transportation choices for adults aged 65 and older; (b) Encourage older drivers to change when and how they drive; (c) Prompt older adults to use alternative forms of transportation; and (d) Stimulate communities to assess the need for and, if needed, offer transportation choices more responsive to the needs of older adults.]

- 5) **Arthritis Prevention and Treatment: Lifestyle Changes that Work: An Introduction** (60 minutes).

The Amherst Senior Center will again begin offering this four week (6 hour) course in September 2009. Please attend this introductory course overview lecture to determine if you want to make a commitment to attend four (90 minute) classes on *Arthritis Prevention and Treatment: Lifestyle Changes that Work*.