

August 2026 Golden Age Newsletter

Richard Buessing and Carol Pobanz
July 31, 2026



Golden Age Newsletter

July 31, 2026

Hello Goldies, this month's message is a timely need for an awakening to God's love, purpose, and original ideal, another of Larry Moffitt's great stories and two new Memoir announcements, a tribute to Tiger Park, Mrs. Mylar's article on the never-ending power of praying and the merits of physical dancing!
Enjoy!

This Month's Message

A Great Awakening - A Timely Inspiration



by Carol Pobanz

After watching the relatively new movie *A Great Awakening*, I felt compelled to encourage others to see it as well. It is more than a historical film—it is a reminder that lasting change begins with a spiritual awakening.

You can watch it here:

www.youtube.com/watch?v=H4-rMC88yIQ

Or on Amazon Prime

www.amazon.com/gp/video/detail/B0GVJHWSNN?ref=atv_sr_fle_c_sr62ef6f_1_1_1&qid=1784215820761&pageTypeId=B0GVJPT6RK&pageTypeIdSource=ASIN&sr=1-1

The official synopsis:

*In honor of America's 250th anniversary, **A Great Awakening** tells the true story of an unlikely friendship that resulted in one of the most defining moments in American history.*

With the colonies on the brink of collapse, the Reverend George Whitefield sparks the First Great Awakening, uniting an entire generation with his thundering proclamation of liberty in Christ. In a remarkable turn of events, one of Whitefield's closest friends and greatest supporters becomes none other than Benjamin Franklin. As the nation's freedom hangs in the balance, Franklin discovers that true liberty cannot simply be written into law—it must first be awakened in the hearts of the people.

As I watched this film, I couldn't help but think of True Mother's closing remarks at the recent trial hearing. Regardless of whether we belong to the Family Federation, one of the True Children's organizations, or another branch of our movement, her appeal echoes the same heartfelt message that True Father proclaimed throughout his entire life. Laws, organizations, and institutions are important, but they alone cannot transform a nation or the world. Real and lasting change begins with an awakening of the human heart—an awakening to God's love, purpose, and original ideal.

Today, perhaps more than ever, America—and the entire world, for that matter—needs such a Great Awakening. This film reminds me that history will change when people rediscover their faith, their conscience, and their God-given calling as God's true children.

I hope you will take the time to watch *A Great Awakening*. May it inspire each of us to become part of the awakening our world so desperately needs.

Mother's words following the July 10, 2026 hearing:

"Throughout my life, I have served God and devoted my entire life to realizing one family of humankind at peace. I do not seek power through money. As the leader of the Family Federation, I deeply apologize for unintentionally causing controversy in many areas.

Even now, wars and conflicts continue around the world, with people shedding their blood. In the midst of this I continue to proclaim: 'Let us attend Heavenly Parent.' I have been appealing for all nations that attend Heaven to serve Heavenly Parent on earth as sibling nations, and to become one in this time when we can fulfill Heavenly Parent's dream, the Kingdom of Heaven on earth.

I believe that God is alive. God will surely fulfill that dream on earth. Members of the second and third generations of our Unificationist community who will carry out this task are going out into the world as true sons and daughters that attend our Heavenly Parent.

Now, for the sake of our future descendants, I will continue to pray and offer my blessing that this people, this nation, may unfold as the beautiful Kingdom of Heaven on earth where people attend God free from war and conflict. Thank you."

True Mother – Hak Ja Han Moon

Arts and Culture

August 1995



By Larry Moffitt

When I grow up I want to be an imaginary friend.

In the summer of 1955, I am six. Every summer is the summer of wasps. And dogs and chickens and feral cats on the dirt farm of Clyde and Kathryn Brown, three miles outside Fairland, Oklahoma. Grandparents.

I walk down the red dirt road every afternoon, slipping out after lunch in the heat of the day to get out of taking a nap. I wasn't put on this earth to take naps. If I am not in the house, bothering anyone, no one thinks about me napping.

The dog and I converse as we walk. I don't speak to the dog; we converse. Duke is fine and happy with being a border collie, and would I like to throw a stick anywhere? Duke rattles on incessantly, making little sense. He's pretty hyper but I'm fine with that. The air is so hot it has its own smell and a faint humming sound. The pebbles of the county-graded road enter through the hole in my canvas hightop sneaker.

