



# COMMUNICATION CONNECTION

Enhancing the quality of life of the older adult and supporting their friends, families and caregivers.

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## **SOME THOUGHTS**

Let me share with you something that I am hearing repeatedly from those attending my memory fitness programs. Some report more forgetfulness while others have a loved one with memory problems of concern and they want to know what they should do. I am also hearing worry from an increasing number of baby boomers who have a loved one with Alzheimer's disease and they are wondering what they should do because they fear that dementia might be inevitable for them.

When I wrote *Walking the Path to Memory Fitness One Step at a Time* my primary goal was to provide basic information about all the things that contribute to forgetfulness, whether it is just part of "life" or normal aging or something more serious.

**Increased awareness and examining your lifestyle patterns and choices are an important part of where you need to begin.**

## **FORGETFUL? Hurrying? Multitasking? Too Busy?**

**What does your life look like? Do you feel like you run from one thing on your "to do" list to the next— and it seems like you are never getting much of anything done? Workplace demands increase, family activities require a lot of juggling, and the complaints of forgetting this or that seem very commonplace these days. Even the retirees I speak to have schedules that are very active and often feel the same way.**

### **WHERE TO BEGIN**

The key to remembering: Give your complete attention to the situation. How can you remember something if you did not hear it or were not listening? Often you may look like you are listening but **you** know your mind is elsewhere.

Start by addressing some of the basics of self-care and more than your ability to pay attention will improve!

- 1. Are you well rested?**
- 2. Do you eat a balanced diet?**
- 3. Do you exercise on a regular basis?**
- 4. Are you able to set good boundaries?**
- 5. When stress gets overwhelming, do you take some time for yourself to regroup?**

### **A FEW TIPS**

1. When you have something in your hand, pay attention so when you put it down you will recall where it is.
2. When you think of something you need to do and you go to do it, visualize it, repeat a key word several times to yourself. Then if you are distracted you will be more likely to know what it was you planned to do.
3. Teach yourself to be in the present moment. Start with little things: take a walk in your neighborhood and "notice" or eat a meal without reading or watching TV. How many beauties of nature were lost because you did not see them?

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Check [www.memoryfitnessmatters.com](http://www.memoryfitnessmatters.com) for programs, products, interviews and just added—  
an online Memory Fitness training!

