The Helm’s Gerontological Social Worker Allie Short, offers four simple brain teasers to help stimulate your mind.

**Use your non-dominant hand to:**
- Brush your teeth
- Write a sentence or two
- Do simple house cleaning tasks
- Turn on a faucet
- Open a door, cupboard, refrigerator or package

**Think of three words that begin with the letters “dw”**

**Draw a map of your city or neighborhood from memory**

**List the 10 body parts that have only 3 letters.**
(Hint: Move from head to foot and think internal as well as external!)

We’ll post the answers to items 2 and 4 next week with a couple of new teasers. Be sure to check back!