Loneliness lies silently upon my shoulders. It slinks upward and sits on my head, squashing my cowlick flat. Then it covers my head, hanging down over my eyebrows. I, and the ache of my aloneness, are inseparable.

At the creek, she waits in blue. A few years older than me; maybe the age of my young school teacher. We talk and play games. Skip stones and sing many, many songs. Her, me and Duke.

One day she said, "Next year you will be seven and I will not be here anymore."

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World Peace through Ideal Families



A memoir by Robert Beebe

Preface

“This is the way you must live: feeling God’s presence with you in every action, feeling that God is going before you.”

Rev. Sun Myung Moon

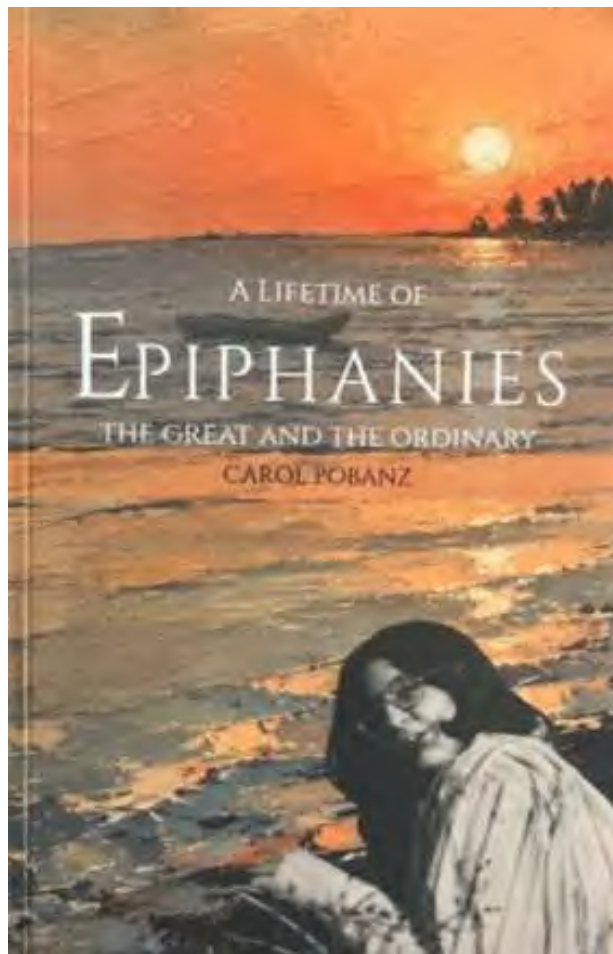
When one decides to write a memoir or autobiography of one’s life, that person is confronted with the question: Why? Why am I writing this? For whom am I writing it? And why would anyone, among the billions of people living in the world, be interested in reading my life story and reflections? As I set to writing, I wonder: who’s going to read this stuff? What should I talk about—mundane things about my daily life or high ideals? Is there a connection between the two?

[To read more, please click here!](#)

To purchase the book, please click here!

www.amazon.com/World-Peace-Through-Ideal-Families/dp

Epiphanies **(a memoir by Carol Pobanz)**



by Carol Pobanz

Epiphanies is a collection of reflective stories of pivotal moments that shaped my life and deepened my understanding of God. The narrative carries me from the post-World War II religious years in America, to the spiritual searching of the 1960s and 1970s, and into my life as an adherent of one of the many spiritual organizations that emerged in the United States during the second half of the twentieth century—the Unification Movement.

[To read more, please click here!](#)

To buy the book click here:

[www.lulu.com/search?sortBy=RELEVANCE&page=1&q=a+lifetime+of+epiphanies&pageSize=10&adult audience rating=00](http://www.lulu.com/search?sortBy=RELEVANCE&page=1&q=a+lifetime+of+epiphanies&pageSize=10&adult+audience+rating=00)

Testimonies, Tributes and Thoughts

Chong Goo "Tiger Park": Activist Holy Man

by Henri Schaufler

In January of 1977, all CARP members on the East Coast were summoned to UTS for a special conference with our new leader, just assigned by True Parents: Chong Goo "Tiger" Park. He and his family are from the 36 Couples.

