

# Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar  
Neurological Conditions.



## Spring/Summer 2016 Issue 36



### **Neuroplasticity: A New Way to Exercise by Laura Olinger**

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The discovery of Neuroplasticity, the brain's ability to change and heal, overturned 400 years of belief that the brain is static after a certain age (18 – 25). Neuroscience is now evolving at lightning speed, and with high stakes in research as it addresses the big issues of dementias, stroke and injury recovery – it also give us keys to retaining or regaining our mental capacity by exercising the brain-body connection.

The research is primarily funded by pharmaceutical companies looking for information that will lead to treatments and cures in the form of pharmaceuticals, and it comes out in big, complicated scientific documents, usually published in science or medical journals. While singular effective treatments and cures have not yet been found, there is a lot of good information that is useful to our every day lives that can be gleaned.

Most of the research is focused on delaying, minimizing the effects, or stopping the onset of dementia and Alzheimer's, and what they are finding applies to a much broader range of neurological issues. It also gives us clues as to what we can do to remain healthier, retain our functionality, and recover from injury and illness.

Of primary importance is building a robust system of neural pathways – the ability for our brain to send effective messages to all of our body parts. This is a shift. While most exercise programs focus on building strength, muscle, and cardiovascular capacity, we begin to see the importance of being able to direct our foot to step where we want it to... our hand to grasp the small item...our thighs to push down so our body stands up...our knee to stay in alignment with our hip and our ankle...our toes to respond when we tilt forward.

Offered by the City of Boulder Parks and Recreation Department  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)  
Program Coordinator—Cory Lasher, CTRS  
303-413-7269 or [lasher@bouldercolorado.gov](mailto:lasher@bouldercolorado.gov)

## Neuroplasticity: A New Way to Exercise—Continued

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Under the old model of understanding the brain and nervous system – once these capacities were lost they were gone forever: The brain and nervous system didn't have the ability to heal, and mend. The new Neuroscience says something completely different! Certain types of exercise, challenging our capabilities without causing stress, changing how we do things, and building daily habits that support neural pathways development – will be the topics of Laura Olinger's presentation to the Journeys program on Thursday, March 31, from 2-4pm at North Boulder Recreation Center, Multi-Purpose Room, 3170 N. Broadway, Boulder.

The real good news in all of this is that exercising for the purpose of building neural pathways provides a completely different focus – it is no longer about enduring 40 minutes on an elliptical, or 45 minutes on the treadmill every day. There is no judgment, “not enough,” or feelings of defeat. Neural pathway development introduces variety, play, music, personal preferences, YOUR passions, interests and goals – and YOUR starting point. REALLY!

*Laura Olinger is the owner/ Manager of Vintage Moves, LLC. She is a Certified Ageless Grace® Educator and Trainer, Nia Black Belt Teacher, and Healthways® SilverSneakers Instructor. She teaches Warm Water Fitness for the Boulder East Senior Center, SilverSneakers FLEX programs at Joy in Motion Studio (Boulder), travels to train Ageless Grace Educators, and is available for speaking engagements. Her presentation style is engaging, participative, informative, and entertaining.*



*Please see program insert on how to sign-up for Laura's presentation on Thursday, March 31, 2016, 2-4 p.m. at the North Boulder Recreation Center. You won't want to miss it!*

## New Policy for Receiving Financial Assistance.

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There is a new policy in place in order to receive financial assistance to participate in any Journeys programs and any other qualified program offered through the city. Forms and information can be found at: <https://bouldercolorado.gov/parks-rec/reduced-rate>. Forms can also be picked up at any recreation center or at the Iris Center.

The department asks that, in order to qualify every year, all patrons must fill out the Financial Aid Application and bring all required documentation to any recreation center or the Iris Center, located at 3198 N. Broadway.

Here is what you do:

- All individuals who live in and out of the city limits need to fill out a City of Boulder Parks and Recreation **Financial Aid Application**. If you meet all the qualifications, adults and seniors are allotted 1 class per season at 50% off (Winter, Spring, Summer, Fall). Financial Aid Applications are valid for one year from approval date.
- If you meet qualifications and need additional financial assistance and even if you do NOT meet qualifications and need additional financial assistance you need to fill out the **Application for Exception for Financial Aid**. *Applications of Exception must be completed for each season you are requesting additional assistance. This form can be obtained at the link found above, at any recreation center or the Iris Center. After completion, the form can be brought to Cory Lasher at the North Boulder Recreation Center or emailed to: [Lasherc@bouldercolorado.gov](mailto:Lasherc@bouldercolorado.gov).*

***Finally, If you need assistance with figuring all this out, please call Cory Lasher at 303-413-7269 and she will be glad to help you through the process.***

**Please note! There will be no program offerings June through August! Programs will start up in September! East Boulder Recreation Center closed for shut down August 13—21 and North Boulder Recreation Center closed for shut down August 22—28th.**