Many older adults have a telephone that is programmed with the numbers of family and friends. So all they have to do is hit a speed dial button to make that important connection. A senior can attempt to recall all of the numbers in the telephone directory and make a list.

A senior may want to think of a different telephone number each day this week that she might need and memorize that number. At the end of the week, review all the new numbers.

Incorporate this new skill by asking your loved ones to try to remember the ingredients and directions of a favorite recipe. (Your loved one might want to double check the cookbook to see how well she did.) Or think about a hobby he or she hasn’t done for a long time. Suggest they remember the steps and write them down.