We wondered, "Who is he? Is he to be feared with a nickname like this?" True Parents were just beginning to bring more Korean leaders to work with us in America, so it was a bit of a mystery.

[To read more, please click here!](#)

Let Us Pray

by Anne Marie Myler



Once, while visiting a family near Clifton, NJ. I met an old gentleman. Friends were taking care of him. He is a war veteran. He is unable to take care of himself. The only thing he does all day is watch the TV that has been put on for him, but operating the remote is not something he can do either.

As I was departing from the home of my friends, I approached him. He had been positioned next to the dining table and was about to be fed, I suppose. I whispered in his ear the following: "There is still something you can do for your country."

[To read more, please click here!](#)



Health and Recipe

Dance, Dance, Dance

Submitted by Christine Libon

You will not find an actual dance demonstration on this video; rather, you will find factual information about how various movements in dance offer great benefit to many parts of the body, including the spine, which, as we know, has numerous nerve endings and communicates directly with the brain and all body parts.

[youtu.be/KJAJ6JCiRdo?is= yBDrmVrt3X43uRj](https://youtu.be/KJAJ6JCiRdo?is=yBDrmVrt3X43uRj)

Here are some of the strongest scientific studies supporting the relationship between dancing and cognitive ability:

[*To read more, please click here!*](#)







Bulletin Board

Looking for more Articles



Photo credit: Carol Pobanz

The Golden Age Newsletter began as a small Clifton Senior newsletter about 3 years ago.

ARTICLE GUIDELINES

Purpose: The Golden Age newsletter has been created as a means to keep our elder community connected to one another. Articles are not in any way meant to proselytize or push a point of view.

It is a place to share God's Love – what is positive in our life as a result of finding our Heavenly Parent and True Parents.

Motto: "This is the Dawning of our New Age" – We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives.

Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities.

The e-newsletter is broken down into eight sections:

1. A Featured Message of Inspiration – Helping others to feel hope and inspiration for the establishment of CIG.
2. "Unification Thoughts" – any educational article on the "Fifth Realm of Heart" – Grandparents' heart
3. History Byte – A short article on a positive memory, a funny or affectionate story about experiences in the church with True Parents or with brothers and sisters or an article about the development/experience of helping to develop one of True Parents' providential projects or events.
4. Arts and Culture – A sharing about one's talents, hobbies or interests and how this relates to sharing God's love (to family, community, nation or world).
5. Tributes and Testimonies- a personal testimony of one or more life learning experiences or a Tribute to a spouse, friend, or leader
6. Health – An article that relates to health (physical or mental), possibly providing a link to an article you think might be interesting or important to other seniors.
7. I Love being a Grandparent – stories about grandparenting or about things to do with grandchildren
8. Recipe – Preferably a healthy recipe along with 2-3 paragraphs about what makes it a good or memorable recipe.
9. Book Review – report on a book that inspires thoughts toward a world of peace
10. Bulletin board – reports on personal activities, or request help on a project

*Did someone forward this to you? Subscribe to the Golden Age
Newsletter [here!](#)*



World Peace Through Ideal Families

A memoir by Robert Beebe



Photo submitted by R. Beebe

Preface

"This is the way you must live: feeling God's presence with you in every action, feeling that God is going before you."

Rev. Sun Myung Moon

When one decides to write a memoir or autobiography of one's life, that person is confronted with the question: Why? Why am I writing this? For whom am I writing it? And why would anyone, among the billions of people living in the world, be interested in reading my life story and reflections? As I set to writing, I wonder: who's going to read this stuff? What should I talk about—mundane things about my daily life or high ideals? Is there a connection between the two?

For me, this memoir will have value insofar as it bespeaks a message that transcends any culture, if it reveals through my experiences and journey a truth that is universal in nature, which any person could understand and relate to. On the one hand, we are creatures of our own culture, language, beliefs, and time period, influenced by what has preceded us and around us. At the same time, as human beings, we all yearn for the same things: love, happiness, and beauty. This I have discovered to be true after having traveled the world (51 countries, to be exact). We have much more in common than we often realize.

