

**W O N D E R W O R D**  
O W O N D E R W O R  
T O **W O N D E R** W O  
E N O W O N D I  
L D N T E L E V  
E E D N O W O N  
W R E D N O W O N  
O W T E L E W O R D  
R O W R E D R O W O  
D R O W E L E T O W



# **WONDERWORD & TELEWORD**

**By David Ouellet**

**D**avid Ouellet has been fascinated with words since childhood. A true “wordsmith,” this native of Quebec City, Canada, is the creator of *Teleword* and *Wonderword*, regarded as the most challenging of all “word searches.”

David was introduced to puzzle making by his mother, Jo Ouellet, who created *Wonderword* in 1970. Prior to syndication, David and Jo published puzzle books under various names, including *Hide-A-Word*, *Find-A-Word* and *Chronogram*, among others.

David comes from a diverse family. His roots are Irish and French Canadian, and he is fluently bilingual.

After earning a bachelor’s degree in business from the University of Ottawa, David entered the business world and has held a variety of positions in the travel industry. When not making puzzles, he keeps busy as owner of a Canadian vacation marketing company.

An avid bridge player, David lives in Toronto with his wife, Sophie, and cat, Felicia.



## **WONDERWORD & TELEWORD**

David produces more than 500 puzzles a year and considers each a labor of love. Each puzzle is built manually, without computer-assisted shortcuts. Each puzzle uses every letter in the grid and all the words in the clue list are related to the puzzle’s theme title. The millions of people who have tried their hand at *Wonderword* and *Teleword* over the years find them a true test of their “word power.”

## Cleveland Brain Emporium designed to help senior citizens exercise their minds

Posted by [mneff](#) July 14, 2009 00:12AM



Tracy Boulian/The Plain Dealer

Ilse Strnisha, 83, from Judson at University Circle, got a kick out of her high score on a math game she played on a recent Thursday at the Brain Emporium computer lab at the Fairhill Center. The Brain Emporium, opened by Case Western Reserve University psychology professor T.J. McCallum, encourages older adults to challenge their brains with interactive computer games.

At 89, Josephine Rich manages a 2½-mile walk on most days to stay physically fit.

Recently she set a new fitness target: a sharper, nimbler mind. Rich and a dozen other residents of [Judson at University Circle](#) have been training their brains using computer games and software provided by a Case Western Reserve University psychology professor.

The program, called the Brain Emporium, got its start in March when CWRU psychology professor [T.J. McCallum](#) got funding to open a computer lab at the Fairhill Center in Cleveland.

"What I wanted was a place where people can come to engage," says McCallum, who studies aging.

The Brain Emporium houses eight computers outfitted with brain-training software, a Nintendo Wii and 10 Nintendo DS gaming systems.

The computer lab is open to any older adult. Three groups from area nursing homes, including the group from Judson, are the main users.

The program aims to improve visual-spatial skills, memory, attention, language and higher level planning and abstract thinking in healthy older adults.

The hypothesis behind brain-training software is that the brain needs exercise to stay in shape just as the body does -- what McCallum and many others call the "use it or lose it" theory.

Arguably the best study of this type of brain exercise in adults to date, published online in February in the

Journal of the American Geriatrics Society, showed that cognitively normal older adults who used a brain-training program were able to improve their auditory information processing speed by almost 60 percent. The control group, which watched educational movies on art and history, improved by 7 percent. About half the people in the training group said they could remember shopping lists better and were able to pay closer attention to conversations in loud settings after participating in the eight-week course.



Tracy Boulian/The Plain Dealer  
Gwen Parker, right, resident life coordinator at the University Circle Judson retirement community, helps Esther Gimp, left, who is blind, work on a program especially for the blind during a session in the Brain Emporium at Fairhill Center in Cleveland.

"These work," McCallum says. "They're definitely improving people's acuity and other aspects of cognition."

The question, though, is whether these improvements translate into any lasting changes for people who may be facing mental decline with age.

The limited amount of research in this area does not usually include any long-term follow-up, making it impossible to tell. One study of noncomputerized brain-training exercises found that participants trained in reasoning showed improvements in performance of daily activities at five years after the initial training, with only two intervening "booster" sessions. The participants showed no sign of benefit at two years after the first training sessions, however.

Many people hope the benefit of brain training will extend to preventing cognitive decline and Alzheimer's disease. Yet there is no evidence to date that computer brain-training programs can stave off the disease, and McCallum doesn't believe they can do the job, despite the grand claims of their marketers.

