

# Wondering about Alzheimer's? Check out these warning signs

The Alzheimer's Association offers these 10 warning signs of Alzheimer's disease:

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later. What's normal? Forgetting names or appointments occasionally.
2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. They may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. What's normal? Occasionally forgetting why you came into a room or what you planned to say.
3. Problems with language. People with Alzheimer's disease often forget simple words

or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home. What's normal? Forgetting the day of the week or where you were going.

5. Poor or decreased judgment. Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to tele-

marketers. What's normal? Making a questionable or debatable decision from time to time.

6. Problems with abstract thinking. Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, such as forgetting what numbers are for and how they should be used. What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. What's normal? Misplacing keys or a wallet temporarily.

8. Changes in mood or behavior. Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no appar-

ent reason. What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member. What's normal? People's personalities do

change somewhat with age.  
10. Loss of initiative. A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities. What's normal? Sometimes feeling weary of work or social obligations.

## Make your resolutions last, learn how at free Evening Chat session

Lifestyle Changes That Last is the focus of a discussion on Wednesday, January 24, at 6:00 p.m. that will take place at Tuality Health Education Center, 334 SE Eighth Ave., Hillsboro. This is a free, no registration required, 90-minute session.

You really can make your

resolutions last! Join Lauren Stillman-Smith, M.S. W., LCSW, and Elaine Merryfield, health and wellness education, for a fun and casual discussion about how to identify the priorities that count and how to stay on track by learning to manage stress in any situation.

# Jazzercise announces new winter schedule and Presidential awards

The Presidential Council has programs available to promote active lifestyles. The Active Lifestyle program shows how to make a commitment to staying active and how to stick to it by helping each person set realistic goals to encourage fitness for a lifetime. The rules are simple. Choose from all kinds of activities. They'll give you a personal activity log use as a guide.

Because hard work shouldn't go unrecognized, you can also earn awards. You can earn the Presidential Active Lifestyle

Award (PALA) by performing regular activity beyond your daily activity goal of (30 minutes a day for adults/60 minutes a day for youths under 18) at least five days per week, for six weeks. As an alternative, you can count your daily activity steps using a pedometer.

That means if you stick with the program, you can earn an award in a little over a month. So what are you waiting for? Go to [www.presidentschallenge.org](http://www.presidentschallenge.org) for more information.

Locally, Jazzercise instructor Penny Costley is offering Ver-

nonia the opportunity to dance its way to a Presidential Sports Award through Jazzercise, the world's largest dance-fitness program.

The President's Council developed the Presidential Sports Award Program in 1972 in conjunction with national sports organizations and associations. Its purpose is to motivate all Americans to become more physically active. The award recognizes those who have accepted this challenge and have invested time and effort to meet personal fitness goals. Partici-

pants will earn a Presidential Sports Award when they participate in 50 hours of Jazzercise classes within a four month period and record the hours in their Personal Fitness Log.

The 60-minute Jazzercise class includes a warm-up, high-energy aerobic routines, muscle-toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and more to create programs for people of every age and fitness level. Alternative formats include Jazzercise Lite, Jazzercise Body Sculpting, Jazzercise Step, Jazzercise Plus, Jazzercise Circuit Training, Jazzercise Personal Touch, and Junior Jazzercise.

Vernonia Jazzercise instructors have announced their schedule of winter classes, including the addition of 8:00 a.m. Saturday classes, bringing the total to thirteen classes offered per week as of January 2007. Jazzercise instructor Penelope Costley has added the classes to accommodate new participants and to provide current participants with a greater choice of convenient class times.

"I'm excited about the growth of Jazzercise locally," said Costley. "Jazzercise offers a unique blend of fitness and jazz dance that Vernonia residents have discovered is a lot of fun. The new classes will just make it easier for participants to enjoy a workout where and when it's convenient for them."

Costley, Burghard and Pedersen will teach the following Jazzercise classes: 5:45am Monday, Wednesday and Friday; 8:00am Saturday; 9:30am Monday thru Friday (Jazzercise Lite on Monday and Wednesday); 7:15pm Monday thru Thursday (Jazzercise Body Sculpting on Wednesday) at The First Baptist Church 359 A Street, Vernonia.

For other information on Jazzercise contact Costley at 503-429-0196. For worldwide information, go to [jazzercise.com](http://jazzercise.com) or call 1-800-FIT-IS-IT.



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