

# COMMUNITY

## The American Counseling Association's Counseling Corner

### Brain Fitness Can Help Fight Memory Loss

It's a common problem many of us encounter as we age—we forget more things and it seems to happen more frequently. It can be a frustrating experience and even a frightening one as we worry that serious issues of dementia are just around the corner.

While researchers are only beginning to understand exactly why our brains seem to be more prone to memory issues as we get older, they have, however, begun to make real progress in finding ways to help fight memory problems as we age. And the latest advice is that we all ought to begin proactively working to keep maximum brain function at a much earlier age.

Many older folks try to keep mentally active through activities like crossword or Sudoku puzzles, and that's a good thing. But more recent research is finding that such activities simply may not be providing the level of stimulation needed for real "brain fitness."

Brain fitness starts with mental activities that truly engage your mental powers. They can take a variety of forms. Critical thinking, for example, requires you to think about a topic that you understand and agree with, and then to look at that same subject from the opposite point of view. Can you evaluate the strengths and weaknesses of that subject from a totally different side than the one you're normally on?

You want to stimulate your brain in ways that require it to really think about finding new solutions. Locating new recipes and then working out ways to improve them is such an activity. Learning and using new vocabulary words, tackling a foreign language, or taking up a new hobby like art or music, are all ways to maximize brain effort and increase brain stimulation.

Brain fitness also requires recognizing that the brain is a part of your body and is affected by your fitness. It requires exercising more, eating healthier and staying fit overall. It means staying on top of potential health risks, like your blood pressure and cholesterol levels.

Doing a daily crossword puzzle may be fun and provide some brain stimulation, but really working for brain fitness means doing things to improve your reasoning, problem-solving and memory abilities, activities that are a real mental stretch. At the same time, staying fit and managing health risks are the keys that can all add up to better mental health and long, positive brain function.

Counseling Corner is provided by the American Counseling Association. Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).

### Local Students Honored from A2

#### UW-Madison Announces Fall Dean's List

MADISON, Wis. (Jan. 8, 2020)—The University of Wisconsin-Madison has recognized students named to the Dean's List for the fall semester of the 2019–2020 academic year.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction.

Students from our area who have received this honor:  
**Brandywine, MD, Kevin Crosby, Col of Agricultural & Life Sci**  
**Lanham, MD, Christian Eken, Col of Agricultural & Life Sci**  
**Laurel, MD, Niya Beverley, School of Education**  
 —Mike Klein, University of Wisconsin-Madison

#### Goshen College Announces Dean's List for Fall Semester 2019

GOSHEN, Ind. (Jan. 7, 2020)—Goshen College recently recognized 188 undergraduate students for excellence in academics on the fall 2019 Dean's List. **Olivia Ann Martin, a first-year Mathematics major from Hyattsville, MD,** was recognized for academic excellence on the fall semester Dean's List at Goshen College. Martin is a graduate of Elizabeth Seton High School.

The Dean's List includes students earning at least a 3.75 GPA, while completing at least 12 hours of coursework for a letter grade. Only grades from the designated semester are included in the Dean's List selection process.

Initiated in the fall of 1999, the Dean's List celebrates the achievement of Goshen College students who have met high academic standards and can motivate students preparing for graduate studies.

—Brian A. Yoder Schlabach, Goshen College

#### Local Student Named to MVC's Fall 2019 Dean's List

MARSHALL, Mo. (Jan. 3, 2020)—Dr. Diane Bartholomew, vice president of academic affairs for Missouri Valley College, has announced the Fall 2019 Dean's List. The requirements for the Dean's List are a 3.3 or higher grade point average; at least 12 graded hours for the semester and no "D," "F," or "Incomplete" grades for the semester. The following student from the area was named to the Dean's List:

**Largo, MD, Marcelaine Augustin, Junior, Biology**  
 Known for its dynamic, richly diverse, and friendly educational environment, Missouri Valley College offers many opportunities to grow in mind, body, and spirit. Grounded in the liberal arts, undergraduate studies empower students to master interdisciplinary skills needed to succeed in a knowledge-based global society.