Some studies, like a recent review published in January in the Journal Alzheimer's and Dementia, question whether brain training adds any benefit to healthy older adults beyond that which is gained from being socially and intellectually active in a normal daily life. The review, which gathered all relevant studies of cognitive training, concluded that they had no impact on the progression of dementia.

McCallum says that while he isn't aware of the study, his interest in brain games has always been on the engagement it fosters, not on cognitive enhancement.

"I believe that if elders are engaged and challenged, then other benefits will result," he says.

He believes one of the most important aspects of the Brain Emporium is the social nature of its design -- people come together at a scheduled time each week to work rather than working alone on a home computer.

"I think it's important for them to be doing it together," he says. "It helps the whole process build."

Many studies have already demonstrated the importance of social interaction to cognitive function in later life. McCallum sees the Brain Emporium as a way to combine social interaction with the positive effects of brain training.

Judson residents, like Rich and 85-year-old Ruth DeBoer, have been going to the Brain Emporium twice a week for hourlong sessions since the lab opened.

DeBoer, who spent much of her time at Fairhill on a recent Thursday piecing together words of a certain category from a jumbled grouping of fragments, said she's improved at the games each time she comes.

Her motivation for making the trip is not exactly scientific, however.

"It's just sort of fun," she says. "I couldn't care less if I'm increasing my vocabulary."

She most likely is, though, says McCallum. At the very least, she's getting faster.

McCallum plans to begin a study of people using the Brain Emporium programs this fall to see if 30 or 40 sessions improve any areas of basic cognition. He also would like to see if the visual- and attention-training aspects of the games affect the driving skills of older adults.

Rich, a former reference librarian at Regina High School in Cleveland, has been conducting her own experiment. Each day, she times herself as she completes the Wonderword puzzle in the newspaper, finding as many words as she can among a jumble of mixed-up letters in a large grid.

She says her work at the Brain Emporium has already paid off.

"I did notice quite a jump in the number of words I could find," she said. "Today I was up to over 20 words in 15 minutes, so that was encouraging."

Categories: [Brie Zeltner](#), [Exercise and fitness](#), [Medical Industry Impact](#), [Real-Time News](#)

## Comments

Footer

# WONDERWORD®

By DAVID  
OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally, even backward. Find them and **CIRCLE THEIR LETTERS ONLY. DO NOT CIRCLE THE WORD.** The leftover letters spell the Wonderword.

**DEVOTED FANS!**

**Solution: 10 letters**

S	H	N	T	F	S	R	E	T	S	O	P	W	C	M
U	E	O	I	O	R	E	H	O	B	B	Y	S	I	O
P	T	I	C	L	O	I	C	E	N	I	R	H	S	D
P	N	T	K	K	L	C	E	T	R	E	N	D	U	E
O	E	N	E	K	E	A	N	N	T	D	O	E	M	L
R	M	E	T	R	E	Y	B	T	D	D	R	A	H	S
T	N	T	S	S	G	R	E	E	A	S	I	C	S	Ⓓ
E	I	T	R	A	M	L	T	N	S	L	T	B	Ⓝ	S
R	A	A	M	O	O	S	O	S	S	A	U	Ⓞ	W	E
O	T	E	V	Y	E	I	R	S	W	L	Ⓑ	D	S	T
S	R	I	A	R	C	T	R	E	C	N	O	C	T	I
S	E	L	E	I	C	H	A	R	A	C	T	E	R	S
S	T	T	F	O	C	U	S	T	E	A	M	S	O	B
Y	N	A	P	M	O	C	T	C	U	D	O	R	P	E
I	E	M	O	T	I	O	N	A	L	A	R	T	S	W

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**Yesterday's Answer: Awareness**

**NEW FROM WONDERWORD!** The Wonderword 2010 Desk Calendar is now available for pre-order on Amazon.com and Calendars.com. Search: "Wonderword Calendar." Order yours today!

# TELEWORD by David Ouellet

**HOW TO PLAY:**

All the words below appear in the puzzle — horizontally, vertically, diagonally, even backward. Find them and circle their letters. The leftover letters spell the Teleword.

