

NEWS / TOP NEWS

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'Brainstorm: A Workout for your Mind' coming to Dearborn Heights library

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Tomorrow night, presenters from the [Wayne State University Institute of Gerontology](#) will bring "BrainStorm, A Workout for the Mind," a breakthrough approach to brain health and training, to the [Caroline Kennedy Library](#), 24590 George St. in [Dearborn Heights](#) (four blocks west of [Telegraph Road](#) and two blocks north of [Ford Road](#)).

This free interactive workshop is a three-part series on brain fitness, and how to keep the brain healthy, said Daria Drobeny, a part-time librarian for the [Caroline Kennedy Library](#). The first 6:30-8 p.m. Wednesday session held in the [Caroline Kennedy Library adult program room](#), "Brain Fitness," will focus on exercises and on how to nurture brain health, she said, "and it will have pointers on how to trick your brain, to make it sharper."

Following that Jan.27 session, two more 6:30-8 p.m. Wednesday [sessions](#) will be held at the end of each of the next two months. The Feb. 24 session "Your Memory, Refresh & Strengthen," Drobeny said, will teach participants how to build a more powerful memory, and the March 30 session will be "Socialization & the Quality of Life."

"Socialization does not help senior citizens only, but is actually important to any person," she said. "Since they teach on [gerontology](#) (at [Wayne State University](#)), I think (the BrainStorm sessions are aimed at seniors), but as they explained to me, what is taught in the sessions would be valuable to a person at any age."

[Donna MacDonald](#) and [Cheryl Deep](#), of the Institute of Gerontology at Wayne State University, look to shake up attendees' brains with new fun activities for stimulating and invigorating thinking.

"In a world full of anti-aging messages, here's a surprising fact—wrinkles are a brain's best friend," a promotional description of the program said. "At BrainStorm, we'll tell you why.

"We'll also explain how memory works, show you ways to nurture brain health, and play lively games that target key cognitive skills. You can teach an old brain new tricks," it concluded.

All of the walk-in sessions are open to anyone.

"We're not excluding anyone who's not a resident or without a library card, because this is really an event for [the metropolitan area](#)," Drobeny said. "Anyone who cares about the topic or is interested in the BrainStorm workshop is welcome to come."

For more information, call Caroline Kennedy Library (313) 791-3800.

SUGGESTED LINKS

- › [Dearborn-area libraries opening 2016 with instruction in computers](#)
- › [Dearborn Heights City Libraries host ham radio license classes starting tomorrow](#)
- › [Older adults are more susceptible to experience fraud](#)
- › [Financial abuse scams directed at vulnerable and socially isolated older adults](#)
- › [Dearborn Senior Center starts brain exercise class 3rd Thursdays of month](#)



Photo courtesy of Wayne State University and the Caroline Kennedy Library



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Dearborn City Buzz Examiner