

THE TWINKLE IN MY WRINKLE

The
twinkle
in my
wrinkle

Melodie de Jager

*naledi**

Table of Contents

Preface	vii
Meet the Author	ix
1. What is the twinkle in my wrinkle?	1
2. How do I obtain a twinkle in my wrinkle?	6
3. How does a wrinkle dim my twinkle?	10
4. Can my thinking brain make a difference?	15
5. How can I keep my brain sharp?	25
6. What is his name again?	31
7. Oh my goodness, I must not fall!	39
8. Is it my imagination or are today's children different?	45
9. Sometimes it feels as if I am near the end	50
10. Mind Moves: description of the activities	53
11. The poem of an old man	77
12. Comments from satisfied Mind Movers	80

THE TWINKLE IN MY WRINKLE

First edition, 2019

Naledi

www.naledi.online

Copyright © Melodie de Jager, 2019.

First edition© Naledi, February 2019

First edition, Mind Moves Institute, 2011

<http://www.mindmoves.co.za>

All rights reserved.

No part of this work may be reproduced, stored in a retrieval system or transmitted, reflected electronically or mechanically by photocopying in any form or by any means without the prior permission of the publisher.

If any part of this publication is to be used for training purposes, prior approval must be obtained from the publisher.

Cover design and layout by Karen Cronje

Photographs by Brenize Coetzer

Most of the photographs were taken at Witfield Park Retirement Home.

Set in 14 op 16 pt Adobe Garamond Pro

First edition, third print Naledi, February 2023

Printed by

ISBN: 978-1-928426-59-2

Preface

Welcome to a brand new world of self-empowerment where you can be in charge of creating a quality life for yourself during your senior years. With this valuable guide in your hand, *The twinkle in my wrinkle*, you do not ever have to be afraid of old age again. This guide provides you with real and medically founded ways to stimulate the brain neurobiologically to make you feel stronger and younger. The suggested Mind Moves movements are well researched and tested by the Mind Moves Institute founded by Dr Melodie de Jager. These movements make the brain calm and happy and allow it to think clearly, so that you can move and remember better and even see and hear more optimally.

Even though the body ages naturally, nobody has to feel “old”. This is your chance to enjoy your senior years with a twinkle in your eye and a skip in your step

Petra Schumann, PhD MBA (Cum laude)

“Getting old we can deal with. Being old is the problem.”

Rabi Albert Lewis in *Have a Little Faith* by Mitch Albom.



“Youth is a gift of nature, but age is a work of art.”

Stanislaw Jerzy Lec

Meet the Author



Dr Melodie de Jager is an educator, keynote speaker, Mind Dynamix profiler and developmental specialist.

Some would call her approach to facilitating somewhat unusual, definitely out of the box, but nobody can say that Melodie de Jager is boring.

It is exactly this novel and fun approach that makes her one of the top facilitators; one who has the important ability to present complex issues to a diverse audience in an easily accessible way.

The focus of her PhD was on techniques to stimulate whole-brain functioning, and armed with this knowledge she is a popular guest on radio and television and is frequently quoted in the press.

Her career covers a wide range:

In 1982 Melodie qualified as a nursery school teacher and became principal of a nursery school in 1984. It was during this time that she undertook most of her studies and completed it successfully.

In 1988 she bought a private nursery school, which she ran until 1990 when she started in private practice as a life coach and profiler.

She expanded her career during the next 8 years to include corporate training (mentorship, motivation, communication, customer care and Mind Dynamix®).

The year 2000 saw a further expansion into motivational speaking, particularly in the field of Mind Dynamix, goal setting and the role of passion.

In 2005 Melodie founded the BabyGym® Institute (www.babygym.co.za) and in 2007 the Mind Moves® Institute (www.mindmoves.co.za). She is actively involved in both Institutes promoting the importance of physical development to optimise brain and whole child/person development.

In 2012 she founded the Senior Mind Moves® Institute (www.seniormindmoves.co.za) which provides support for people who want to improve their quality of life and live with dignity and grace in spite of the physical challenges brought about by old age.

In 2012 Melodie also founded the Mind Dynamix® Institute (www.mindynamix.com) to help people in the corporate world to unlock their authentic personal power and discover how to fit each new set of challenges with ease and integrity – personally and professionally.

In 2012 Dr Melodie de Jager and BabyGym Institute SA established BabyGym International (<https://www.babygyminstitute.com/index.php>) with Institutes in Spain and Denmark.

In 2012 she also established the Spanish Mind Moves Institute (www.mind-moves.com).

Apart from being a keynote speaker for many schools, governmental departments and corporates, Melodie is also a published author of a wide variety of books. All Melodie's books are prescribed at the University of Johannesburg's Nursing Department.

