



## Senior Moments

with Emma Edwards

### Mind not always over matter

I woke up too early to get up the other day and found myself pondering deep thoughts.

Have you ever wished you could just turn off your mind?

These thoughts seemed to keep repeating themselves. I tossed and turned and I couldn't fall back asleep because my mind kept talking to me so loudly and I just could not turn it off.

I decided maybe I should listen to these thoughts and that's when this column was born.

Have you ever thought you would lose your mind if you couldn't stop thinking about this or that? Yes, that has happened to all of us, especially over things we can't do anything about.

Sometimes a friend -- or foe, perhaps -- says, "You got a moment, Em? I need to pick your brain about a little situation that has come up." Be careful, because that person then is at liberty to say "Emma says ..."

I have learned a cure for gossip from one of my daughters. In talking with her, if she suspects I am crossing a line she simply says, "I am going to let them tell their own story, mother."

Anyway, her suggestion helps turn my mind off on such subjects. See, we seniors are still learning!

This week, I have learned so much about the brain and the mind. I always thought they were the same thing. They are not interchangeable, but they can work together.

Brainy people whom I have sought out remind me that the brain is a physical thing (an organ) that can even be touched! Whereas the mind cannot be physically touched, it can only be stimulated mentally. (I know, another definition for "touched" is to be slightly unbalanced mentally.)

Parents sometimes may respond to a negative situation with their children by saying, "What are you doing? Are you out of your mind?" And, yes it usually involves something that has them worried, unhappy or angry.

"Mind" is used in many common phrases.

Someone is said to have a "keen mind." Some say they "don't mind the rain" or "never mind the opinion polls." One I'm not fond of is "anyone can lose weight if they set their mind to it."

I do believe that my cat, Holly Lynn, has a spirit and a mind. Well, so did my dog, George Dolphin, when it came to understanding me and protecting me.

For that reason, I once felt comfortable debating a preacher in the Longview area who claimed dogs and cats do not go to Heaven. Interestingly, many in that Sunday school class adamantly (firmly and resolutely) agreed with me.

And, of course I doggedly stuck to my belief that dogs and cats have minds and brains. Maybe at times they don't use them as often as we would like.

But that could be said of us, too.

When taken improperly, a medicine meant to heal can cause great harm.

The following are suggestions on how to best take care of your medications in order to take care of yourself.

**Q: How can I get the most benefits from a prescription medicine with the fewest risks?**

A: The first step is to ask your doctor questions about each new prescription. Consider asking:

- What is the medicine's name and what is it supposed to do?

- How and when do I take it and for how long?

- What foods, drinks, other medicines or activities should I avoid while taking this medication?

- Will this new medication work safely with other prescription, nonprescription or herbal medicines I am taking?

- Are there side effects? What should I do if they occur?

- Will the medication affect

### Senior meals

**NO MEALS WEEK OF MAY 30**  
Warrenton Senior Citizens Inc. has a new manager/cook. Unfortunately, there will be no meals next week. The program begins again June 7 on a new day: Tuesdays.

Warrenton's eat-in senior meal program organized by Warrenton Senior Citizens Inc. is at noon on Tuesdays at Warrenton Community Center, 170 S.W. Third St.

Suggested donation is \$6. Doors open at 10:30 a.m. for socializing and coffee.

## Here's to Your Health

by CMH staff



### What to remember about medications

my sleep or activity cycle?

- What should I do if I miss a dose?

- Are there any monitoring tests required?

Write down the answers to these questions right away so you'll remember the details.

**Q: Is there anything I should tell my doctor before he or she prescribes a drug?**

A: Always tell your doctor if you are breastfeeding or may be pregnant.

In addition, you should also tell your doctor if you are allergic to any drugs or foods, have any illnesses or problems of which another doctor is treating you, follow a special diet or use dietary supplements, use alcohol or tobacco, or are taking any other medicine.

**Q: Does my doctor need to know about both the prescription and over-the-counter drugs that I take?**

A: Yes. It's a good idea to keep a list of all the prescription and over-the-counter medications you regularly use. Write down the name of the drug, the doctor who prescribed it, how much you take and when you take it.

It's especially important to alert your doctor to any new

medicines that another doctor has prescribed for you and any over-the-counter medications that you started taking since your last visit.

**Q: What precautions are wise once I start taking prescription medicine?**

A: Read the label carefully in adequate light before taking any doses.

Contact your doctor or pharmacist if any new or unexpected symptoms appear.

Take the full prescription even if your symptoms have disappeared.

Always let your doctor know if you are not taking your medicine as directed.

Never share your medicine with someone else.

**Q: What's a yearly medicine checkup?**

A: The yearly checkup is one of the best ways to spot hidden medicine problems. Every year, schedule a time with your pharmacist or doctor to review the medicines you take. He or she can check for duplicate medicines and improper doses, and help you eliminate medicines you may no longer need.

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