

RETIRED

MINISTRY RESOURCES



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For Participants in LEA's Retired Ministries Network

Grandchildren ask lots of questions, and keeping your brain sharp is important. Emerging evidence suggests that only certain types of training produce meaningful benefits, and those benefits may differ between men and women. Find out more at [The New Science of Brain Workouts, Beyond Sudoku and Crosswords](#). (Ariana Eunjung Cha in *The Washington Post*)

From jalapeños on nachos to fiery Thai curries and smoky chipotle sauces, spicy foods are enjoyed in cuisines around the world. Beyond their bold flavor, spicy foods are popular for their potential health benefits. Read about [The Health Benefits of Spicy Foods](#). (Mary Anne Dunkin in *Mayo Clinic*)



Health Benefits of Spicy Foods

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