BrainMinders for Seniors (2017)

Title: “BrainMinder Brain & Safety Tips for Seniors”
Level: Independent
Audience: Baby Boomers
Purpose: Home safety tips and brain and physical exercise
Presenters/Puppets: Fiona Fox, Toolip Pig, Gerald Giraffe, Penny Panda, Martin Monkey, Narrator (Pilot)
Materials: Script, puppets and optional costumes

Narrator:
Today our BrainMinder™ furry, fuzzy friends are here with some helpful tips on how to keep our brain safe. They have many tips for the young on why they should wear a helmet, look both ways when crossing the street, be careful on the play ground and so on. But, today they have come here to visit with our nifty... not yet, but most over fifty population. These Brain Minder friends want to give you some tips on how to keep your brain in tip top condition.

FIONA FOX is our foxy lady who reminds children to look both ways and to be street smart. But today she will be our attractive, fashionable, and very foxy senior with tips to help you with pedestrian safety.

Welcome Fiona!
Fiona Fox:

Hello! I’m here to dispute the myth when we become old our brain deteriorates. Look at ME! *(dramatically pleased with self)*

(optional: Fiona wears beads around her neck, a decorative hat on her head and a purse around her paw)

There is no documentation for that. Why my brain can function as effectively and efficiently as a normal young brain ----well----- maybe - except for speed. But let me tell you, like I tell those young whippersnappers ... young or old... you need to be street smart.

Listen up and pay attention to these simple rules:

1. When crossing the street at stop lights, wait for the opposite light to turn green. Of course if you’re in the city those fancy signs will light up or say “WALK” to let you know it’s safe to cross.

2. Cross the street with other pedestrians... if possible (they can guide you if you get lost), and also a group is more visible (or a large target). But maybe we are safer in numbers.

3. Look both ways before stepping into the crosswalk.

4. Be alert for drivers who are turning.

5. Only cross at intersections (no jay-walkers allowed)
6. Stand on the curb, not on the street while waiting to cross the street.

7. Concentrate on the traffic around you as well as what you are doing and where you are going.

Now!!!!!!!!!!! Follow these simple rules and you will be known as that foxy street smart lady just like me. TA! TA!

*(waves and walks off opposite from Narrator’s entrance)*

**Narrator:**

Now our TOOLIP PIG reminds our young people about fire safety. But today she can address some issues other than you shouldn’t play with matches... We learned that years ago, didn’t we?!

*(optional: Toolip wears a blonde wig, long dangling earrings, a bracelet and necklace.)*

H-e-e-r-e-s Toolip Pig.

**Toolip Pig:**

I’m here in all my bangles and beads. I just love getting all gussied up, but let me tell you... burns are serious business for the elderly - - - oops - - - for us more mature adults - so stay alert to the dangers that may be lurking in your home. You know that most fires are caused by careless personal behavior - - - - - - this is true for old and young alike.
So don’t leave lighted candles unattended. I’m not sure they had us in mind when they invented those candle warmers, but now you can buy a candle warmer, or a battery operated candle. Yep - - - right down the street there at WalMart - - you can enjoy the sweet scent without lighting the candle. Also... cigarettes... you shouldn’t be smoking... but if you do, don’t leave those butts unattended.

Let’s think about that kitchen. Don’t walk away and leave that pot on the stove. I know we sometimes forget, but keep your brain working, because that pot can flame up in a hurry. It’s a good idea to have a fire extinguisher right there in the cabinet. Also, check those fire alarms, if you don’t have them, - - - get them installed, and don’t forget to replace the batteries once a year. How about on your birthday, seems people never forget to remind you you’re advancing in age, huh?

Did you notice how I keep reminding you not to forget... that’s to keep those brain cells booted up and working...just like a computer.

One more thing...have an escape route out of your house. Practice that escape route and let some neighbor or family member know where you will be when you get out of your house.
Did you know crawling is the best way to get out if there is too much smoke? Yes! - - - I’m not that old. I can get down on the floor and crawl down low where the air is lighter. I bet you can too. If you have time, wet a cloth or towel and hold it over your nose and mouth to keep from breathing smoke.

When you think of fire safety, just remember how gorgeous I look and you will remember fire safety rules.

S-o-o-o-o-o-o-o-o Long !!!

%(waves and walks off opposite from Narrator’s entrance)%

**Narrator:**

GERALD GIRAFFE likes to wear his helmet and tells children how it protects their brain if they should fall off their bike, skateboard, or other riding apparatus, but you and I don’t need a helmet because many times a fall for us doesn’t crack our head- - - it cracks our hips and wrist instead.

*(optional: Gerald wears a helmet and a bright colored tie.)*

Come on out Gerald!

