

## My Mind Needs a Rewind Button

*By Liz Gibbons*

My memory is like a cantankerous child. Sometimes it is very, very good and at other times it is horrible. I remember my childhood phone number, which was 35464, which is completely useless to me now. Yet I may not remember where I parked my car in a large parking lot an hour ago. Such seems to be the design of our long term and short term memories. However, my short term memory seems to be getting shorter and shorter.

Sometimes when a memory of a past event comes up, I wish that I could ask my late husband some details that I am foggy about that he might be able to help clarify. My brother, who is 20 months younger than I, has a good memory. When I really want details about an event from our childhood I can call him, and he usually has the answer. However, I finally realized that his memory was not necessarily better than mine, but that he had been re-exposed to many past memories after he and his family moved back to our home town and lived near our parents for the last ten plus years of their lives

Even so, as the years pile up, losing my memory is not something I am willing to put up with. While my body has shrunk in height and circumference, and my back wants to look like a boomerang, I can deal with them and can still navigate the world pretty well, although awkwardly at times. Some of this change I attribute to lifesaving surgery almost ten years ago when my colon ruptured four days after the ball on my left leg had fractured and been replaced, and I was in a coma for eight days following this second surgery. But I noticed about six months ago that in conversations I was having some difficulty finding the word I wanted to speak. That was unacceptable to me. Memory is necessary to function in our everyday activities. We can joke about "senior moments." Sure, we can forget a face or a word, but does more severe memory loss really have to be a part of aging? I question such beliefs and often have to experiment with myself to see if there is a solution. So I tweaked my diet a bit and ordered some herbal supplements that nutritionist David Wolf recommended and began taking them. Voila. Soon my memory was much improved. Yet, I wish it could be even better.

My computer has a button where I can review all the websites I have visited. I can click on it and reread or re-listen to websites explored in the past. Oh, how I wish my mind had such a retrieval system to accurately access all my memories.