**BARRY BOSTWICK**

**Solution: 10 letters**

R	U	L	E	R	U	T	C	I	P	F	Y	S	C	O
G	F	C	L	N	A	M	S	Y	N	O	T	K	U	K
A	E	E	O	A	A	N	R	O	E	X	I	O	R	U
R	E	R	R	S	T	M	D	E	Y	K	C	O	R	Z
D	L	A	A	E	D	N	T	A	T	A	N	C	Y	U
E	D	M	C	I	A	Y	J	R	L	E	I	I	A	N
N	O	I	O	R	Y	E	A	I	A	L	P	E	A	I
I	O	C	A	E	N	R	F	W	E	H	S	T	T	V
N	D	S	L	S	T	O	N	A	D	L	T	W	N	E
G	A	K	E	I	R	A	H	E	E	A	I	A	A	R
R	K	N	C	N	S	C	M	H	H	N	O	N	I	S
E	C	C	I	I	I	A	C	N	S	H	E	R	R	I
A	O	A	A	M	N	T	A	T	A	L	K	S	B	T
S	C	R	O	Y	A	M	O	I	L	S	H	O	W	Y
E	O	N	D	A	N	N	Y	E	H	O	R	R	O	R

Brian, Broadway, California, Carole, Ceramics, Chelsea, Cock-a-Doodle, Cooks, Curry, Danny, Ellen, Feel, Fox, Gardening, Grease, Hartman, Henry, Horror, Jensen, Lisa, Manhattan, Mayor, Michael, Miniseries, Nick, Nyack, Peter, Picture, Randall, Rocky, Rule, San Mateo, Sarandon, Sherri, Show, Spin City, Talks, Tall, Tonys, University, Winston, Zuko.

**Answer: MEDITATION**

# WONDERWORD®

by DAVID OUELLET

Solution: 6 Letters

**HOW TO PLAY:** First read the list of words, then look at the puzzle. The words are in all directions — vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike it off the list. The letters are often used more than once, so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues, you'll have a number of letters left over that spell the Wonderword.

## CLUES

- |             |          |              |          |
|-------------|----------|--------------|----------|
| Advice      | Food     | Office       | Society  |
| Assist      | Forecast | Open         | Solution |
| Automobiles | Friends  | Opinion      | Sports   |
| Belief      | Games    | Options      | Spouse   |
| Business    | Garden   | Parenting    | Style    |
| Calculate   | Guidance | Politics     | Teach    |
| Career      | Health   | Private      | Test     |
| Clarify     | Help     | Professional | Travel   |
| Comfort     | Hobby    | Puzzle       | Trust    |
| Computers   | Home     | Relief       | Unravel  |
| Cook        | Ideas    | Remedy       | View     |
| Culture     | Jobs     | Repair       | Wife     |
| Data        | Learn    | Reply        | Wisdom   |
| Debate      | Listen   | Request      | Wish     |
| Decipher    | Love     | Result       | Work     |
| Easy        | Marriage | Safe         |          |
| Emotions    | Math     | Satisfy      |          |
| Estimation  | Money    | School       |          |
| Explain     | Movies   | Science      |          |
| Family      | Music    | Secret       |          |
| Finance     | News     | Smart        |          |

## ADVICE COLUMNS

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C	R	S	S	T	S	N	O	I	T	P	O	S	O	E	E	D	S	S	S
S	O	O	E	T	A	L	U	C	L	A	C	F	A	V	E	D	U	T	E
S	P	M	F	U	I	B	E	G	A	I	R	R	A	M	I	R	R	S	M
E	P	O	P	E	Q	M	E	U	E	W	N	R	E	M	T	E	A	A	A
N	U	U	R	U	S	E	A	D	H	I	T	R	A	Y	I	U	S	C	G
I	S	N	Z	T	T	S	R	T	P	S	E	T	E	D	T	L	U	E	U
S	O	I	R	Z	S	E	I	A	I	D	H	N	E	O	V	L	Y	R	I
U	L	A	S	A	L	O	R	O	T	O	O	C	M	A	T	I	E	O	D
B	U	L	A	D	V	E	P	S	N	M	N	O	O	U	C	L	C	F	A
E	T	P	E	A	N	E	I	I	U	A	B	Y	R	M	I	H	R	E	N
L	I	X	D	T	W	S	L	S	N	I	L	E	B	E	F	I	L	S	C
I	O	E	I	A	S	I	I	I	L	I	P	S	F	B	E	O	P	C	E
E	N	N	Y	A	S	C	F	E	V	A	O	P	E	N	O	O	R	I	M
F	G	R	F	T	L	A	S	E	I	E	T	N	D	H	U	H	I	T	O
R	D	E	E	A	E	E	T	R	E	C	H	S	C	S	E	S	V	I	T
E	O	N	R	S	C	I	A	I	W	I	S	S	E	L	M	T	A	L	I
P	O	I	W	R	U	O	C	S	S	F	I	B	P	T	O	Y	T	O	O
L	F	E	E	V	O	L	O	O	Y	F	W	O	R	K	H	L	E	P	N
Y	N	T	S	M	A	R	T	K	S	O	Y	J	E	C	N	E	I	C	S

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