



**I'm just not  
that SHARP  
anymore**

**...surely it can't be aging!**

**ARE YOU BECOMING FRUSTRATED** about forgetting people's names, where you put your keys, that one item at the grocery store that you forgot to pick up?

When does a lack of memory begin to cause a problem? There are many reasons for a change in memory. Here is some information that may prove valuable for your physical, relational and financial wellness if you remember it!

### **How does the brain create memory?**

Information is stored in different parts of your memory.

**SHORT TERM MEMORY** — a person's name you just met

**RECENT MEMORY** — what you had last night for dinner

**REMOTE MEMORY** — childhood event

## What happens in your brain as you get older?

You start losing brain cells, a few at a time, starting in your 20's. The body also starts to make less of the chemicals your brain cells need to work.

Short term and remote memories are not usually affected by aging, but your recent memory might be.

### Medical causes?

- Depression
- Dementia
- Alzheimer's
- Side affects of drugs, strokes, head injury, and alcoholism



## What can you do?

### B WELL

Eat nutritionally –  
veggies, fruits, sensible  
eating choices

### B ABLE

use assistive technology.  
Heaven forbid, there is  
actually a place for the new  
cell phones and PDA's.

### B ORGANIZED

use memory joggers. Have a place  
for everything (Keys in a basket by  
the door). Implement To do lists –  
highlighters and planning calendars.  
Place sticky notes on the bathroom  
mirror, laptop and the door.

### B FIT

maintain your wellness.  
Use a pedometer and  
achieve those 10,000 a  
day or your own choice  
of exercise.

### B INSPIRED

Practice the capacity for  
leisure, meditate, yoga,  
listen to music.

## What about supplements?

Some supplements have been found to affect the brain's general functioning:

- Phosphatidyl Serine (PS): boost brain cell function
- Ginkgo Biloba: Improves blood flow, acts as an antioxidant.
- Choline: Necessary for the production of neurotransmitters
- Acteyl L-carnitine: Improves energy metabolism in the brain
- Vitamins: A and E
- Minerals: Calcium, magnesium, zinc selenium

## Are my memory problems part of normal aging?

Memory problems that aren't part of normal aging include:

- Forgetting things much more often than you used to.
- Forgetting how to do things, you've done many times before.
- Trouble learning new things.
- Repeating phrases or stories in the same conversation.
- Trouble making choices or handling money.
- Not being able to keep track of what happens each day.



### Tip of the day:

To lock in memory: Use your many senses everyday

- Talk to yourself and repeat key info aloud.
- Mentally run through your physical actions
- Visualize