

Wisdomseeker: First of all, let me say that “Whole Brain Health” is shorthand for ...aspiring to a high quality of life by proactively practicing behaviors that increase overall well being.



The brain is part of the body and the body is part of the whole thing we call a “person.” That’s why brain research is focused not just on medications but also on lifestyle activities that can protect the brain and promote its health.

This is a holistic approach supported by research on Aging and in Neuroscience and Psychology and, interestingly, the Arts.

It focuses on certain kinds of behaviors people can put into practice themselves--or with help.

Wisdomseeker: The precepts sound simple:

- Regular physical exercise
- Good diet and sleep
- Cognitive effort
- Variety (vs. routine)
- Positive social relationships
- Spiritual connections (sense of meaning and purpose)
- Sufficient positive affect (stress reduction)
- And I would add one that I am especially interested in: some form of self-expression, artistic or otherwise.

Wisdomseeker: The understanding of what an individual--and a society--can do to raise quality of life, especially as so many of us around the world are getting older, is being added to every day.

But, as we all know, unless these become habitual, they are just ideas.

Which brings me to the rest of my question: "What's in a Name?"

"Fairgrounds" suggests the playful attitude that informs what I have created here in SL. It also suggests an open, outdoor space, easy to navigate, where visitors can find different attractions simply by walking around and following paths. We host a multitude of group and solo activities, some original to Second Life, some programs already in existence, that are both "good for the brain" and engaging. We have a monthly Fair Day, where we showcase people and programs in SL for visitors to explore here and then can follow elsewhere. So we are very collaborative in our thinking. **The goal is to educate and encourage people to build a brain-healthy mindset... and to make these kinds of activities a HABIT in their daily lives inworld and out, as natural as brushing their teeth.



Wisdomseeker: HOW THE FAIRGROUNDS IS ORGANIZED will be demonstrated on your guided tour.

The Fairgrounds will continue to be a work in progress as we add new classes, activities, and areas to keep up with current research.

We are grateful to the residents who have joined with us on the sim and elsewhere in SL to provide programs that nourish the whole brain and contribute to human well being in virtuality. Let's start the tour. I will be making 4 main stops.

Wisdomseeker: ORIENTATION: THE HUB ON THE GROUND LEVEL

This leads to the upper level of the Fairgrounds. The HUB there brings you back down.

The INFO signs in the HUBS and in front of the Attractions lead to web pages I am in the process of developing to enrich people's experience both inworld and out.

The kiosk here will give you useful information about us too. Be sure to click on it before you leave.

Wisdomseeker: And you may want to subscribe to get Whole Brain Health notices. A subscribe-o-matic is here at the entrance and on the upper hub. The paths lead to the major attractions on each level. These are built to be newcomer-friendly. I speak outworld at professional conferences in order to introduce my colleagues to the potential of Second Life for their clients. Please explore a few of the paths on other visits and give me feedback on how I can improve people's experience here. If you have questions about reasons for any of the Attractions, let me know.



