

# Cleansing Water Newsletter



**Out With the Old and In With the New... Happy New Year!**

## Memory Loss and “Silent Strokes”

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In some cases, memory loss among the elderly may be due to so-called “silent strokes”.

Such strokes, which may not cause any noticeable symptoms, result in small pockets of dead brain cells, and found in roughly 25 percent of older adults.

New research funded by NIH studied silent strokes and brain shrinkage simultaneously in 658 men and women aged 65 and older. None of those had a history of dementia.

All participants underwent MRI brain scans, as well as testing to gauge their capacities in terms of memory, language skills, thinking speed and visual

perception.

The brain scans revealed that 174 of the participants had experienced silent strokes, and the investigators found that these seniors did not perform as well on the memory exams. This finding held regardless of whether the part of the patient’s brain responsible for memory (the hippocampus) was found to be relatively small or not.

Given that conditions like Alzheimer’s disease are defined mainly by memory problems, results may lead to further insight into what causes symptoms and the development of new interventions for prevention. Since silent

strokes and the volume of the hippocampus appeared to be associated with memory loss separately in the study, the results also support stroke prevention as a means for staving off memory problems.



Muscle strength may hold steady for as long as three to six months after you stop exercising. But endurance decreases within two weeks. Research shows that you can maintain your strength by doing just one total-body weight session a week. And squeezing in some cardio—even if it falls short of the ideal three-to-five-times-a-week schedule—will also help keep extra pounds away.

### *Weigh all the benefits....*

*Being fit isn't just about your reflection in the mirror; it involves how you feel and move, as well as how your health affects the people in your life, including children, family, and friends. If you focus on those elements rather than your appearance, you will see a transformation.*

## 5 Steps to Simpler Record-Keeping

**Step #1: Toss what you can.**

Nearly all of your financial papers can be divided into three categories: records you need to keep for one calendar year, papers that you need to keep for seven years, and papers you should hang onto indefinitely.

**Step #2: Hang onto what you must**

You do need to hold onto final credit-card statements, along with W-2s and 1099s, for at least three and preferable seven years. The IRS has up to three years from the date you file your tax return to examine it for errors, and as long as six years to conduct an audit. There is no statute of limitations for someone who has knowingly committed fraud. Don't throw out actual tax returns or the year-end summaries of your investment accounts, even after the chances of an audit have all but

vanished. For Insurance purposes, also keep receipts for major purchases and receipts that show how much you've paid for home improvements, indefinitely.

**Step #3: Give your papers a home.**

The number-one reason that people get overwhelmed by the paper in their lives, is that they have no set place to put it. Designate a place where you can deal with, and contain all important papers. Include your will, birth and marriage certificates, insurance policies, property deeds, and other permanent records.

**Step 4: Be systematic.**

Have a plan for processing all paper. Your goal should be to touch a piece of paper as few times as possible.

**Step 5: Tackle the backlog.**



Once you have a system in place, you still have to deal with the piles you've accumulated. Start by sorting through a small stack at a time. Allot a certain amount of time each day to tackle these. Getting your financial papers in order pays big dividends in peace of mind.

## Quiet those ruminative thoughts

### 1 If you can, take action.

Write down the positive outcome you're looking for then create a plan to make it happen.

### 2 Challenge your beliefs.

If you're telling yourself "I blew that", take a more realistic approach. It probably wasn't all bad.

### 3 Redirect your attention.

*Let it go already! Put an end to rumination with the help of these six steps.*

Clear your head with an engaging activity, like Scrabble or tennis with a friend or catch with Fido—not mindless TV.

### 4 Resist the urge to "talk it out".

Dissecting every negative detail with a

friend will most likely only stress you out more in the end.

### 5 Observe mindfulness.

Imagine that your thoughts are leaves floating by in a stream. Don't respond to them; just let them pass.

### 6 Be patient.

You don't want to ruminate about the fact that you can't stop ruminating. Relax — this process gets easier with practice.

## Good Reasons To Get More Shut-eye

**You'll live longer.** Chronic insomniacs are more likely to suffer a heart attack than those who sleep well.

**You'll look better.** It's called beauty sleep for a reason.

**You'll be slimmer.** Women who slept five hours or fewer per night were 32 percent more likely to experience weight gain over 16 years.

**You'll be sharper.** Shorting yourself on

rest ages your brain by four to seven years.

**You'll improve your marriage.** Women who have trouble sleeping have more negative interactions with their husbands the next day than those who don't.

**You'll be nicer.** Exhaustion takes a toll on your morals.