Despite our common yearnings, we continue to live in a world of strife and confusion. People wander through life, asking "Where is God?" It has always seemed so. But through the Unification Movement and Divine Principle (DP), I have come to discover that God is very much alive and is with us no matter what we are going through, whether we realize it or not. I have come to see history and the world from God's viewpoint and to understand the reality of God's situation, which is:

God is not an almighty Lord sitting on a throne watching everything dispassionately, but a deeply loving Parent who rejoices with our successes and grieves with our failures.

Our movement's founders, Rev. Sun Myung Moon and his wife Dr. Hak Ja Han, whom we call our True Parents, also have given me a profound understanding of the "essence of Jesus." He was not only the Messiah, the Christ, but a new Adam, who was sent into this world to restore completely what was lost in the Garden of Eden due to the Fall of Adam and Eve. This means that he was meant to find his Eve and together create a True Family as the foundation for a new history multiplying God's lineage on earth.

Tragically, the people of Israel did not realize that Jesus was the promised Messiah prophesied in the Old Testament and they sent him to the cross. His sacrifice and subsequent resurrection became the foundation for Christianity and the spiritual salvation it offers. However, this was a far cry from what God had originally intended, i.e., the establishment of His original ideal, the Kingdom of Heaven on Earth. The world has had to suffer through 2,000 more years of wars and violence of all kinds waiting for the Second Coming.

The concept of a Second Coming ought to give us pause: Why does Jesus need to return at all? What did he not accomplish 2,000 years ago that requires him to come again?

To understand what Jesus really wanted to do and what remains to be accomplished, we must know what was lost in the Garden. What if Adam and Eve had not eaten the fruit? In two places, the New Testament likens Jesus to Adam (Romans 5:19, 1 Corinthians 15:45). We might regard him as the Adam who did not eat the fruit. If so, who was his Eve? In other words, might the whole of God's providence boil down to looking for a new Adam and Eve who would fulfill what the original ones could not?

Along this line of thinking, what if the people of Israel

Along this line of thinking, what if the people of Israel, who had been prepared by God for thousands of years to receive the Messiah, had realized Jesus was that very one? Obviously, then, he would not have been crucified. Might he have found his Eve and finally restore what was lost in the Garden? Because he could not, he must return to complete what he originally had come to do. In the context of the Second Coming, the Book of Revelation speaks of the Marriage of the Lamb in which the returning Messiah finds his bride (see Appendix A). God would have finally found his perfected Adam and Eve through whom that original ideal, lost so long ago, can finally begin.

The implication is that the Second Coming is all about establishing the kinds of ideal families that God had intended to start with Adam and Eve. As restored Adam and Eve, the returning Messiah and his wife will set the example and seek to multiply such families throughout the world. These families would be the seeds for the Kingdom of Heaven on Earth. Thus, the title for this book: World Peace Through Ideal Families. This is the essence of the Unification Movement.

In his autobiography, Rev. Moon explains the significance of marriage and family as such: *Marriage is more than a simple coming together of a man and woman. It is a precious ceremony of commitment to carry on God's work of creation. Marriage is the path by which a man and woman become as one, create new life, and establish true love. Through marriage, a new future is created. Societies are formed; nations are built. God's world of peace is realized with married families at the center. It is in the family that God's Kingdom of Heaven is brought about.*

This memoir is a personal testimony of how God came into my life and guided me through its many stages from a shy kid in New England who, despite his academic successes, struggled with a lack of confidence to become a leader in various contexts and a public speaker. It has been a life of struggles, challenges, and victories. The greatest victory is depicted on the cover of this book: my marriage blessing to a wonderful wife and the subsequent building of a family of beautiful children and grandchildren.

The first two chapters covering my childhood and young adult life include short stories mostly written at a time when I was aspiring to be a writer. These stories, with slight modifications and written in italics, dramatize some of my early experiences in life. The rest is written in standard autobiographical format. Nearly all the photos herein contained are mine. This memoir ends in the present day with the continuing growth of a lineage of grandchildren and beyond. Enjoy!

