

Can I learn a new language now?



I thought only kids could pick up a new language.

If you have always thought it was too late to learn a new language, you are not alone. However, studies show that learning a second (or third or fourth) language is no harder at 80 years old than at 8 years old. PLUS, learning a new language keeps your brain healthy, like taking it to the gym!



Why Should I Learn A New Language?

- Discover and appreciate a different culture by reading literature, listening to music and watching movies in a foreign language.
- Explore different neighborhoods in your city like a local by ordering at a restaurant or speaking to neighbors.
- Make friends you never would've been able to before.
- Improve your confidence by setting a goal and working toward it.

What's More?

Despite common misconceptions, there is no good or bad time to learn a new language. Scientists have recently proven that the brain can repair itself and learn new skills every single day. Further research shows that multilingual adults developed dementias later than those who only spoke one language.

Fun Fact

The part of your brain that learns music and math, is the same part that learns language. Everyone knows math which means **EVERYONE** can learn a new language!

I'm Not in School Anymore. How Can I Learn?

- **You already know how you learn best.** Are index cards helpful to you? Do you prefer listening to recordings? Or maybe you need visuals.





- **Set modest goals and be patient.** Don't expect to be fluent in a week.
- **The language you learn should hold importance to you.** Does your niece live in France or does your friend want to travel to South America with you?
- **Use context.** Talk with native speakers, listen to radio stations or even watch movies in the language you're learning. It may sound like gibberish at first, but you will start to pick up on certain words and can build context around it until you become more familiar.

Studies show that each new language you learn becomes easier since your brain has developed a system and is becoming healthier and healthier.

Language Resources

Duolingo and Babbel are user-friendly mobile and online apps that have multiple languages to choose from and remind you to do your quick daily lessons. There are also thousands of YouTube videos and other online sites.

You can also check out our website: www.cje.net/cyberclub for our Spanish 101 Series offering free video lessons online!

How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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