

Spam/Ham/Salmon/Beef Stew
 Applesauce
 Pancake mix and syrup
 Fruit Juice
 Canned fruit
 Dry cereal (not the huge boxes, just regular size or individual serving size)

We suggest you try to get in the habit of bringing just one or two items each time you attend an activity at the Center. You'll find the donation box under the table to your left as you enter. There is also a box on a small shelf to your left as soon as you come in where you can donate cash or checks (made out to Charity UMC). Donna Brehm, who coordinates the Charity food distribution, says they do not need canned vegetables right now.

Super Bowl Party Anyone?

We'd like to hear from you as soon as possible if you'd like to attend a Super Bowl party at the Senior Resource Center on Sunday, February 3, 2019. Kickoff time to be announced. Those who want to watch the game can enjoy the large screen T.V. in the big room, and those football widows and widowers can play cards or games in the small room. Pot luck snacks would be welcome. Call us at 385-2175 to tell us you'd like to be part of this first-time event at SRC.

10 Early Signs and Symptoms of Alzheimer's

If you forgot to attend our lecture in November by Alzheimer's Association volunteer Ellen Clements, it's not too late to learn more. Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and

symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory Loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place. People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not