Robert Beebe, July 2026

https://www.amazon.com/World-Peace-Through-Ideal-Families/dp/B0H4HKRX5Y/ref=sr_1_4?dib=eyJ2IjoiMSJ9.WmIPjae9efzWB6prfRf0rK45shGe08eXSiqszlIXa9heXdRn_Z4QWlAYhNK-7xbmJLV9Smk4yRW-sppdy5zrtxOzR8lGyPriXUWnRmY4HZrlYgMqwAX-ZNoitlFmbPheCh9NeJkFw0nlln4l nln.J v0TFYR0JUHAVR

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Epiphanies

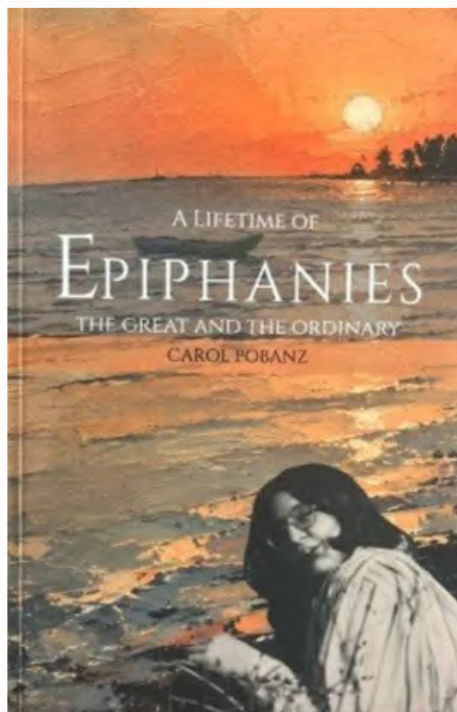


Photo submitted by C. Pobanz

by Carol Pobanz

Epiphanies is a collection of reflective stories of pivotal moments that shaped my life and deepened my understanding of God. The narrative carries me from the post-World War II religious years in America, to the spiritual searching of the 1960s and 1970s, and into my life as an adherent of one of the many spiritual organizations that emerged in the United States during the second half of the twentieth century—the Unification Movement.

Epiphanies shares insights that influenced my personal and family life, especially as a disciple of Rev. Sun Myung Moon and Dr. Hak Ja Han. Through these stories, observations, and spiritual reflections, the book invites readers to pause and discover the deeper meaning in their own lives hidden within everyday experiences, both ordinary and extraordinary.

At its heart, *Epiphanies* is about *MY* transformation — the realizations that changed how I viewed myself, others, and the world around me. It serves both as a record of my life to my descendants and as a guide to future generations of Unificationists, showing how periods of uncertainty, along with moments of clarity, helped shape my path as one early believer in the North American Unification Movement.

To buy my book click here:

[https://www.lulu.com/search?](https://www.lulu.com/search?CID=BLEMINC&pg=1&sr=keyword&q=Epiphanies)

cid=BLEMINC&pg=1&sr=keyword&q=Epiphanies

< World Peace Through Ideal Families

Chong Goo "Tiger Park" : Activist Holy Man >

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Chong Goo "Tiger Park" : Activist Holy Man

by Henri Schauffler



All photos submitted by
H. Schauffler

In January of 1977, all CARP members on the East Coast were summoned to UTS for a special conference with our new leader, just assigned by True Parents: Chong Goo "Tiger" Park. He and his family are from the 36 Couples.

We wondered, "Who is he? Is he to be feared with a nickname like this?" True Parents were just beginning to bring more Korean leaders to work with us in America, so it was a bit of a mystery.

We were waiting for him when he arrived at UTS. A special room on the professors' wing had been prepared. We were ready to show him up there with his two bags. One was quite bulky.

His handshake was quite soft—not what we thought it might be for a "Tiger." He was quiet; and resisted being taken to his special room, and said, "Please take me to the room where we will hear the *Divine Principle*." He also asked, "Who will be the teacher?" I had been assigned, so he was also introduced to me.

We took him across the building to the meeting room. He said, "Thank you. Please bring all the members in now." He remained there with his luggage.

He then spoke to us for a couple of hours, bursting with energy, warmth, passion, humor and love. Many said afterward, "This is almost like being with True Parents."

