



Hospice of the North Coast

A Non-Profit Hospice serving North San Diego County

Celebrating Three Decades of Compassionate Care

It's About Life...

Thoughts on Living Well

*by Nerice Kaufman, Executive Director
Hospice of the North Coast*



Mind Matters

Can't recall where you put your cell phone? That's simple forgetfulness. Can't recall what your cell phone is for? That might signal a deeper problem.

All of us occasionally forget a song title or someone's name. We jokingly attribute these minor lapses to "senior moments."

Memory loss in older adults can be severe, resulting in frustration and depression. If a person forgets to take their medication or re-doses because they forget they have already taken it, the situation can become perilous.

Take Steps to Prevent Memory Loss

You can take positive steps to prevent memory loss. Switching routines helps keep your mind sharp. One first step in the right direction can be as simple as changing the route of your daily walk. In fact, memory experts recommend exercise as a means of preserving physical and mental fitness. They also say a commitment to learning and doing new things keeps the brain alert.

People who retire from work should not withdraw from life. They can use their newfound time to read, keep up with current events and pursue new interests and hobbies.

Hospice of the North Coast offers periodic free seminars on diverse health and wellness topics. For information on upcoming seminars, please visit www.hospicenorthcoast.org or call 760-431-4100.

Don't forget!

If you have a question that you would like addressed in this column or confidentially, please contact Nerice Kaufman at 760.431.4100 or nkaufman@hospicenorthcoast.org. Hospice of the North Coast provides a full spectrum of programs, including bereavement support, to terminally ill clients and their families throughout North County San Diego. Visit www.hospicenorthcoast.org for more information.

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