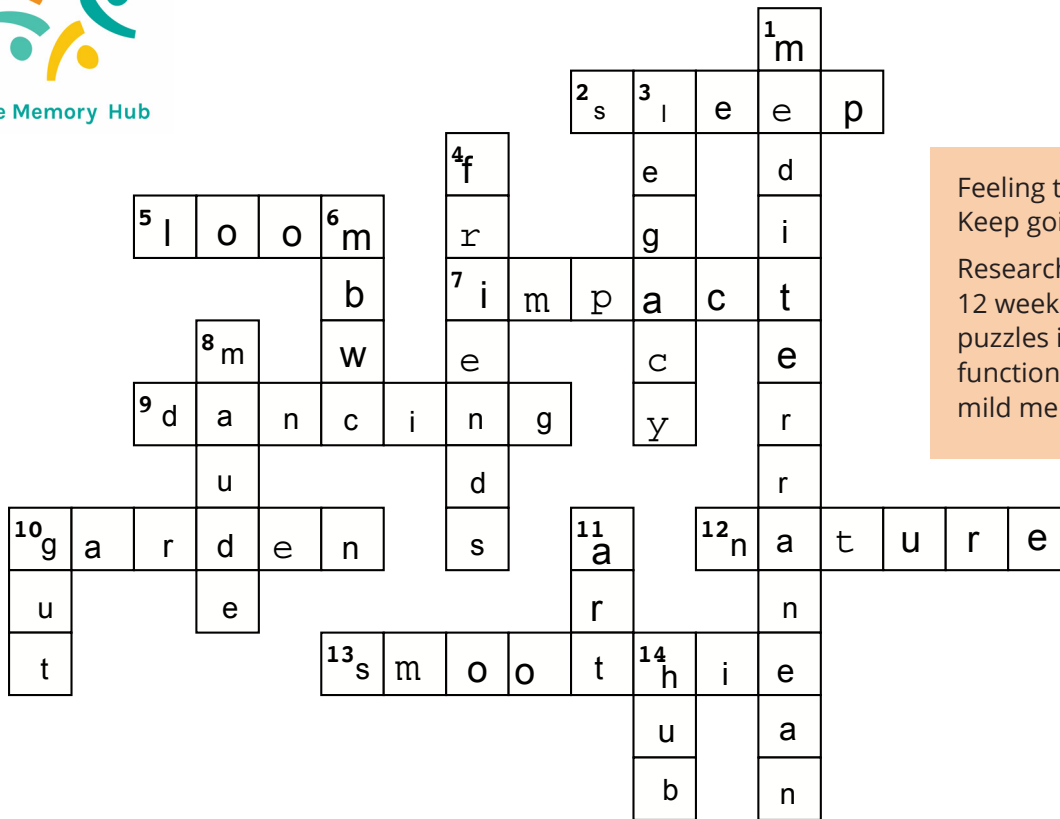




The Memory Hub

Memory and Brain Crossword Puzzle!



Feeling that brain workout? Keep going! Research suggests that even 12 weeks of doing crossword puzzles improves cognitive function for people living with mild memory loss!

ACROSS

- 2. A common brain health tip recommends you get 7-8 hours of it.
- 5. The wood and string structure supporting a woven creation.
- 7. The Memory Hub is a place for dementia-friendly communities, collaboration, and ____; Or, when you have an ____, you set in motion a change in how things work.
- 9. The brain-healthy activity that involves moving to a beat.
- 10. A botanical oasis with things to touch and smell, and places to sit and reflect, along a path.
- 12. Time spent in ____ invigorates the mind and body and lowers stress levels, through fresh air, beautiful views, and the opportunities to move and socialize. Otherwise known as the "Great Outdoors."
- 13. The delicious brain healthy highlight at the Memory Hub's site for the 2023 Brain Health Block Party; Or, a morning blend.

> Download and print this page, and find the answer key at:

www.thememoryhub.org/news

DOWN

- 1. A group of foods common in Greece and Italy, such as fish, nuts, olive oil, greens, and berries, that comprise the top recommended diet to eating for brain health.
- 3. The " ____ Letters" program offered by the Goldsen Institute at the Memory Hub invites people living with memory loss to document their life stories to preserve them for future generations to enjoy.
- 4. Our ____ share good times and help us through hard times. You might have had a "best" one of these in high school.
- 6. The acronym for the UW Medicine center providing diagnosis, support, and education programs for people living with disorders that cause dementia.
- 8. Namesake of the therapeutic garden at the Memory Hub
- 10. You can promote a healthy ____ by eating fibrous veggies and fermented foods such as yogurt, kimchi, and sauerkraut.
- 11. What belongs in an exhibit; Or, a common sight to behold at the Memory Hub.
- 14. The center of activity that draws everyone with similar interests together; Or, from where the spokes in a wheel radiate.