

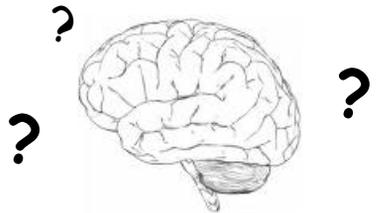
*"Linking the senior community to university research"*

**Note from the WRAP Team:**

First of all, we'd like to thank you for taking the time to take part in our quest to better understand the aging process through research. Without you our work would not be possible. Thanks to volunteers like you we will be able to further our knowledge of the aging process and investigate the differences between healthy aging, and disease processes including but not limited to stroke, Parkinson and Alzheimer disease. In the following newsletter we describe some of the studies which were completed by WRAP volunteers like you.

**Brain Teasers**

*Try these out just for fun!*



**A)** A youngster, standing one metre tall, lived with his parents on the tenth floor of an apartment building. When leaving for school in the morning, he would use the elevator to get to the ground floor. When returning from school, he would take the elevator to the fifth floor. Then, he would get out of the elevator and climb the stairs to the tenth floor.  
**Question:** Why did he not use the elevator to get to the tenth floor?

*Answer: He was too short to reach the button*

**Research Update**

**The Relationship Between Performance on Tests of Apraxia & the Performance of Natural Actions**

**Genevieve Desmarais, Eric Roy, Mike Dixon, Sandra Black, Deborah Hebert, Norman Park, Susan Brown, Vessela Stamenova & Richard Painter**

Everyday activities like grooming or making a cup of coffee are affected by many things: if attention fails, we may end up putting salt instead of sugar in the coffee. Memory, our general health, or simply fatigue can also affect everyday activities. To help people recover from brain injuries caused by strokes or disease, and restore their ability to function independently in everyday life, it is important to be able to target which process (like attention or memory) has been affected by the brain injury. We have therefore asked healthy people to complete a series of tasks and questionnaires that look at health, attention, and memory, and to perform various known and new actions. (Continued on following page....)

**B)** Three women each have two daughters. They are having lunch at a restaurant. There are only seven chairs in the restaurant. All the women are seated. **Question:** How is this possible?

*Answer: Grand-mother + her 2 daughters + their 2 daughters (1+2+4=7)*

**C)** A man states that he is able to predict the score of any football game before the game begins. **Question:** How is this possible ?

*Answer: The score is 0 to 0 at the start of all games*

# Research Update Continued

(...Continued from pervious page)

Once the project is completed, we will have a better idea of how various factors like health, memory, and attention affect everyday activities, and will be able to use this knowledge to develop treatment plans to help people recover from brain injuries.

## **Does The Processing of Irrelevant Information Affect Memory in Older Adults?**

**Nigel Goipe & Colin M. MacLeod**

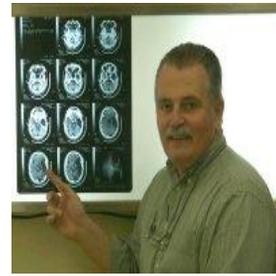
A very common complaint among older adults concerns their memory. What causes these memory problems? A very influential theory suggests that older adults are unable to filter irrelevant information from their world. For example, let's suppose that someone is giving you directions and that you are trying to remember them. There may be other concurrent but *irrelevant* information in your environment which you would want to filter out—such as the noise of the traffic, a conversation that is taking place next to you, and the familiar tune coming from a nearby street musician—for optimal memory of the directions. According to theory then, if we assess older adults' memory for irrelevant information then they should actually remember irrelevant information (relatively) better than younger adults. Our experimental procedure was conceptually similar to this example and our results indicated that older adults performed just as well as younger adults for target information, and that older adults do not remember irrelevant information better than younger adults! Therefore, we did not find support for the theory that older adults are unable to filter irrelevant information from their world.

# WRAP Members

## **WRAP Directors**



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**Dr. Eric Roy**  
Department of Kinesiology

## **WRAP Coordinators**



**Genevieve Desmarais**



**Shahnaz Koji**

## **Call for Participants!**

If you are currently not a volunteer of the Waterloo Research in Aging Participant Pool please contact us to find out more about how you can help!

If you already are a volunteer, please share this newsletter with any family and friends who you think might be interested in taking part in research studies.

**Address:** For further information please contact us

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