



801 E. Front Street, Traverse City, Michigan 49686

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Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager
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Subject: The Aging Brain

Traverse City – At the age of 95, Stanley Kunitz was named poet laureate of the United States; in their 90s, Leopold Stokowski recorded 20 albums, Georgia O’Keefe was painted and George Bernard Shaw was writing plays; Oliver Wendell Holmes was on the Supreme Court until he retired at 91, Justices Anthony Kenneth and Ruth Ginsburg are in their eighties – the list goes on, but they all stand as inspiring examples of the brain’s ability to stay vital in the latter years of one’s life.

The scientific community now acknowledges that brain function need not decline with age; at least, things like physical exercise, a healthy diet, challenging mental activity and social engagement can influence brain performance. So, the level of education and a lifetime of intellectual stimulus seem to protect the brain against aging.

A special presentation by Dr. Laura Lenkey on the power and limits of the aging brain is scheduled for Tuesday, May 9, at 4 p.m., at the Traverse City Senior Center, 801 E. Front Street. Dr. Lenkey, Ph.D., CCC-SLP, is a graduate of Northern Illinois University with a Bachelor’s of Science in Communication Disorders and a Masters of Arts in Speech-Language Pathology. Dr. Lenkey received her doctorate degree from Florida State University in Human Sciences. She currently owns the Abby D Centers in Traverse City and Petoskey, multi-discipline rehabilitation facilities.

The presentation is free, but advance registration is required.

For more information, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.