—Danielle Durham, Missouri Valley College

## Children Bundle-up for Winter With Free Coats and Books @ Your Library!

By DONNA SCOTT-MARTIN  
PGCMLS

DISTRICT HEIGHTS, Md. (Jan. 9, 2020)—The Prince George's County Memorial Library System (PGCMLS) will partner with Operation Warm to provide a complimentary new coat and book to the first 150 children that participate in the "A Warm Welcome to the Library" event at the Spauldings Branch Library on Saturday, January 25, from 2 p.m. to 4 p.m. This program, which is generously sponsored by Wawa, offers children a chance to explore their local library and take home useful items for the winter season. To register please contact the Spauldings Branch Library by January 24 at 301-817-3750 and indicate the requested coat size (2T up to 14/16).

"Staying warm in the winter is not only important for the health and safety of our children, but having a nice new coat boosts confidence and emotional well-being," said PGCMLS Program Services Manager Rachel Zukowski. "Thank you to Operation Warm and Wawa for providing this great opportunity to children in our community."

Operation Warm provides warmth, confidence and hope to children in need through the gift of brand new winter coats. We believe a brand new coat is more than a coat. Through serving millions of children in need across North America, we have seen that a brand new coat offers a child physical and emotional warmth, confidence to socialize and succeed, and hope of a brighter future.

IMAGE COURTESY PGCMLS



**¡Una bienvenida cálida a la biblioteca de Spauldings!**

Operation Warm se asocia con El Sistema de Bibliotecas Conmemorativa del Condado de Prince George's en dar un abrigo nuevo y dos libros nuevos a cada niño que participe. Este programa divertido dará una oportunidad a introducir a niños y sus familias a todo lo que la biblioteca ofrece.

**¡Llame antes del 24 de enero para guardar grupo! 301-817-3750**  
**Tallas disponibles: 2T, 3T, 4T, 5/6, 7/8, 10/12, 14/16**

**sábado, 25 de enero | 2:00 PM – 4:00 PM**  
**Biblioteca de Spauldings -- Salon Grande**  
 5811 Old Silver Hill Rd. District Heights, MD. 20747

**Sobre Operation Warm**  
 Operation Warm provee calor, confianza, y esperanza a los niños a través del regalo de abrigos nuevos. Creemos que un abrigo nuevo es más que un abrigo. A través de servicio de millones de niños en Norte América, hemos visto que un abrigo nuevo ofrece al niño calor físico y emocional, confianza socializar y superar, y esperanza de un futuro mas brillante.



## Council Member Derrick Leon Davis Elected COG Board Chair

Davis to Chair Council of Governments Board of Directors in 2020

By ANGELA J. ROUSON  
Prince George's County Council Media

UPPER MARLBORO, Md. (Jan. 8, 2020)—Prince George's County Council Member Derrick Leon Davis (D) – District 6, was elected 2020 Chair by the Board of Directors of the Metropolitan Washington Council of Governments (COG) during its January 8 meeting. The COG board also elected Arlington County Board Member Christian Dorsey, and District of Columbia Council Member Robert C. White to serve as Vice-Chairs in 2020.

COG Chair Davis, who joined the board in 2016, had served as COG Board Vice-Chair since 2017. With a focus on regional transportation and housing concerns, he has served as a member of COG's Metro Strategy Group, working to forge consensus on dedicated funding for Metro, and led the Housing Strategy Group, developing COG's regional housing targets in 2019.

COG Chair Davis looks forward to continued service in this new regional leadership post.

"Serving as COG Board Chair is a signal honor, providing an important opportunity

to continue the significant progress we have achieved to advance our region. I look forward to leading with my colleagues, Vice-Chair Dorsey and Vice-Chair White, and COG board members to address regional interests and concerns."

Under the new leadership team, COG will build on recent regional collaboration related to housing and transportation and focus on optimizing land use around high capacity transit stations, defined as Metro-rail, commuter rail, light rail, streetcar, bus rapid transit, and multimodal stations. The board will also continue its focus on advancing racial equity regionally and in local government programs and policies.

