

All our dreams can come true--if we have the courage to pursue them. --Walt Disney

Newsletter

EDITION #1

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Age-Related Changes In Memory

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Some older adults also find that they don't do as well as younger people on complex memory or learning tests. Scientists have found, though, that given enough time, healthy older people can do as well as younger people do on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability such as vocabulary.

Keeping Your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills. Here are some tips that can help:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.
- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

Source: <http://www.nia.nih.gov/health/publication/forgetfulness>

From Our Cookbook:

Barbecue

Pork and Penne Skillet

Ingredients

- 1 package (16 ounces) penne pasta
- 1 cup chopped sweet red pepper
- 3/4 cup chopped onion
- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 carton (16 ounces) refrigerated fully cooked barbecued shredded pork
- 1 can (14-1/2 ounces) diced tomatoes with mild green chiles, undrained
- 1/2 cup beef broth
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 1-1/4 cups shredded cheddar cheese
- 1/4 cup chopped green onions

<https://www.tasteofhome.com>

Memory Activity

- Hiking and Walking Clubs. ...
- Wii Sports. ...
- Gardening Clubs. ...
- Life Story Exercises. ...
- Lectures and Continuing Ed Classes. ...
- Online Collaborative Games.

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