

LIFESTYLES

SHARE YOUR STORY
The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Information on memory and aging

[This is the second of two columns about memory and aging.]

The difference between normal and abnormal memory difficulties comes down to this: If you forget a name or where you left your keys, you're probably okay. If you can't remember how to brush your teeth, you need medical attention.

Here are more memory problems that aren't part of normal aging:

- Noticeable deterioration of memory over several months.
- Repeating stories you told only minutes before, or asking the same questions over and over
- Inability to keep track of what you did earlier in the day
- Forgetting how to do things you've done many times
- Getting lost in a familiar place
- Unexplained mood changes
- Forgetting common words when speaking or using the wrong words such as "phone" for "TV remote."



Fred
CICETTI
HEALTH CARE WRITER

- Difficulty following directions
- Trouble deciding
- Difficulty handling money

That old saw about staying young at heart apparently works to improve your memory.

According to one study, older people who believe their age diminished their memory may be undermining their mental abilities. The study was done at North Carolina State University.

The researchers worked with about 100 adults in two groups in their 60s and over-70. Participants were asked to do a series of tasks involving arithmetic

and memorization. The researchers told some of those tested that their age might affect the test results. The study found that members of this group did worse than those who weren't influenced by the testers.

What does aging really do to your brain?

We begin to lose brain cells slowly in our 20s. The body also starts to make less brain chemicals. Aging may affect memory by changing the way the brain stores and retrieves information.

Your short-term and remote memories aren't usually affected by aging. But your recent memory may be affected. That's why you forget where you put your keys two hours ago.

The following are some techniques you can use to help you remember things:

- I'm listing this one first because it works every time for me. Put important items, such as your keys, in the same place every time. When I've lost my car keys, I've found them in the weirdest places.
- When you can't think

of a word, go through the alphabet in your mind. When you get to the first letter of the word, you might recall it.

- Jotting appointments and reminders on a calendar helps. Most cell phones have a calendar in them. I put everything I have to remember in my cell.
- Make lists for everything--shopping, chores, items to take when traveling.
- Rely on routines. If you associate lunch with taking your medicine, it will help you remember. Associations are important for remembering other things such as a route to a friend's house.
- When you are introduced to someone, repeat the person's name to yourself several times.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthygeezers.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.	TUESDAY Meatloaf Baked potatoes Spinach Pumpkin nut cookies
Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.	WEDNESDAY Baked chicken Sweet potatoes Bean salad Peaches
For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.	THURSDAY Tater Tot casserole Beets Pudding with topping
MONDAY Pork steak Mashed potatoes Green beans Fruit	FRIDAY Ham dinner or alternative Scalloped potatoes Peas and carrots Pineapple upside down cake

MEMORIAMs

In loving memory of our dear mom and grandma, **Ollie McBride**, who passed away 14 years ago, Nov. 10.

*God saw she was getting tired,
And a cure was not to be;
So He put His arms around her,
And He whispered, "Come with Me."
With tearful eyes we watched her suffer,
And saw her fade away;
Although we loved her dearly,
We could not make her stay.
A golden heart stopped beating,
Hard working hands put to rest;
God broke our hearts to prove,
He only takes the best.*

Sadly missed by Rick and Therese Dwayne and Lu Patty and J.R. Pam and Brad and families

In loving memory of **Mary Sampson**, who passed away Nov. 8, 1985.

*Nothing can ever take away,
The love the heart holds dear;
Fond memories linger every day,
Remembrances keep her near.*

Sadly missed by her husband, Wayne sons, Tim and Michael

In loving memory of our dear and special loved ones, **Gary Underdahl** on his birthday, Nov. 3, and **Wayne Underdahl**, who passed away Nov. 18, 2009.

We love and miss you so much and you'll forever be in our hearts.

*Two precious ones from us are gone,
Their voice we loved is stilled;
A place is vacant in our midst,
Which never can be filled.
Sleep on, dear loved ones,
Sleep on and take thy rest;
We loved you lots and lots,
But God loved you best.
Until we meet again, rest in peace dear loved ones.*

Sadly missed and loved forever - Bonnie Wendy and family Jeff and family Family and friends XO XO XO

P.S. Give Conrad and Millie our love, hugs and kisses!
XO XO XO

LOOKINGBACK

25 YEARS AGO

Pvt. Carl R. Jantzen, son of Loren P. and Peggy L. Jantzen of Route 7, has completed basic training at Fort Leonard Wood, Mo.

The traditionally male-only fraternity in Koochiching County has been infiltrated by women. The election of Doris Hanson and Lillian Rizzo to the Koochiching County Board marks the advent of women to county level of politics.

40 YEARS AGO

Co-chairmen of the Falls Memorial Hospital Auxiliary Bazaar are the Mrs. Paul Jensen, Ed Jameson, Robert LaRock and James Harberd.

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Ronald Wright.

Frank "Butch" Larson, Bronco football coach, an-

nounced Wally Haglund and Sam Evanoff as captains of next year's grid-ders.

50 YEARS AGO

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Edwin Swanson, Memorial Drive, 6 pounds, 11 1/2 ounces.

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Lloyd Hansen, Ray, 7 pounds, 13 ounces.

Ed Garrison, formerly forest ranger at Dentay-bow, has been transferred to the same position at Littlefork effective Oct. 30.

Don Hodgdon, well known former Falls resident, submitted to cataract surgery on his left eye recently.

60 YEARS AGO

A daughter was born today at St. Mary's Hos-pital in Duluth to Mr. and

Mrs. Francis Hobbins, 512 Sixth St.; weight, 7 pounds, 11 ounces; name chosen, Shelley Ann.

Fred Hefner, 2, son of Mr. and Mrs. Robert Hef-ner, South International Falls, underwent a tonsil-lectomy at the Falls Memo-rial Hospital.

Friends and relatives are planning to honor Mr. and Mrs. Elmer Ogren, 811 10th St., on their golden wedding anniversary Sun-day.

Mr. and Mrs. Art En-zman Sr., Island View Route, have left for Fort Pierce, Fla., where they will spend the winter.

70 YEARS AGO

Mr. and Mrs. Octave White are parents of a son born today at the North-ern Minnesota Hospital.

Mercedes Tive, Adri-enne Allen and Arthur Holmstrom received spe-cial certificates of honor-

able mention for obtaining scores between 100-115 out of a possible 120 in the 12th annual Latin competitive medal and norm examina-tions.

The Falls High Girls Athletic Association met last week to discuss means of getting more girls inter-ested in sports. Virginia Sathrum, head of swim-ming; Dolores Pagedas, head of hiking; Donna Thompson, head of bicy-cling; and Hope Bruzelius, head of volleyball, gave short pep talks urging the girls to take part in these sports.

Pfc. George Toder ar-rived this morning from Wright Field, Dayton, Ohio, to spend a 15-day furlough at the home of his parents, Mr. and Mrs. Nick Toder.

Compiled by the Falls Public Library. Visit them online at www.internationalfallslibrary.us

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FAMILY-STYLE DINNER - ENTERTAINMENTS -
FUND-RAISING ACTIVITIES

Friday, December 6, 2013 Limited tickets: \$35

5:30 Doors Open; Beverages

6:30 p.m. Dinner; Entertainments; Fund-Raising Activities

Event Location: Backus Community Center,
900 Fifth Street International Falls

Limited Tickets at City Drug, from Board Members
& Koochiching Aging Options
(218) 283-7084

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Event Decorations by No Place Like Home Again

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your plaids
and
suspenders!