Her true passion is the empowerment of disadvantaged communities through quality education. She is deeply interested in spiritual matters and a committed mother to her three children Ruan, Waldo and Cozette.

In 2005 she was nominated by the American Biographical Institute for one of the "Greatest Women of the 21st Century".

In 2007 her BabyGym programme won the "DSA: Visions of the future" award.

In 2011 she was nominated for the "Shoprite Checkers Women of the Year" award in the Education category.

What is the twinkle in my wrinkle?



Youth is not a condition of the body,
it is a condition of the soul.

Johan Combrink



Three very special people who were born in the previous century
inspired *The Twinkle in my Wrinkle*: Marie Liebenberg, Celeste
van der Walt and Eric Johnson.

Marie Liebenberg lived in Gauteng and retired after being the chairperson of a dynamic women's organisation for 50 years. Every day she knitted funky colourful jerseys and teddies for children in the squatter camps, and commanded everybody to contribute for a Christmas party for the children. She liked to organise tea parties and only used delicate teacups, golden teaspoons and matching napkins. If you wanted something done well, you just had to ask Marie to do it.

Celeste van der Walt is from Port Elizabeth (Gqeberha) – a charming woman with many years behind her, but few wrinkles to show for it. She keeps a sparkle in her eye and energy in her step by presenting movement classes at retirement homes, building a successful cosmetics business and reading interesting books. She is also in charge of the senior Mind Moves program, which provides training and talks countrywide.

Gentleman that he was, Eric Johnson had to stand aside a moment for the two ladies. Eric lived in Blue Bull land and was an astute businessperson who served on the boards of several companies. He read widely on a wide variety of subjects, but was at his happiest when he got behind the wheel of his car and drove to his loved ones or to a beautiful spot in nature.

All three these people were always very well groomed, involved with their families and the community, and retained a sparkle in their eyes! You may think it is easy to be like that when everything has been in



your favour – but that was not always the case. All of them had to meet great difficulties – more than once and for long stretches of time. Like many of us, they also had to undergo operations to remove a malignant tumour, or to have corrective work done on a spine, or a knee or two replaced. Some of them also had to take hypertension medicine or anti-coagulants daily.

Over time they also experienced difficulty with moving. Some had lost their loved ones and had to cope with that pain in their hearts. Some of them had to go to retirement homes far from their families. All three had to slow down their pace of living, but they managed to retain a twinkle in the wrinkle.

The difference between a constant grumbler and someone with a twinkle in the wrinkle and a smile to boot is what happens between their ears. For between the two ears sits the most willing slave on earth, and that slave is your brain.

Your brain is wonderful and filled with the most advanced technology, which scientists cannot unravel, let alone match. But this wonderful brain of yours can do nothing, yes NOTHING without your cooperation.

Just a quick correction – one actually has three brains in one. There is the survival brain, which is also known as the doing brain or action brain, the emotional brain or feeling brain and then the neo cortex which is also known as the thinking brain. The survival or

doing brain works without your input. It is because of your survival brain that you fortunately do not have to tell your heart: “beat!” or your blood: “flow through my veins!” or to your lungs: “breathe!” or your stomach: “digest the food!” or to your eyes: “blink!” or your skin: “feel!”

These actions and many more, happen automatically and are the responsibility of your survival brain or doing brain. The survival brain is responsible for everything you need to sustain life without a machine. If it fails, you can only survive with help from a machine. It works with the electricity from your brain and uses the nervous system to conduct that electricity to your heart, lungs, stomach, ears and so forth. When you need a machine to sustain life, it is because the survival brain is labouring and needs an electrical boost. By “machines” is meant medical auxiliary equipment such as heart-lung machines or oxygen cylinders, et cetera.

The second part of your brain has to do with your emotions. It is called the feeling brain and this part can also work without your input. Emotion, and how you feel, is the chemical aspect of your body. That is why a chemical additive in the form of medicine may sometimes help you feel better.

That wonderful part of your brain that can do nothing, yes, NOTHING without your active participation, is called the thinking brain, and it has an influence on the feeling and survival parts of your brain. The thinking brain is also the largest of the three parts of your



brain. It is this part that Marie, Celeste and Eric used daily to retain the sparkle in their eyes.

How does one achieve it?

Relaxation exercises

Give all your worries and cares to God, for He cares about you.

† 1 Peter 5:7



Stretching exercises

**But this one thing I do,
forgetting those things which are behind,
and reaching forth unto those things which are before.**

† Philippians 3:14



Breathing exercises

Praise the Lord, all living creatures! Praise the Lord!

† Psalm 150:6



Brain exercises

Fill your minds with those things that are good and deserve praise.

† Philippians 4:8