UNIT 2 ESSAY

Last Monday, I interviewed my grandmother, whose age is almost 80. She told me she prefers to interact with people and be active rather than stay inert and victimize herself as an old woman unable to live brightly. However, she has been taking many strategies to remain in shape, principally regarding her mind.

Notwithstanding many people stereotype old ones, spreading that they have mental and body deteriorated and generally infeasible to reverse such conditions, some elders have proved otherwise, such as my grandmother, whose mind is more refreshed than many teenagers’. Nevertheless, she said it is difficult to keep her brain fit. Many researches help her a lot to grasp activities to sharpen her mind. She is used to doing jigsaw puzzles in order to develop cognitive skills and enhance motor coordination and visual perception; playing chess and Buraco with her bricklayer friend, which fine-tunes the concentration and intelligence; writing about the details of each day; watching films and series subtitled in the original language; and being modern, diving into the internet, so that she can be in contact with news and some contents she learned at school. In spite of it, I still gave her some advices, which are: turn down the TV, increasing her listening skills; learn how to play piano; and try to use the other hand, stimulating the good functioning of the other side of her brain.

Everybody can have specific problems with their body and do not affect the routine but when you do have clots or nodules in your central nervous system, it is very likely that you depend on your relatives and friends to do activities that you used to. Therefore, exercise your mind!