



Enhancing lives with healing hands.

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**ANYONE
WANT TO BUY
A GENTLY
USED
KEYBOARD?**

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Tranquility

A publication of A.M. Massage

Childhood Music Lessons May Provide Lifelong Boost in Brain Functioning

ScienceDaily (Apr. 20, 2011) —

Those childhood music lessons could pay off decades later -- even for those who no longer play an instrument -- by keeping the mind sharper as people age, according to a preliminary study published by the American Psychological Association.

The study recruited 70 healthy adults age 60 to 83 who were divided into groups based on their levels of musical experience. The musicians performed better on several cognitive tests than individuals who had never studied an instrument or learned how to read music. The research findings were published online in the APA journal *Neuropsychology*.

"Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of aging," said lead researcher Brenda Hanna-Pladdy, PhD. "Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older."

While much research has been done on the cognitive benefits of musical activity by children, this is the first study to examine whether those benefits can extend across a lifetime, said Hanna-Pladdy, a clinical neuropsychologist who conducted the study with cognitive psychologist Alicia MacKay, PhD, at the University of Kansas Medical Center.

The three groups of study participants included individuals with no musical training; with one to nine years of musical study; or with at least 10 years of musical training. All of the participants had similar levels of education and fitness and didn't show any evidence of Alzheimer's disease.

All of the musicians were amateurs who began playing an instrument at about 10 years of age. More than half played the piano while approximately a quarter had studied woodwind instruments such as the flute or clarinet. Smaller numbers performed with stringed instruments,

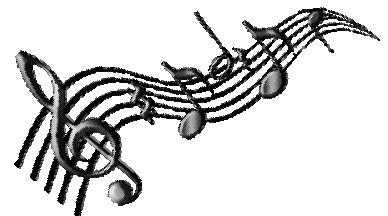
percussion or brass instruments.

The high-level musicians who had studied the longest performed the best on the cognitive tests, followed by the low-level musicians and non-musicians, revealing a trend relating to years of musical practice. The high-level musicians had statistically significant higher scores than the non-musicians on cognitive tests relating to visuospatial memory, naming objects and cognitive flexibility, or the brain's ability to adapt to new information.

The brain functions measured by the tests typically decline as the body ages and more dramatically deteriorate in neurodegenerative conditions such as Alzheimer's disease. The results "suggest a strong predictive effect of high musical activity throughout the lifespan on preserved cognitive functioning in advanced age," the study stated.

Half of the high-level musicians still played an instrument at the time of the study, but they didn't perform better on the cognitive tests than the other advanced musicians who had stopped playing years earlier. This suggests that the duration of musical study was more important than whether musicians continued playing at an advanced age, Hanna-Pladdy says.

"Based on previous research and our study results, we believe that both the years of musical participation and the age of acquisition are critical," Hanna-Pladdy says. "There are crucial periods in brain plasticity that enhance learning, which may make it easier to learn a musical instrument before a certain age and thus may have a larger impact on brain development."





Rice & Pork

Ingredients

- 3/4 cup uncooked long-grain rice
- 1/3 cup chopped green onions
- 1/4 cup dry-roasted cashews, salted and coarsely chopped
- 1/2 teaspoon salt
- 2/3 cup fat-free, less-sodium chicken broth
- 2 tablespoons cornstarch, divided
- 3 tablespoons low-sodium soy sauce, divided
- 2 tablespoons honey
- 1 (1-pound) pork tenderloin, trimmed and cut into 1/2-inch cubes
- 1 tablespoon canola oil, divided
- 2 cups sliced mushrooms (about 4 ounces)
- 1 cup chopped onion
- 1 tablespoon grated peeled fresh ginger
- 2 garlic cloves, minced
- 2 cups sugar snap peas, trimmed (about 6 ounces)
- 1 cup chopped red bell pepper (about 1)

Preparation

Cook the rice according to package directions, omitting salt and fat. Stir in 1/3 cup chopped green onions, chopped dry-roasted cashews, and salt; set aside, and keep warm. Combine 2/3 cup chicken broth, 1 tablespoon cornstarch, 2 tablespoons low-sodium soy sauce, and honey in a small bowl, and set aside. Combine pork, remaining 1 tablespoon cornstarch, and the remaining 1 tablespoon soy sauce in a bowl, tossing well to coat. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add pork; sauté 4 minutes or until browned. Remove from pan. Add remaining 1 teaspoon oil to pan. Add mushrooms and 1 cup onion; sauté 2 minutes. Stir in ginger and garlic; sauté 30 seconds. Add peas and bell pepper to pan; sauté 1 minute. Stir in pork; sauté 1 minute. Add reserved broth mixture to pan. Bring to a boil; cook 1 minute or until thick, stirring constantly. Serve over cashew rice. *Substitute tofu for the pork, vegetable broth for the chicken broth, and this becomes vegetarian, marinate the tofu

The Green Space

Save a tree and get rid of some junk mail

Under the Fair Credit Reporting Act (FCRA), the Consumer Credit Reporting Companies are permitted to include your name on lists used by creditors or insurers to make firm offers of credit or insurance that are not initiated by you ("Firm Offers"). The FCRA also provides you the right to "Opt-Out", which prevents Consumer Credit Reporting Companies from providing your credit file information for Firm Offers.