Council Chair Davis noted the important work ahead to build on the region's transit goals.

"To create more transit-oriented communities that are accessible to all residents, we need to take our forward-looking planning and placemaking to the next level," Davis said. "Our region is a national leader in transit use and walkable communities, but we know there's still plenty of untapped potential to better connect our jobs and housing to transit and grow our economy."



PHOTO COURTESY COUNCIL CONNECTION NEWSLETTER JAN. 10, 2020

COG is an independent, nonprofit association of 24 local governments supported by financial contributions from its member governments, Federal and State grants and contracts, and donations from foundations and the private sector. COG connects leaders across borders to help shape strong communities in Metropolitan Washington.

The Board of Directors is COG's governing body and is responsible for its overall policies, functions, and funds. Board members are appointed each year by the participating local governments and by caucuses of state legislative delegations from the region.

## CASA Launches "People are Power" Program

Supports Changing Democracy through Engagement of People of Color in Critical States

By LIZETTE OLMOS  
CASA

HYATTSVILLE, Md. (Jan. 7, 2020)—On Jan. 7, CASA announced a partnership with six organizations: Action NC, the Jolt Initiative, Michigan United, MOSES, NAKASEC, and Voces de La Frontera through its People are Power program. Awarded the Communities Thrive Challenge, a collaboration between The Rockefeller Foundation and the Chan Zuckerberg Initiative, the People are Power program will support sophisticated organizations in critical states to deepen their impact.

"The People Are Power organizations share similar progressive values and a commitment to racial, economic, and immigrant justice," said CASA Executive Director Gustavo Torres. "They have demonstrated interest and capacity to run field and civic engagement programs. They can create or already have an individual membership structure. They will be building a membership program in a swing state for the Presidential in 2020 or a place where immigrants are at least 20% of voters."

Action NC, the Jolt Initiative, Michigan United, MOSES, NAKASEC and Voces de la Frontera are all organizations that work primarily with Latinx, AAPI, immigrant, and

African American working-class people and were chosen for their deep focus on grassroots organizing, mobilization, and leadership development. Each organization will grow even deeper membership models and voter engagement programs through cross-training and one-on-one technical assistance sessions throughout the year. Each organization enters the Communities Thrive Challenge program with deep expertise in some of these areas but seeks to develop additional capacities.

"At its core, Jolt Initiative aims to build a stronger democracy by empowering Latinos to be civically-minded," said Antonio Arellano, Interim Executive Director at Jolt Initiative. "Ensuring everyone's voice is heard is a day-to-day mission and one that wouldn't be possible without support from champions like CASA, that seeks to uplift marginalized communities through programs such as the "Building Sustainable Power" Incubator Program. This grant will allow us to further our mission at a time when it's most critical to the future of our country."

#### Congratulations to the 2020 partners:

**Action NC:** An organization that confronts and reduces the root cause of poverty, underdevelopment, and social and economic inequality through grassroots education,

training, organization and mobilization. For more information, go to <http://www.actionnc.org/>

**Jolt Initiative:** The Jolt initiative recognizes the participation of Latinos to build a stronger democracy and ensure that everyone's voice is heard. Jolt builds the leadership capacity of Latinos to increase their civic involvement and mobilize their peers to action. For more information, go to <http://www.joltinitiative.org/>.

**Michigan United:** A coalition of labor, civil rights, and business members fighting for the rights of homeowners, renters, immigrant families and students. For more information, go to <https://www.miunited.org/>.

**MOSES (Metropolitan Organizing Strategies Enabling Strength):** An organization that develops faith leaders and builds relationships to advocate for social justice through a group of congregations. Over the last two election cycles MOSES has organized over 20+ Judicial and Criminal justice town halls. In 2018, in partnership with Advancement Project and Nation Outside, 200+ citizens were registered to vote while in jail. For more information, go to [mosesmi.org](http://mosesmi.org).