**Gerald Giraffe:**

Yep !!!!! I wear this helmet for the young boys and girls.

But for YOU to keep your balance and not fall… maybe you
shouldn’t be so vain... just grab a cane.

S-O-O-O-O-!!! Let me tell you falls can lead to all kinds of injuries for us.

In your kitchen, don’t climb on a chair to reach that top shelf. You know better than to be climbing! Have your items where you can reach them easily.

Another thing, be careful of spills. - - - - You know just one slip can send you flying across the floor.

Let’s move to the bathroom. - - - - Did you know tripping over the edge of the rug, or slipping on scatter rugs causes most accidents? Make sure those rugs have the non-skid backs.

Also - - - - have those grab bars installed around your tub, shower, and commode. Those bars can help get you up and down.

OH!!!!! And have those non-slip mats in the shower or tub.

WEEEE....don’t want one slip in the tub to compromise your modesty. And for those of you with a Lifeline unit who activate that button in the shower or tub, you don’t want them finding you in your birthday suit...!

A few more things before I go. Make sure those pathways in the bedroom are well lit. Don’t leave obstacles in the middle of the floor. One loose shoe can land you on your derriere! And if you are out and about in the yard, look for holes made by moles. If
you step in a hole you could twist an ankle, for goodness sake! If you are walking about in the neighborhood or in a parking lot, uneven pavement can also be a trickster. And watch out for those speed bumps for cars...they can make you fall, y’all!

So !!!! Take my advice. Be careful! Falls can be serious business for young and old.  BYE.

(waves and walks off opposite from Narrator’s entrance)

**Narrator:**

PENNY PANDA likes to teach children about wearing seat belts and proper behavior in the car, but here she is to tell you about driver safety. Come on out Penny.

(optional: Penny wears a red hat and a purple boa around her neck.)

**Penny Panda:**

Yes - - - remember your brain is like an engine. You should keep it in gear, so before you start that engine and put it in gear, BUCKLE UP FOR SAFETY.

They say elders are poor drivers, but actually we are among some of the safest drivers - - - - after all we have more experience you know.

BrainMinder Brain and Safety Tips for Seniors
But - - - - here are a few reminders.

Keep alert. You always have to watch out for all those other drivers on the road.

Obey all traffic signs - - - because one fender bender could put your brain out of commission.

By the way - - - there are some car manufacturers who are designing cars with many features like beepers to let you know you are too close to something, - - - - they talk to you - - - why...they tell you your door is open, your tire pressure is low, and they have some that even give directions.

I guess they know that right now we baby boomers are the largest population in the U.S. and we will be buying those fancy automobiles.

There are also organizations like AARP (you all know what those initials stand for) they help keep us updated on current driving rules.

So - - - stay alert and drive careful.

We have one other furry friend, the most important of all.

(waves and walks off opposite from Narrator’s entrance)

**Narrator:**

MARTIN MONKEY teaches playground safety to our youth.
But today you will learn that physical activity can improve your muscle strength, flexibility, coordination and balance. And all this activity helps keep your brain in working condition.

*(optional: Martin wears a muscle shirt, shorts, tennis shoes and a head band)*

**Martin Monkey:**

I enjoy jumping and swinging around, and all this activity keeps my body fit and stimulates my brain. But - - - before YOU start exercising, first check with your doctor. You know that a little exercise keeps the whole body working inside and out.

All your internal organs work better if you exercise. And exercise helps maintain your figure too.

Start with a supervised exercise program if you can.

Walking is the best thing you can do if you don’t have that fancy equipment.

Walking every day may sharpen your memory and help you juggle mental tasks.

Why - - - your brain function, attention span, and focus on goals improve just with a little walking program.

But - - - walk on smooth and level surfaces.
Swimming - - - - if you know how - - - - is good exercise; I bet there are some of you out there who can tell us how much fun it is too.

But - - - for safety reasons, you should always swim with one other person around.

I’ve also learned that dancing is a wonderful physical activity to help keep all your faculties in tune.

So grab a partner and take a spin around the dance floor. Dancing is good, too, for your social and mental development.

So remember exercise is good for the whole body, and keeping it fit is the name of the game. So - - - - keep it fit. BYE

(waves and walks off opposite from Narrator’s entrance)

**Narrator:**

So there you have it, folks.

We may have silver hair, thick waistlines, orthopedic shoes, and trifocals, but we know how to protect our bodies and nourish our brain to keep it activated. Every age is the right age to protect your brain for life!

*At this point you may want to talk about your Pilot Club – How long you have served your community, the various projects your*
members do in the community and an invitation for people to come to the next meeting to see if they would be interested in joining Pilot International and making a difference in their community.