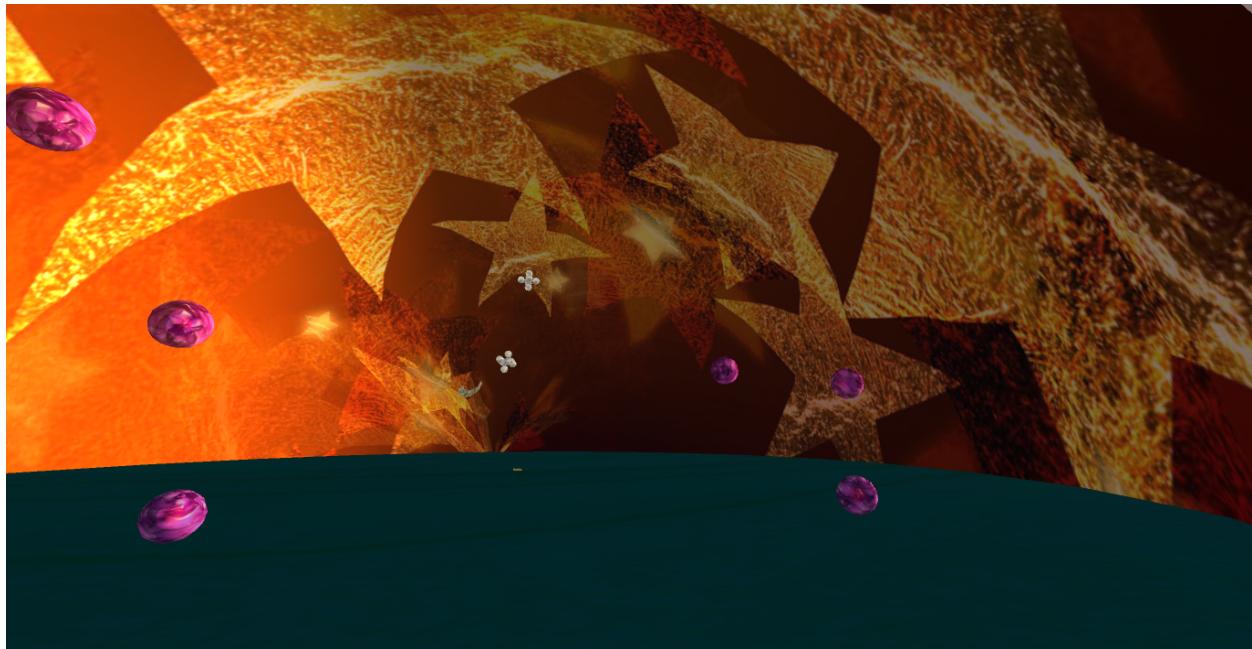
Wisdomseeker: FIRST STOP: THE CLASS AREA-

One of the most important things we can do for our brains is to THINK IN NEW AND EFFORTFUL WAYS...which means learning unfamiliar things that are difficult for us. Thuja Hynes, who is the associate director of WBHF, teaches how to build moving objects without scripts, a feat she laughingly calls "Simply Impossible!"

Wisdomseeker: So this is one way you can literally grow new neurons. We host other programs down here too that stretch the mind. Marly Milena uses symbolic objects in a Gestalt framework to promote creative processes in the Octagon nearby. Ludo Merit's Hero Walk, also nearby, explores human developmental stages through color choices. The Community Cultural Hub on the northwest corner offers a simple way to explore other sims

and includes interviews with their active members.

All, by the way, are members of our Community of Creative Elders—I think they beautifully reflect the vitality of people over 50 in Second Life.



Wisdomseeker: This is where the Community of Creative Elders meets. Our purpose is to offer brain-healthy activities to this age group specifically.

We have gathered over 50 members since we started in mid-January 2014. To join the group I need to invite you, because anyone in the group can post notices.

My work here and outworld is also based on Positive Psychology research. The value of identifying and using your signature strengths wisely is crucial for human well being, according to PP.

So this might also be called The Grove of Strengths.

By the way, if you leave just 7 words of advice on the scroll here or below, I will pay you Lindens for your thoughts.



Wisdomseeker: The Poetry Maze asks you to find the solutions to broken-up poems and send them to me to earn Lindens. A fun exercise in logic. This changes every month.



Wisdomseeker: THIRD STOP: THE CENTER OF THE ARTS FOR WELL BEING & SURROUNDINGS

Inside this building is a library where writers groups and study buddies, led by Bhelanna, meet. We also have concerts and discussions here, led by others.

Across the way is our small art gallery, meditation and yoga class areas.

And further along is our health class area. Retired professionals in health fields are going to start holding classes here soon.

We want to start doing more with interactive education about the roles diet, sleep and mindfulness play in brain health.

I think being able to exercise regularly in a group helps avoid the fate described on the Powerpoint here, given to me by Gentle Heron of Virtual Ability: SITTING AT YOUR DESK COULD KILL YOU.



Wisdomseeker: FOURTH STOP: THE MULTIPLE INTELLIGENCES EXPERIENCE

And next to it is a building class area where Szavanna teaches beginners how to make fun things during our Fair Day all-day events, which often have themes.

The last one was The Vibes of March. The next one, on April 27th, is Grace.

Wisdomseeker: So, as you can see, this is a work in progress. It will keep changing and growing as we learn more what helps people use it actively to build solid habits for brain health. Thank you so much for coming today. We hope we see you often. If you would like to contribute to the Fairgrounds, I am always interested in adding new programs.