The meeting was in the evening. As the members filed out, Mike Smith and I and a couple of others remained with Rev. Park to say good night. He was again quiet. He went to the larger of his two bags, pulled out a sleeping bag and rolled it out on the floor!

He said, "Thank you, this was a very good evening. I will stay here tonight to pray for the lectures." As we left, he was kneeled on the sleeping bag, in prayer, for *me* (the lecturer)!

When we came early next morning, he was already in the same position, praying again for the lectures. As the days ensued, we got to know a powerful man who loved True Parents with all his heart, and who lived to try and transfer his love and passion to all of us who were privileged to work with him.

The workshop lasted for seven days. Tiger Park stayed in the meeting room for the first three days, in prayer every morning and night, and finally moved to the special room that had been prepared for him. My thought was, "This is an activist holy man. This is a true example for us. He is prayerful, but he is also working hard to change the world."

Later that year, we had many new members at Camp Mazumdar who had joined in Southern California. I had been assigned as the Director. Tiger Park came to visit. Again, we had a special room for him in the staff cabin. The first evening, after closing prayer, we noted he was not in the room. As was my custom, I went to check on the brothers' area, which was a large building a few hundred feet away. There was Rev. Park, sleeping bag on the floor, sharing and laughing with all those new member brothers. They were in Heaven with him, and he with them.

A little later that same summer, I got a call from Tiger Park after one of the weekend workshops for brand new people. About 30 had attended. He asked how many had stayed on for the 7-Day workshop. I said, about 10. He flew into a rage and said, "How can you deny these people the chance to meet True Parents?"

I stood my ground. Many of the people who had come were street people, addicts and people with mental issues, met on the streets of LA and San Diego. I told him, "I understand how you feel; but many of these people cannot join, they have too much pain and many scars. They will not stay and will cause a lot of problems." Tiger Park was further enraged, finally saying, "You are very arrogant!"

I continued, "Rev. Park, I am happy to go onto the street and witness; I will show you the kinds of people who can actually join and stay." He got quiet. I had just volunteered to be fired!

The next morning, he called again, "OK – you please go to San Francisco and witness, as you told me." I felt somewhat liberated, and looked forward to joining the team in SF. After all, I needed more spiritual children.

When I arrived, there was a huge welcome party for me—as the new leader of a 70-person team! Rev. Park had actually been impressed with my guts to stand up to him and for my confidence. That summer, we brought many strong people to join CARP, many of whom are still with us today. A while later, he said in a

meeting, “Many great new members joined in SF.”

The five and a half years we spent with Chong Goo “Tiger” Park were among the most profound in our lives for those of us who were blessed to work with him.

After his tragic passing at the young age of 43, True Father had a short meeting with those of us who had been fortunate to be on Tiger Park’s leadership team. When we came into the room, Father was sitting on the floor, quiet and gently rocking back and forth. We sat and waited. Finally, he said, in a soft voice, “You don’t need to be concerned about Tiger Park’s death; instead, just think about how he lived.” That was all True Father said to us about this great activist holy man. ‘Nuf said!



Tiger Park and his family

< Epiphanies

Let Us Pray >

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Let Us Pray

by Anne Marie Mylar



all photos submitted by A. M. Mylar

Once, while visiting a family near Clifton, NJ. I met an old gentleman. Friends were taking care of him. He is a war veteran. He is unable to take care of himself. The only thing he does all day is watch the TV that has been put on for him, but operating the remote is not something he can do either.

As I was departing from the home of my friends, I approached him. He had been positioned next to the dining table and was about to be fed, I suppose. I whispered in his ear the following: "There is still something you can do for your country." He turned his head toward me and, with a rough but forceful voice, he responded:

"Whaaaat?"

I said, "You can pray." He understood.

Today, it is my turn. My energy level has gone down in the last Three years, but especially since last December. My intellect is only active for a very short few hours, and the rest of the time, I am able to help with the household chores a bit, and care for my beautiful granddaughter for a bit too. So, as I remember what I told the gentleman, it is now my turn.

