

Memory: Myth Versus Truth

Can brain games give you a boost? Does your diet affect your recall? J Johns Hopkins expert shares what science shows about memory.

Concerned about memory loss? You're not alone. When a major university polled 2,678 people about their biggest health fears, [Alzheimer's disease](#) was second only to cancer and a survey by the Centers for Disease Control and Prevention found that one in eight adults age 60 and older recently noticed more memory loss or confusion.

The good news: You can take steps to keep your mind sharp as you get older. Unfortunately, some of the solutions for memory protection that you're hearing about may not be as helpful as advertised, cautions [Constantine Lyketsos, M.D.](#), director of the [Memory and Alzheimer's Treatment Center at Johns Hopkins](#). **Here's expert help sorting through popular memory myths.**

Myth: Forgetfulness = Alzheimer's.

Truth: *It's normal to have more memory slipups as you get older.*

They're not necessarily signs that you have a serious problem like Alzheimer's. For example, if you forget where you put your keys, that's not unusual. But if you forget what the keys are used for, that's a red flag. If you're concerned, always check with your doctor. A medical professional can test your memory and suggest steps to keep your brain healthy and strong.

Myth: Doing puzzles can improve your overall memory.

Truth: *The benefits are limited.*

"Doing crosswords and other puzzles is a form of memory training. People can improve their memory by doing those sorts of things," Lyketsos says. However, a puzzle will only strengthen the type of memory it uses. If you do crossword puzzles, you'll get better at doing crosswords, he says. If you read mystery stories, you'll get better at solving mysteries. But these won't necessarily help you remember directions or people's names better.

If you're looking for meaningful memory boosts, put these truths into practice.

http://www.hopkinsmedicine.org/health/healthy_aging/healthy_mind/memory-myth-vs-truth

Consultant of the Month Julie Williams



Julie Williams is the Consultant at our Albany, OR Location. She has been part of the Health Services since 2015. Prior to becoming a consultant she was an owner/sound engineer for Royal Digital in Sandpoint Idaho from 2002-2011. "I have always loved digital sound, be it big amps or small." Julie's passion for sound helped her to become a Professional Musician in 1999. One of her favorite memories of being a musician is playing music for a sold out show for Jay Leno. There were 12,000 people there! One person she admires is Dale Carlson, the founder of Sleep Train Inc. Some of her best qualities include helping her patients communicate with the people they love. "I love people and I am genuinely interested in my patients. I believe it is important to have a good balance between listening to what a person is feeling or perceiving along with accurate facts, proof and skills. I am determined to solve challenging situations and refuse to give up. Through kindness, determination and skill, my patient's and I find much success."

PCC of the Month Joyce Davis



Joyce Davis is the PCC at our Albany, Oregon location. Joyce has over 20 years of experience in the healthcare field. She has been on both ends of the spectrum as both clerical support and as a direct care provider. She lived over 17 years in Guam, where she worked as a Birthing Assistant and hosted a daily radio show. Upon her move to Oregon, she began working at Miracle Ear.

"Our patients in Albany are amazing human beings! We have worked very hard to build authentic relationships with the people who walk through our doors. The first thing you see when you walk up to our door is a decal that reads "May all who enter as guests leave as friends." We are not afraid to hug our patients, we even cry with our patients during times of difficulty or loss. It is through these friendships that we are able to help people manage their hearing care. Our goal is to provide genuine, professional care to the community we serve, while building relationships along the way. This would not be possible without God answering many prayers, my Hearing Consultant, Julie Williams and the rest of my Miracle Ear Family. The support from other Patient Care Coordinators, Consultants and the Home Office staff in Idaho has enabled us to better serve our community in Albany! We all play a role in the success of our patient's hearing care! Go Team!"

Pumpkin Chocolate Chip Cookies

Yields: About 30 Cookies

Ingredients:

- 2 cups (284g) all-purpose flour
- 2 tsp baking powder
- 3/4 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1/2 tsp salt
- 1/2 cup (110g) granulated sugar
- 1/2 cup (110g) packed light-brown sugar
- 1/2 cup (120ml) vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1 cup (240g) canned pumpkin puree
- 3/4 cup (130g) semi-sweet chocolate chips
- 3/4 cup (130g) milk chocolate chips

Instructions:

Preheat oven to 350 degrees. In a mixing bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, ginger, cloves and salt for 20 seconds, set aside.

In the bowl of an electric stand mixer fitted with the paddle attachment, blend together granulated sugar, brown sugar and vegetable oil until combined. Mix in egg and vanilla then blend in pumpkin puree. With mixer on low speed, slowly add in flour mixture. Mix until nearly combined, scraping down the sides of the bowl as needed (batter will be pretty wet). With a rubber spatula, fold in the chocolate chips. Drop 2 tbsp. of dough onto baking sheets lined parchment paper, spacing cookies two inches apart. Bake for 12 minutes until cookies are nearly set (you don't want to pull them out before they are done or they'll taste raw, not a cookie you want to under-bake.) Allow to cool several minutes before transferring to a wire rack to cool. Store in a single layer in an airtight container (these are best once they've rested in an airtight container a few hours, they soften throughout).



[www. Cookingclassy.com/pumpkin-chocolate-chip-cookies/](http://www.Cookingclassy.com/pumpkin-chocolate-chip-cookies/)

Have a recipe or a joke you would like featured in the monthly Newsletter?

Easy, just email or mail your original recipe in to the Health Services Protection Plan. If your recipe is selected it will be featured in an upcoming Newsletter.

Please email: protectionplan@miracle-earnw.com

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Eagle, ID 83616

Riddle of the Month

What do you call a rabbit with bugs?

Answer: _____

STAY TUNED! Answer will be in our October's
Newsletter

Answer to August's Riddle: A Shadow

A Little Laughter

Bob, age 92, and Mary, age 89, are all excited about their decision to get married. While out for a stroll to discuss the wedding they pass a drugstore. Bob suggests they go in.

Bob asks to speak to the pharmacist. He explains they're about to get married, and asks, "Do you sell heart medication?"

"Of course we do," the pharmacist replies.

"Medicine for rheumatism?"

"Definitely," he says.

"How about Viagra?"

"Of course."

"Medicine for memory problems, arthritis, jaundice?"

"Yes, the works."

"What about vitamins, sleeping pills, Geritol, antacids?"

"Absolutely."

"Do you sell wheelchairs and walkers?"

"All speeds and sizes."

"Good," Bob says to the pharmacist. "We'd like to register for our wedding gifts here, please."