Memory is often the most commonly recognized function that declines with age, and is the mechanism that allows our brain to store information from a second ago to years ago. Memory is critical to everyday tasks such as paying bills and taking medications, and often memory loss starts with little things such as misplacing your keys or glasses and gradually gets more serious like forgetting where your home is, or who your loved ones are. To say memory is vitally important is an understatement, and with the current focus on memory as a key indicator of cognitive decline, we notice the changes more readily. Now that we know that we have a large measure of control over how our bodies and minds age, we can make positive changes, limit, decrease, and even stop cognitive decline, and can make it easier to remember things in general. Our memory can be activated by nearly anything, sights, sounds, smells, even a touch or tactile sensation. Incorporating all of our senses, in combination with healthy physical activity and healthy diet, can be life changing, for the presenter, the group, and the individual. Another great activity that our caregivers use in the home and on trips with clients is logo identification, which can be used to stimulate memory and can make it easier to remember things in general. Our memory can be activated by nearly anything, sights, sounds, smells, even a touch or tactile sensation. Incorporating all of our senses, in combination with healthy physical activity and healthy eating habits, can have a profound impact on our cognitive function and overall health—what are you waiting for?

Contact Will Campbell to showcase your medical practice or health care services at WCAMPBELL@PRESCOPTAZ.COM 928-776-8122 Ext 1085

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