



## 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:

### Bean Burritos

#### Ingredients

- 1 can (16 ounces) vegetarian refried beans
- 1 cup salsa
- 1 cup cooked long grain rice
- 2 cups shredded cheddar cheese, divided
- 12 flour tortillas (6 inches)
- Shredded lettuce, optional

## SELF WORTH

### Human dignity and self-respect for each caregiver.

I strive to be respectful of others' experiences and differences and realize that everyone, including me, is important and unique.

Self Worth is how much you value yourself. At SHC we feel it is one of the most important values. You cannot value the things most important in life, without first valuing yourself. A valid sense of self-worth is necessary in order to attain love, peace, joy, power, and a sound mind. An individual must care for themselves before they can properly care for others.

### FROM CARE SERVICES

Seniors Home Care staff are trained to help in most situations. Alzheimer's, Dementia, Parkinson's, Depression and ALS are only a few of the many specific areas we focus on. If you know someone with a unique situation, encourage them to call and talk with an SHC registered nurse. We are here to help!