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

Memory lapses — when to see the doctor

Fred CICETTI
HEALTH CARE WRITER

Q. How can you tell when you should go to a doctor for memory lapses?

A. This is a serious question that demands a joke for openers ...

Because they are forgetful, an elderly husband and wife go to the doctor. The doctor tells them their problem isn't serious and they should just write down reminders.

One evening, the husband is watching TV and his wife is in the kitchen.

"Honey, can you get me a dish of ice cream? And don't forget to write it down."

"I don't have to write it down."

"Yeah, but I want some whipped cream."

"I'll remember."

"And some nuts and a cherry on top. Write it down."

"For God's sake, you want a sundae. I can remember a sundae."

A half-hour passes and the wife brings out a tray with scrambled eggs, link sausages, coffee and juice."

"I knew it!" the husband cries. "You forgot the toast."

So, when should you go to your doctor to discuss your memory lapses? That's a personal judgment call. I've found that I can't remember the names of movie stars and ballplayers the way I used to. I attribute this to what I call the "overloaded filing cabinet." As we get older, we accumulate so many memories that it's impossible to find the one we want.

I'm not sufficiently worried about my memory difficulties to mention them to my doctor. But if you are worried, get tested.

The unfunny truth is that Alzheimer's begins with difficulty remembering the familiar — people, things, events. Or, you start having trouble doing simple arithmetic in your head

These annoyances are common to seniors with healthy brains, so most of us don't get too worked up over them.

But, as Alzheimer's progresses, it can make people forget how to brush their teeth or change channels on a TV. And it gets worse until patients require complete care.

If you're having some memory lapses that worry you, go to the doctor with a positive attitude. The fact is that many different medical conditions may cause Alzheimer's-like symptoms. Some of these medical conditions may be treatable. You could be suffering from the effects of a high fever, dehydration, poor nutrition, reactions to medicines, thyroid problems or a minor head injury.

And then there are those pesky emotions. Feeling sad, lonely, worried, or bored can affect people facing retirement or coping with the death of a loved one. Adapting to change can make you forgetful.

There are benefits to an early diagnosis of Alzheimer's. Knowing early helps patients and their families plan for the future. It gives them time to discuss care while the patient can still participate in decisions. Early diagnosis also offers the best chance to treat the symptoms of the disease.

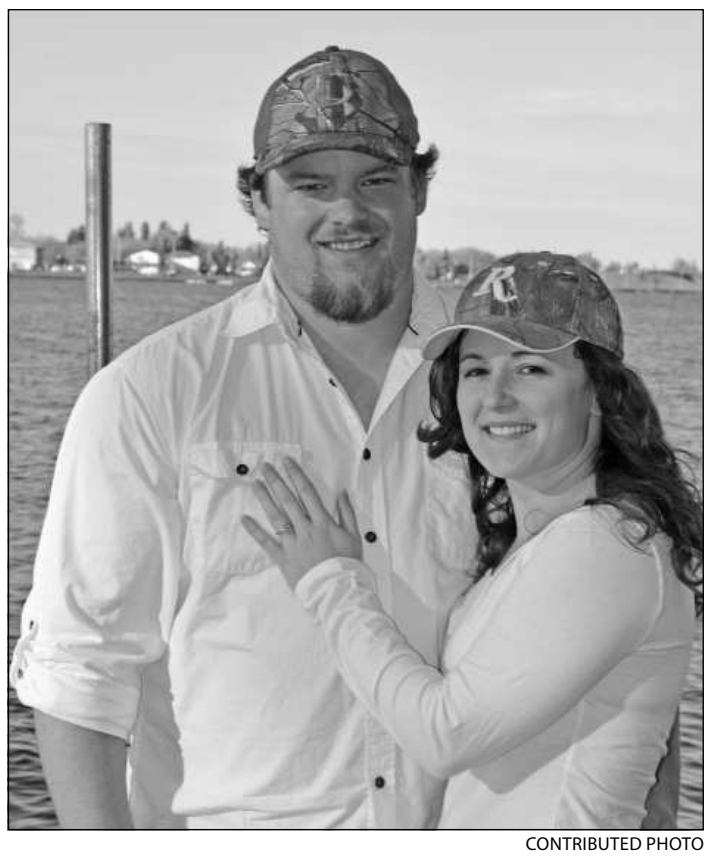
Scientists are working to develop new drugs to treat Alzheimer's. Although research is helping us learn more about the disease, we still do not know what causes Alzheimer's, and there is no cure.

[In my next column, I'll report more about memory and aging.]

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" atw ww.healthygeezer.com.

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

ENGAGEMENT



CONTRIBUTED PHOTO

ANNA LEPAGE AND TRAVIS MANN

Mr. and Mrs. Richard LePage, International Falls, announce the engagement of their daughter, Anna, to Travis Mann, son of Brad and Royette Qualley, International Falls, and Joseph Mann, International Falls. A September wedding is planned.

COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

November 5
Volunteer Group – First Lutheran Church
Sloppy joes
Baked beans
Chips

November 7
Volunteer Group – First Lutheran Church
Top the Tater baked potatoes
Toppings
Salad
Cookies

November 12
Volunteer Group – Bethany Lutheran Church
Breakfast egg bake with sausages
Muffins
Fruit

November 14
Volunteer Group – Catholic Daughters
Vegetable barley soup
Turkey sandwiches
Fruit

November 19
Volunteer Group – Zion Lutheran Church
Tacos
Refried beans
Fruit

November 21
Volunteer Group – Evangelical Covenant Church
Top the Tater baked potatoes
Toppings
Salad
Cookies

November 26
Volunteer Group – Evangelical Covenant Church
Tuna casserole
Dinner rolls
Fruit

November 28 — Thanksgiving
No Community Cafe

ROTARY GUEST

CONTRIBUTED PHOTO

Shawn Johnson, right, was the guest of Rotarian Beth Anderson at a recent International Falls Rotary Club meeting. Johnson, a special education teacher for first-fourth grades, is district coordinator for the Positive Behavioral Interventions and Supports Program.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

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.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY
Meatballs
Gravy
Mashed potatoes
Coleslaw
Rosie applesauce

TUESDAY
Roast pork
Mashed potatoes
Gravy
Squash
Favorite cake

WEDNESDAY
Chicken breasts with dumplings
Green beans
Apple juice
Cake Mix cookies

THURSDAY
Spaghetti
Meat sauce
Tossed salad
Dressing
Whipped Jell-O

FRIDAY
Chicken dressing bake
Carrots
Coleslaw
Pudding

Holiday Preview

ENJOY!
A wonderful brunch
Program featuring holiday fashion ideas and table decor

SOCIALIZE!
Bring your friends

SHOP!
Holiday Bake Sale
Gift Table

Saturday, November 9th
Doors open at 10:30am • Brunch 11am

Faith United Church
1001 Fifth Street • Int'l Falls

TICKETS: $10

Advance tickets may be purchased at:
The Hideaway
Faith United Church • 9-noon/ M-F

ADVERTISEMENT FOR BIDS

INTERNATIONAL FALLS ANIMAL SHELTER
INTERNATIONAL FALLS, MINNESOTA

Separate sealed BIDS for the furnishing of all labor, materials and equipment for the **International Falls Animal Shelter** will be received by the City of International Falls, Minnesota until the hour of 1:15pm on Wednesday, December 4th, 2013, in the office of the City Administrator, 600 4th Street, International Falls, MN. At such time they will be publicly opened in the City Council Chambers and read aloud.

The proposed work includes, but is not limited to the following major items of work, all in accordance with Minnesota State Building, Plumbing, HVAC, Electrical and Energy codes:

- Construction of a frame walled, gable roofed 40'x 48' structure
- Construction of an engineered slab on grade
- Plumbing, Heating, Ventilation and Air Conditioning
- Electrical Lighting and Power

The CONTRACT DOCUMENTS may be examined and are available at the office of Kelly Meyers, City Building Inspector, located at 600 4th Street, in the International Falls Municipal Building.

The City reserves the right to waive any informalities, to reject any or all bids and to accept the bid considered to be most advantageous to the City.

No bidder may withdraw his bid within (60) sixty days after the actual date of opening thereof.

Each bid shall be accompanied by a bid bond or certified check in an amount equal to five percent (5%) of the total amount of the bid, made payable without condition to the City of International Falls, as a guarantee that the bidder, if awarded the contract, will promptly execute the agreement in accordance with the bid and other contract documents.

A pre-bid meeting will be held at 1:15pm in the City Council Chambers, Tuesday, November 26th, 2013. Attendance by potential general contractors is encouraged.

Dated this 25th day of October, 2013.

Betty Bergstrom
Interim City Administrator
City of International Falls

This is Northwoods Eating

Breakfast Specials
Mon.-Sat. $6.29 • Sunday $7.29

Mon. Big Moose Skillet with hashbrowns
Tues. Breakfast Sandwich with hashbrowns
Wed. French Toast w/eggs & sausage or bacon
Thurs. Blueberry Pancakes w/eggs & sausage or bacon
Fri. Biscuits & Gravy w/eggs & hashbrowns
Sat. Cinnamon Swirl French Toast with ham & eggs
Sun. Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon.	Half Chicken Dinner	$10.99
Tues.	Full Rack of BBQ Ribs	$17.99
Wed.	Pan Fried Walleye	$14.99
Thurs.	Mozzarella Girasole w/Marinara Sauce	$10.99
Fri.	Fishermen's Catch	$16.99
Sat.	Rib Eye Steak	$17.99
Sun.	Chicken Kiev	$11.99

Dinners include choice of potato & salad. Choice of soup for $1.00

Canadian Money at par!

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