Through this website, you may request to:

- Opt-Out from receiving Firm Offers for Five Years - (electronically through this website).
- Opt-Out from receiving Firm Offers permanently - (mail Permanent Opt-Out Election form available through this website).

- Opt-In and be eligible to receive Firm Offers. This option is for consumers who have previously completed an Opt-Out request - (electronically through this website).

If you choose to Opt-Out, you will no longer be included in firm offer lists provided by these four consumer credit reporting companies. If you are not receiving firm offers because you have previously completed a request to Opt-Out, you can request to Opt-In. In doing so, you will soon be among the many consumers who can significantly benefit from having ready access to product information on credit and insurance products that may not be available to the general public. Just click on the link and follow the directions to reduce your junk mail and the amount of paper we waste, this literally took me less than a minute to save trees for 5 years.

<https://www.optoutprescreen.com/?rf=t>

What's Goin' On

Black Belt Testing

A whole bunch of PAMA people tested for their black belt or next degree April 30th. I happened to be one of those people and though it is not an excuse, I blame my tardiness of the newsletter on my preoccupation with that. I just want to thank all that came out to support and all of those people more involved. It was such a fun time and watching Mr. Turnquist test for his 4th

Dan was so amazing. I should have pictures up on my face book soon, so look for those. We will have some video on the tv's at PAMA as well. To all my clients, don't worry about my hand from the brick break, it is fine. If you just tested last month you should call me to get a special deal on a post testing massage.

Thank you
my friends.



Stretch to Health - Stomach



Elongate your spine by standing tall and breathing deeply. Keep your feet together or hip width apart. Lift your arms up over your head slowly as you take a deep breath. Lower your arms as you exhale. You'll feel this stretch through your stomach

Raise your arms up over your head and gently lean back. Inhale deeply as you lean as far back as you comfortably can. The front of your stomach will feel stretched as you lean back.

Kneel on the ground. Use an exercise mat to protect your knees as you perform this stretch. Put your hands on the back of your hips and lean back gently. Lean as far back as you can to get a good stretch.



Lie flat on the ground with your arms out in front of you. Lift your upper body up onto your elbows. Look up as you extend yourself back further. Walk your hands to one side to stretch the obliques. Walk your hands to the other side to stretch the obliques on the opposite side of your abs.





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Of Current Interest

Baby panda makes debut at Atlanta zoo

(Kate Brumback, AP)

Baby panda: The cub, who will be named when he is 100 days old following Chinese tradition, will be placed in public viewing areas when he can walk, usually around 4 months old. He measures just over a foot in length long and weighs 2.2 pounds.

About 1-month-old, a new giant panda cub at Zoo Atlanta is still smaller than a house cat, but he is healthy and growing fast, veterinarians said Thursday after a weekly medical exam.



Michael's Message

Volunteer Collects 100,000 Cans to Raise 19 Smiles

George Ouellette may be retired after 40 years as a salesman, but he still works up to six or seven hours per day walking through parks, hillsides, along busy roads and even rummaging through garbage cans to collect cans and bottles to help create smiles for children in need. The 84-year-old collects enough cans and bottles to equal \$250, reimbursable for five-cents each at the local recycling center, and then writes a check to Operation Smile for the full amount.

Since 2005, Ouellette has collected over 100,000 cans, raising a total of \$4,440 and providing 19 surgeries for children suffering from clefts. He collects around 1,000 cans a week year-round. Even the winter season in Chelmsford, Mass., doesn't slow down his mission as he wears flannel-lined jeans to keep warm.

Ouellette first started volunteering and supporting Operation Smile when he saw a television show on Operation Smile in 2005. Ouellette could not believe that a child's cleft lip or cleft palate could be repaired for only \$240.

"The work of Operation Smile struck a chord in my dad and he decided that this would be his job - his purpose," said Sue Ouellette, his eldest

daughter.

As he walks and collects cans, he hands out Operation Smile marketing materials to spread the word and shows pictures of children Operation Smile has helped when people ask why he is collecting cans. In sharing his cause while collecting cans, Ouellette has developed a circuit of other supporters who save cans for him. He often makes his "rounds" to collect them and then he collects his own supply.

Ouellette also has the support of his four grown children, who buy him warm clothes and items for collecting cans and bottles as holiday gifts.

"My dad was a hard-working salesman for many years. However, he felt like he had not done enough to give back to the world, even after raising and educating four children," said Sue Ouellette. "He's not only an amazing father and volunteer; he's an inspiration to anyone."

I just thought this was a really cool inspirational story.



Namaste,
Michael



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