Seniors should jog their memory every day to keep it working

Virtually every day more research is focusing on issues impacting senior citizens. One recent example is a study that says keeping the mind active is a key to good health.

As we age, we lose neurons, but these neurons can form new connections. Research is being conducted now to determine if new brain connections develop with mental and physical exercise. The brain of a senior citizen is similar to the brain of a healthy young person. But, like muscles in our body, the brain can grow and change. The harder a person uses their brain, the more it grows and the healthier it becomes.

Each day we commit millions of pieces of data into our short and long term memories. As we get older, it becomes harder to retrieve because we're on overload. Plus, we don't memorize as easily because we don't practice the skill as often.

There are ways to compensate for age-related declines in working memory. For example, presenting information at a slower pace, organizing and elaborating gives time to process and establish links between new and previously learned information.

You can also use exercises to improve specific mental functions. For example, do a daily mental exercise each morning. You could begin the day by counting our loud backward from 100 or reciting the alphabet giving each letter a word.

Simple activities like setting the table in a different way, trying a new recipe, going to visit a place you have never been before or walking a different route also work the memory.

Many of the same activities that we use to stimulate the minds of young children can be fun and stimulating for us as older adults too.

It is true that our brains change and slow as we age, but most people do not have serious loss of memory or intelligence. The key is to try and do something new to keep your brain and mind young.

Source: Dr. Jim Wirth, human development specialist, University of Missouri Extension

New member sought for ODFW Fish Enhancement Board

SALEM, Ore. — The Oregon Department of Fish and Wildlife is seeking a qualified candidate to represent the public-at-large on the Fish Restoration and Enhancement Program Board. The application deadline is August 24.

The Fish Restoration and Enhancement Program is funded by a surcharge on sport and commercial fishing licenses and commercial poundage fees. The R&E Board reviews grant proposals from various organizations and agencies and recommends funding for fish restoration and enhancement projects throughout the state.

Board members are appointed to four-year terms by the Oregon Fish and Wildlife Commission. The group meets three or four times each year in various communities throughout the state to review project funding applications, hear public testimony, act as liaisons between the program and the public and to conduct other program business. Board members are volunteers; however, Board-related travel expenses are reimbursed.

The seven-member citizen Board is made up of three sport fishing representatives, three representatives from the salmon troll, gillnet and seafood processing industries and one public-at-large representative.

To obtain an application or learn more about the R&E Program, visit the R&E website at http://www.dfw.state.or.us/fish/RE/   All applications must be post marked or e-mailed by Friday, August 24 to be considered. Please contact the Program Coordinator at 503-947-6259 if you have further questions about the position.