



# Talk Story

Alexander Manor's Newsletter



August 2010

## Employee of the month:

Tamara

## Exercise Ups Brain Power

The next time you go for a run or take an indoor cycling class, think about this: You may be getting smarter. Or at the very least, stimulating the development of new cells in the learning centers of your brain.

Researchers at The Salk Institute for Biological Studies in La Jolla, Calif., examined the newly formed brain cells in mice.

They discovered that "voluntary exercise in a running wheel increased cell proliferation."

It is important to note that these mice were fully developed and yet still experienced brain cell regeneration, a function once believed to be limited to developing mammals.

But it wasn't just the exercise that helped increase cell development. A second, related study published in the same journal reports that cell development in this part of the brain also increased when the mice were placed in interesting, varied environments with plenty of stimuli.

So what makes for a good workout - a stimulating environment and challenging exercises - is also good for the brain.

Source: Nature Neuroscience 1999; 2: 203-205, 260-270.



## Birthdays of the month

Mr. Lee – Let's all celebrate his special day this month!

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Quotes: "I feel within me a peace above all earthly dignities, a still and quiet conscience."  
– William Shakespeare

## Joke

### Fishing License

A couple of young boys were fishing at their special pond off the beaten track. All of a sudden, the Game Warden jumped out of the bushes. Immediately, one of the boys threw his rod down and started running through the woods. The Game Warden was hot on his heels.

After about a half mile, the young man stopped and stooped over with his hands on his thighs to catch his breath, so the Game Warden finally caught up to him. "Let's see yer fishin' license, Boy!" the Warden gasped.

With that, the boy pulled out his wallet and gave the Game Warden a valid fishing license. "Well, son," said the Game Warden, "you must be about as dumb as a box of rocks! You don't have to run from me if you have a valid license!"

"Yes, sir," replied the young guy, "but my friend back there, well, he don't have one."

## Building Improvements:

We will be carpeting the hallways soon!

**New Arrivals: We'd like to give a big welcome to Janet!**

**Game winners of the month:**

**Bingo – Mrs. Yang  
Monopoly – Mr. King  
Crazy 8 – Mrs. Yang  
Buzzy Buzzy Bee – Mrs. Okimoto  
Congratulations to all!**

**Remember: Friday 27<sup>th</sup> is our excursion to Waikiki!**



**Made with care**