

NSSC Minutes Feb. 2/26

Vicci declared the Meeting open at 1:00pm.

Joan read the minutes of the Jan. 19/26 meeting.

No errors or omissions noted :Joan aopted the minutes as read, seconded by Angus
There was no meeting Jan 26 due to a presentation by the Seniors' Advocate for Surrey.
Vicci introduced Flourish, who represented the Alzheimers Society of BC
Flourish described the characteristics of a healthy brain and the normal changes that we can expect as we age such as alertness and orientation, movement and balance,emotions,sensitivity to pain, and intellectual use. We can expect normal changes in memory, hearing, sleep and mobility. Signs that dementia may be happening include forgetting recent conversations, forgetting names of close friends and family, forgetting recent events, and making frequent pauses or substitutions in our speech pattern.
Risk factors include hearing loss, age, poor diet, smoking, depression, head injuries, genetics, high blood pressure, lack of social life, obesity, and low level of education.
Ways to reduce risk of dementia - Learn new things,maintain interests,be creative, stay productive, get 7 to 9 hours of sleep nightly, improve nutrition, reduced alcohol intake, stop smoking, increase physical activity, and limit salt and caffeine intake.