

RECOVER HEALTH CONNECT



With all the justifiable concerns surrounding COVID-19 and the potential reopening of schools, doesn't it harken back to simpler times when we were of that age? With the advent of social distancing and the wearing of masks a part of our everyday lives, life as we know it has changed once again.

ADAPTING TO CHANGE

When 9/11 came into our lives, it changed forever the way we viewed and dealt with air travel. With the Coronavirus so front and center, it will change our approach to office buildings, public transportation, and social gatherings. While we may long for those bygone days, our new normal is just another way we show our resilience and ability to adapt.

In much the same way, our minds change and adapt as we age. With age, there is usually a wealth of knowledge and experience that goes along with a life well-lived. Unfortunately, Father Time can take away some of that mental acuity we likely have always taken for granted.



GAMES: A KEY TO KEEPING YOUR WITS SHARP

To combat this possibility, it becomes vital that we find ways to keep our minds active and challenged. There are a variety of ways to do this, with simple games, puzzles, and exercises you can do at home. This cognitive aspect of our daily living plays out in many ways and can become a habit that can stay with us for a long time. One game or puzzle that is very popular around the world is Sudoku. The name Sudoku is an abbreviated phrase derived from the Japanese, which roughly translated means "the numbers must remain single." You find the numbers 1-9 in 9 boxes, and you cannot duplicate a number in any line or box. You can easily find books on Sudoku online that will take you from easy puzzles to very tricky ones. To whet your appetite for Sudoku, we have included a few sample puzzles on page 2. Enjoy!

		5			8			
2	4	8	6	9				
			4			2	5	
7		9	3			1		
		4		7		6		
		2			1	8		9
	8	1			9			
				6	4	9	2	1
			1			7		

1		7	5		3		8		
				1					
		5		8			7	2	
6	9	8					2		
	5			9			1		
	1						4	9	7
5	3			4		9			
				5					
	7		9		1	2		5	

7	6		9					
			2	5			4	
	3		4		8	6		
4						5		8
	8		3	4	5		9	
1		9						4
		6	7		3		2	
	1			9	2			
					4		7	5

9	2		3		6			
		1		2	4	6		
5								1
	4				7			
1		3	4		2	7		6
			1				8	
8								2
		7	2	8		9		
			6		1		3	7

OUR MISSION is to create relationships that make a meaningful difference in people's lives.

HAVE QUESTIONS
OR CONCERNS?
CONTACT US!

www.recoverhealth.org

