

DUNWOODY, GA, October 15, 2013 **/24-7PressRelease/** -- The [senior living in Atlanta](#) firm, Oaks Senior Living, wants to provide some insight into how mental health conditions such as Alzheimer's, dementia, and gradual memory loss can be forestalled by performing simple brain exercises. Although all of us are at an increased risk for developing these issues as we age, many studies have found that elderly people who engage their critical thinking skills on a daily basis are placed in a much lower risk category than those who do not. The provider of [memory care in Atlanta](#) notes that dementia affects approximately one to two percent of people aged 70 years and older.

Games are an Excellent Mental Health Tool

Although the statistics may not seem serious, it is important to note that nearly one-fifth of people in this age range experience some form of impairment, and the situation can quickly turn from bad to worse for those who do not practice mental health exercises.

According to Linda Smith, Vice President of Market Development for the dementia care Atlanta firm, "Simple things like reading a book or playing a crossword puzzle are very effective at preventing the development of dementia. Thanks to the advancements in technology, there are also many smartphone applications and tablet games specifically designed for the elderly. Some of the more popular titles include Memory and Focus and MisoMusic; the latter allows the user to make their own music with multiple instruments."

The [senior living in Atlanta](#) provider states the importance of games like these cannot be underestimated, and they urge all their residents to use them.

Oaks Senior Living has been providing premiere quality senior living in Atlanta for 15 years. To learn more about their services, please visit <http://www.oaksseniorliving.com>.

About Oaks Senior Living:

Oaks Senior Living has been providing assisted living for retirees and the elderly since 1998. The Salabarria family who opened their facilities in Braselton and Cumming wanted to provide a home where residents could feel as if it is their own. Their community and its programs promote

Fight Cognitive Decline with Brain Exercises, Suggests Senior Living in Atlanta, Oaks Senior Living

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independence, dignified living and lasting friendships with warm, family and home-like surroundings.

To learn more, go to <http://www.oaksseniorliving.com> .

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