

Memory loss

As we age, many of us have an understandable fear of memory loss and whether it is a sign of Alzheimer's disease — a progressive and fatal brain disease.

Memory loss is commonly thought of as a normal part of aging. However, serious memory loss may be a sign of another medical problem. These can include:

- Infection
- Vitamin deficiency
- Issues with the thyroid gland
- An emotional problem
- Stroke
- Dementia.

Dementia is a general term for memory loss. Alzheimer's is the most common cause of dementia.

Surveyor Columnist



Dr. Timothy Maly

The Alzheimer's Association provides this list of 10 warning signs of Alzheimer's and contrasts them with typical changes related to age.

1. Memory loss that disrupts daily life — especially forgetting recently learned information. A typical age-related change: Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems such as losing track of monthly bills. A typical age-related change: Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, work or leisure such as forgetting the rules to a game. A typical age-related change: Occasionally needing help to use settings on a microwave or to record a television pro-

gram.

4. Confusing with time or place — sometimes forgetting how they got to a certain location. A typical age-related change: Getting confused about the day or date but figuring it out later.

5. Trouble understanding visual images and spatial relationships including judging distance. A typical age-related change: Vision changes related to cataracts.

6. Problems with words in speaking or writing or calling things by the wrong name. A typical age-related change: Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps, which can get frequent over time. A typical age-related change: Misplacing things now and then like glasses

or the remote control.

8. Decreased poor judgment such as giving excessive money away to telemarketers or paying less attention to personal hygiene. A typical age-related change: Making a bad decision once in a while.

9. Withdrawal from work or social activities. A typical age-related change: Sometimes feeling weary of work, family and social obligations.

10. Changes in mood and personality. A typical age-related change: Developing specific ways of doing things and becoming irritable when routine is disrupted.

People with memory loss should receive a thorough examination from a physician including a careful review of the person's clinical history, a physical and neurological evaluation, a review of medications and cognitive testing.

An appropriate treatment plan can be made once a diagnosis is determined.

Dr. Maly is a physician with Berthoud Family Physicians.

Time for "spring cleaning" of your investments

Spring is here — time to spruce up your house, get rid of clutter and get things organized. But this year, go beyond

your home and yard when you do your spring cleaning, and look for ways to rejuvenate your investment portfolio.

Of course, you don't have to take an "out with the old, in with the new" ap-

proach just for the sake of changing things up. But to consistently make progress toward your financial goals, you may need to make adjustments in response to changes in the financial markets, the economy and your personal situation. And springtime is as good a time as any to take a fresh look at your investment situation. So consider these suggestions:

Dispose of things that aren't working. Whether it's a burnt-out computer, a non-vacuuming vacuum cleaner or a treadmill that lost its grip when "the Web" was reserved for spiders, we all own things that are no longer useful. And the same may be true of some of your investments. If one hasn't performed the way you had hoped, and you've given it adequate time, you may be better off by replacing it and using the proceeds to purchase another investment.

Get rid of duplicates. If you went through everything in your house, you might find several items that do the same thing. Do you really need two toaster ovens? And how many radios can you listen to at one time? If you looked at your investment portfolio in this same way, you might be surprised to find some redundancies. For example, do you own several stocks issued by similar companies that make similar products? This might not be a problem when the stock market is booming, but it could be a definite concern if a downturn affects the industry to which these companies belong. Always look for ways to diversify your holdings. While diversification, by itself, can't guarantee profits or protect against loss, it can help you reduce the effects of volatility.

Put things back in order. Over time, and inadvertently, the spaces in your home can get "out of balance." Perhaps you have too many chairs in one corner, your flat-screen television is crowding out

your family pictures, or your new desk takes up too much space in your home office. With some rearranging, however, you can usually get things back in order. And the same need for rearrangement may apply to your portfolio, which

might have become unbalanced, with too much of one investment and too little of another. This situation could undermine your financial strategy, especially if the imbalance means you are taking on too much risk or, conversely, if your holdings have become too conservative to provide the growth you need. So look

for ways to restore your portfolio to its proper balance — one that reflects your risk tolerance, time horizon and long-term goals.

