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SUGGESTIONS FOR IMPROVING MEMORY

No matter what your age, you can make steps to sharpen your memory.

1. **MAKE LISTS**: Use lists to remind yourself of what tasks you need to do, what tiems you need to buy at the store, etc. Be sure and cross off each item as you complete it. Place the lists where you are sure you will see it.

2. **USE CALENDARS**: An easy-to-read calendar can help you stay organized and remember important appointments and dates, such as birthdays. It may help to keep a large calendar art home and carry a small one with you.

3. **SET UP ROUTINES**: Routines reduce the chance you'll forget something and can help you have less stress in your life. For example, if you always park in the same area outside a store, you won't have to worry about losing your car. Try and take medicine at the same time every day to reduce the chance of forgetting it. Always put objects such as glasses or keys in the same location when you're not using them.

4. **USE REPETITION**: Repeating things can help to store them in your memory. Try repeating the name of a new medicine you're taking several times to help you remember it.

5. **REMOVE DISTRACTIONS**: Concentration and attention are key factors in remembering. Limiting background noise from the TV, radio or other appliances may improve your ability to concentrate on what is being said.

6. **DEVELOP ASSOCIATIONS**: Associations are tricks or cues that can help you remember. You can associate someone's name, for example, with a physical or personality characteristic ("Marvelous Marvin" or "Gladys with the glasses"). You can also associate with rhymes ("it's the VA all the way") or songs.

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