

Wisdom Café - April 5, 2023

What do you do that is intellectually stimulating to learn new things daily?

What is your definition of intellectually stimulating?

- doing something different to tax your brain
- doing an activity that makes you curious
- using your brain to think in a different way
- learning about other cultures
- trying to learn a new language
- playing the piano-learning something new
- using all of your senses- seeing, hearing feeling, smelling, touching
- using chopsticks with your other hand

Do you think that daily stimulation is important?

- Yes, it is important to connect with others
- socializing with others and meeting new people
- connecting with other humans and hearing their ideas
- it helps improve your brain

What was your most stimulating moment?

- listening to grandson play the piano
- teaching preschool
- using your curiosity
- mastering a new language
- in India we learn 3 languages
- Learning 3 languages is tricky. Often if you learn it in your first language, by the time you learn a second and third language, you find you need to translate the third language into the first language to go to the second language
- yes, I learned Dutch, English and German, What you said is true.
- I am from Bulgaria, I learned Bulgarian, English and Russian and had the same issue
- in USA, our kids want to speak English with their friends
- Parents want their children to learn their native language,

yet assimilate

- Some languages do not have the same sounds as other languages—I had a exchange student from Japan. They can't say all sounds, I thought her name was Lykel, but found out later it was Rykel
- In India, we learn 3 languages, our local language, Hindi and English
- Some of the sounds in our language are not in English
- We have over 23 languages in India
- We have over 500 dialects in India

Do you think the brain is more receptive in the early hours?

- Yes, science shows the brain works better in the morning

Do you have a daily routine?

- I play songs while I cook and I try to remember the lyrics to songs
- It is easier to remember things using songs-I learned the Greek alphabet to the Yankee Doodle music
- I have songs from the past come into my brain randomly like How much is the doggy in the window?
- Songs- bring back memories, and emotions
- Smells also bring back memories and feelings
- I find it is not about one self, but about others
- If you change your perspective it gives you clearer focus
- Yes, sometimes if I have a problem to solve, I talk to my wife it allows me to come up with a solution just by saying it aloud to her
- The brain is fascinating
- In CT scans, you can touch the brain and see the synapses responding
- Try brain yoga

Cross your hands across your body, touch both earlobes, move up and down (squat) 3 times daily.

It boosts your brain!

