



# A Riddle for Your Thoughts

Sharpen Your Brain During Alzheimer's and Brain Health Awareness Month

Puzzles, games, and even riddles can help delay the symptoms of dementia and Alzheimer's disease. Studies show that keeping the mind active can reduce the amount of brain cell damage that occurs in Alzheimer's patients, as well as support the growth of new nerve cells and strengthen the connections between them.

Researchers have also found a correlation between the number of years someone has been solving puzzles and the likelihood that they will develop Alzheimer's. So, the sooner you start making puzzles a regular part of your life, the better. It's never too early (or too late) to give your brain a healthy workout.

**Try out these puzzling riddles to give your brain its workout for the day!**

1. You answer me although I never ask you questions. What am I?
2. I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
3. If I am holding a bee, what do I have in my eye?
4. What has an eye but cannot see.
5. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
6. Where is the only place that yesterday always comes after today?
7. What goes up when the rain comes down?
8. My head is red but turns black when you scratch it. What am I?
9. What can you see in the middle of March and April that you can never see in any other month?

- Answers:**
1. A telephone
  2. A Carpet
  3. This plays on the proverb "Beauty is in the eye of the beholder." In this case, you are the "bee-holder." And thus beauty is in your eye!
  4. A needle.
  5. The number 8. It is infinity when turned on its side and two zeros when cut in half.
  6. The dictionary
  7. An umbrella
  8. A match
  9. The letter "R"