I have plenty of times on my lounge chair to think of

Heavenly Parent and our world and pray. However, thinking is what I do more than praying. My prayer is at night prior to going to bed, sitting in a chair in front of my altar. I feel comfortable there, and I can remain there for quite some time.

However, prayer is not just something we do in front of an altar with organized words and sentences; prayer is also a state of mind and heart. I do believe that many people pray while driving, or doing the dishes, or during any other type of activities. The presence of God is always there—we simply need to recognize it and talk with our Heavenly Parent. Jesus said so, and I truly believe it.



92 years ago Men on both sides were celebrating Christmas during a small 24 hour truce on the front lines during the BATTLE OF THE BULGE.

Christmas eve 1944, they (American and German soldiers) prayed together and then they had to kill each other again, because their countries were at war with each other. A few individuals in this world have the power to declare war or peace, and all of us have to follow. What would happen if throughout the world every single soldier decided to put their weapons away and pray instead? Would the leaders kill millions of them just because they wanted peace?

< Chong Goo "Tiger Park" :
Activist Holy Man

Dance, Dance, Dance >

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Submitted by Christine Libon



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is=_yBDrmVrt3X43uRj](https://youtu.be/KJAJ6JCiRdo?is=_yBDrmVrt3X43uRj)

Here are some of the strongest scientific studies supporting the relationship between dancing and cognitive ability:

1. Verghese et al. (2003) – Albert Einstein College of Medicine

Study: *Leisure Activities and the Risk of Dementia in the Elderly*

- Published in the *New England Journal of Medicine*.
- Followed **469 adults aged 75 and older** for about **5 years**.
- Among 11 physical activities studied, **frequent dancing was the only physical activity significantly associated with a lower risk of dementia**.
- Researchers proposed that dancing combines physical exercise with mental challenge, memory, coordination, and social interaction, making it uniquely stimulating for the brain.

2. Meng et al. (2020)

Study: *The Effectiveness of Dance Interventions on Cognition in Patients with Mild Cognitive Impairment: A Meta-analysis of Randomized Controlled Trials*

- Published in *Archives of Gerontology and Geriatrics*.

- Combined results from multiple randomized controlled trials.
- Found that dance significantly improved:
 - Global cognition
 - Attention
 - Immediate and delayed memory
 - Visuospatial ability
- Concluded that dance is an effective non-drug intervention for people with mild cognitive impairment.

3. Wang et al. (2023)

Study: *The Effectiveness of Dance Movement Interventions for Older Adults with Mild Cognitive Impairment, Alzheimer's Disease, and Dementia*

- Reviewed **29 studies** involving **1,708 participants**.
- Found significant improvements in:
 - Overall cognition
 - Memory
 - Balance
 - Depression
- Concluded that dance is an effective and engaging complementary intervention for older adults with cognitive impairment.

4. Network Meta-analysis (2025)

A recent systematic review compared dance with other forms of exercise.

- Dance ranked among the highest interventions for improving global cognitive function.
- However, it found that dance was **not consistently superior** to all other forms of exercise, suggesting that while dance is highly beneficial, other well-designed exercise programs can also produce cognitive benefits.

5. German Brain Imaging Study

Researchers compared older adults who participated in:

- Dance classes
- Traditional endurance training

Both groups improved physical fitness, but **only the dance group showed increased hippocampal volume**, a brain region essential for learning and memory. This suggests that learning new movement patterns may stimulate brain plasticity beyond aerobic exercise alone.

Balanced perspective

The evidence overall is encouraging, but it's important to distinguish between different questions:

- There is **strong evidence** that dancing improves several aspects of cognitive function, particularly in older adults and those with mild cognitive impairment.
- There is **moderate evidence** that regular dancing is associated with a lower risk of dementia,

though observational studies cannot prove that dancing alone prevents dementia.

- A Cochrane review concluded that there is **not yet enough high-quality evidence** to determine whether **dance movement therapy** specifically is an effective treatment for people who already have dementia, highlighting the need for more randomized trials.

Overall, the research suggests that dancing is one of the best "whole-brain" activities because it combines aerobic exercise, learning, memory, rhythm, balance, coordination, emotion, and social interaction in a single activity.





all photos submitted by C. Libon

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