By giving your portfolio an annual

spring cleaning, you can help make sure it reflects your current needs and is positioned to help you make progress toward your key financial objectives. And you won't even have to get near the dust cloths or furniture polish.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Gregg Chastain.

JUST PLAIN FAST

At Medical Center of the Rockies, cardiologist Brad Oldemeyer and his team want to open the blocked arteries of heart attack patients as quickly as possible.

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What goes around: The delectable donut

Ah

the donut, a small, delicious bite of deep fried heaven. They are as American as apple pie, or are they? It turns out that it is debatable, but we can all agree on this — everyone loves a donut every now and again.

How the donut got its hole is sprinkled with controversy. Hanson Gregory, an American, claims to have invented the hole, but this may or may not be the real truth.

My husband has fond memories of donuts. As a little boy, he remembers going with his grandparents to a Winchell's Donut Shop in Littleton, Colo. His grandparents would have coffee and donuts, and he would get a glazed donut or an apple fritter. He mentions this memory every time we see a donut shop or he hears the word "donut."

The origin of the donut, also spelled doughnut, is olykoeks, Dutch blocks away from a donut shop." And in my personal experience it will most likely be a Tim Hortons.

Not long after the donut got its signature hole, the holes themselves became popular. Donut holes are not made from the middle of donuts, but were advertised as such by clever marketers. Then came mini-donuts, a favorite of our friend Doug who can't resist the miniature donuts sold at concession stands at fairs and stadium

ums. He introduced us to these bites sized morsels of fluffy and crispy deep-fried goodness and now it's hard for us to pass them up.

Although the popularity of donuts waned in the United States, several years ago a donut revival occurred in Colorado. It started with Krispy Kreme. I was actually one of many people who waited in ridiculously long lines when the Krispy Kreme craze first hit our state in the early 2000s.

Krispy Kreme, founded in 1937, wasn't well known in this area, and when they first began opening stores here the public went wild.

Krispy Kreme has struggled in the past several years, even filing for bankruptcy; however, the donut shop survives in Northern Colorado.

Winchell's Donuts, founded in 1948, has a popular location in downtown Longmont.

Dunkin' Donuts, founded in 1950, has successfully marketed their coffee to the masses.

Serving up fresh, homemade donuts daily, our personal favorite is Donut Haus, at 174 E. 29th St. in Loveland. Stopping in for coffee and a donut is like going back in time, a time when we didn't count carbs or worry about sugars.

So let's hear it for the donut, a survivor and a true culinary tradition, long may the donut live!



My View



Heidi Kerr-Schlafer

Dollars n' Sense



Surveyor Columnist
Gregg Chastain



This is the season for fun!

The Seasons Club at McKee Medical Center is a free program that helps people, age 50 or better, get the most out of life through health promotion, education and recreation. As a member of the club you'll receive:

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McKee Medical Center Seasons Club to host women's health event

The Seasons Club at McKee Medical Center invites women to attend a health presentation to learn more about breast and cervical health, and resources for screenings.

The

Women's Health Presentation is

5:30 p.m. May 13 at the McKee Conference and Wellness Center, 2000 Boise Ave.

In conjunction with National Women's Health Week May 9-15, The Seasons Club will host the informational presentation on breast and cervical health and screening resources. Guest speakers include Ann Dorwart, RN, FNP-BC, breast health spe-

cialist from the McKee Breast Center,

Patrice Johnell FNP-C, nurse practitioner with Family Practice Associates, and Kathy Rhodes, Women's Wellness Connection community coordinator from the American Cancer Society.

Learn the basics about breast and cervical health, how to do self exams, when to seek help, and what screening resources are available for women who are uninsured or underinsured.

For more information or to register, please call 970-635-4097.

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