



THE NEIGHBORHOOD

ISSUE 17
JANUARY / FEBRUARY 2017

FOURTH EDITION

Serving Trafalgar and Surrounding Areas

Valentine's Day on a Budget (or as I call it - Surviving after the Holidays)

As the season changes and winter transitions into spring, quite evidently, the reds and greens fade into beautiful shades of pink. And they should, because come February, love is truly in the air!

When you think of love, you think of chocolates, cards, good wine, and a luxurious dinner. But sometimes, all that love needs is time. Your time is the best gift you could give your loved one. If you don't have the money to splurge on your loved one and express extravagant love, don't you worry! These simple, inexpensive, and extremely fun ideas will not only strengthen your relationship but also keep your pockets full. Here's how you can spend Valentine's Day on a budget.

A Breakfast With Love

However clichéd this bed and breakfast idea might sound, there is nothing like waking up to a crisp cup of coffee and handmade love, no matter how simple it is. To add to the romance, fry those eggs in a heart shaped cookie cutter. Then, tucking in together and breaking bread in bed is sure to set the right mood for the rest of the day!

Set Your Hearts Racing With A Workout Together

A fun workout session together is a great idea! A little adrenalin rush is sure to get the two of you excited. You don't need to go all out and indulge in a hardcore workout; even a brisk walk around the park should be alright. It is one of the healthiest ways to bond. You can catch up with your partner and have a good chat. If you want to get a little more adventurous, a local hike, a bike ride, ice skating. 

Paint The Town Red

No matter which city you live in, it is sure to have a few tourist attractions that are just a short drive away. Some of these attractions have a minimal entry fee, and others don't charge a penny. Scouting around and being a tourist in your own city is, in fact, a lot of fun. Museums are particularly fun because there is a lot of scope for romance. You might be totally wowed by what they have to offer, and even if you aren't, you will definitely share a good laugh together. Don't forget to take a whole lot of selfies around the town together! 

Basking In Love's Glory

Amidst a mundane and stressful life, nothing can be more rejuvenating than a comfortable spa. So why not convert your home into a spa? Light some candles and spruce your bedroom with petals. Bring out some aroma oils, and give your partner a good massage while soothing music plays in the background. Your partner can then return the favor by giving you a massage too. Nothing like a relaxed, cozy day together! 

A Perfect Recipe For Romance

Why not have some fun together in the kitchen instead of dining at an expensive place with so many eyes gazing at you? You could spend some quality time with your sweetheart while whipping up a meal together. Whether it is a simple, healthy salad or an extravagant meal, there is nothing like doing it yourselves. From planning the meal and buying the groceries, to executing it you will only end up creating great memories. And don't forget to spoon feed dessert to each other, for that extra close feeling. 

Get Cozy On The Couch

List out some of the all-time favorite romances, if that's the genre either of you enjoys, or anything that makes you happy. Dim those lights, make some popcorn, and then get cozy as you watch a flick in your living room. To jazz it up a little, you could sip a glass of wine. *Make sure you turn off your phones, though. It's your day of love, so don't let anyone ruin it.*

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Things You Should Know About Stress

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it? Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help. Here are five things you should know about stress:



Stress affects everyone.

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Not all stress is bad.

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

Long-term stress can harm your health.

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally. Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.



Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental health problems like depression or anxiety.



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14 Trafalgar Square | Trafalgar, IN 46181 | 317-412-9190

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Things You Should Know About Stress (con't)

There are ways to manage stress.

Recognize the Signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy. Get proper health care for existing or new health problems. Get Regular Exercise. Just 30 minutes per day of walking can help boost your mood and reduce stress.

Try a Relaxing Activity. Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Set Goals and Priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do. Stay Connected with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.

If you're overwhelmed by stress,

ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findhelp.

Call the National Suicide Prevention Lifeline

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline (suicidepreventionlifeline.org) at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

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Printing

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Next Auction - Auction February 4th.

BROWN'S AUCTION BARN

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*107 S.Pleasant
(in front of Post Office)*

*Consignments accepted:
mdbinfranklin@aol.com*

317-418-1252

Auctioneer: Marlin Brown



The Neighborhood could use your help.

The Neighborhood is a free publication that is printed every two months. We try to bring fun, educational, interesting news articles and events to the public.

We are **solely** supported by our advertisers, printing and distributing 1000 copies an issue. If you are a local business, please contact us about advertising in our publication so we may continue to provide this vital community service.



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*The Neighborhood is now available on the
Trafalgar Town website.
www.townoftrafalgar.org.
You can find us under the Community
Information tab. Thank you and Happy Holidays*

✝ Churches in Our Area ✝

Fair Haven Christian Church - 1476 W 300 South
317-878-4670

Fellowship Baptist Church - 4743 S. 600 West
812-597-4367

Trafalgar United Methodist - 375 S. Pleasant Street
317-878-4893

Spearsville Wesleyan Church - 9174 Bean Blossom Rd
812-988-0416

Spearsville Road Church - 6244 S 500 West
317-878-5969

Trafalgar Christian Church - 300 W. Pearl St
317-878-4161

Cornerstone Church - 1000 W 375 South
317-878-5807

Sycamore Bible Church - 699 E Park St
317-878-9141

Union Christian Church - 1267 E 300 South
317-736-4077

The Good Shepherd Worship Center -
3039 W 300 S/Hwy 135 812-371-7732.

Samaria Christian Church - 4779 W State Road 135
317-878-4718

Mt. Carmel Christian Church - 2013 W 750 South
317-933-2122

Beech Grove Baptist Church - 5868 W. 325 South
317-878-5417

Christian Chapel Church - 6828 West State Rd. 44
317-435-1931

Unity Baptist Church -7361 Spearsville Road
812-597-0962

Morgantown United Methodist Church
20 E. Washington St., Morgantown
812-597-4522 www.morgantownumc.org

Providence Christian Church
4080 W. Rd. 100 N. Bargersville
317-422-9331

Morning Star Baptist Church
Suite #7 in Trafalgar Square.
First Christian Church of Morgantown
2717 S Morgantown Rd
812-597-0336

Nineveh Christian Church
1261 E.775 S.
Nineveh. 317-933-3514

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\$20

GOOD FOR USE AT ANY OF THESE LOCALLY OWNED LOCATIONS:

706 W. TRAFALGAR WAY - TRAFALGAR
2080 E. KING ST. (I-65, EXIT 90) - FRANKLIN
611 E. 3RD ST. - COLUMBUS
321 MAIN ST. - BROWNSTOWN



1/1 1/8 1/15 1/22 1/29 2/5 2/12 2/19 2/26 3/5 3/12 3/19 3/26 4/2 4/9 4/16 4/23 4/30 5/7 5/14 5/21 5/28 6/4 6/11 6/18 6/25 7/2 7/9 7/16 7/23 7/30 8/6 8/13 8/20 8/27 9/3 9/10 9/17 9/24 10/1 10/8 10/15 10/22 10/29 11/5 11/12 11/19 11/26 12/2 12/9 12/16 12/23 12/30

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706 W. Trafalgar Pointe Way, Trafalgar, IN
321 N. Main St., Brownstown, IN
2080 E. King St., Franklin, IN
611 3rd St., Columbus, IN

Signature: _____

Valid: **January 1, 2017 - December 30, 2017**

Restaurant: For redemption, verify color photo above.

INDIAN CREEK ATHLETICS BENEFIT



Yes, I know, this section is supposed to be “Our Town” but after being cooped up in the house it might be a good idea to get out of town for awhile. If you feel the same way and need to take a drive or have an adventure, you might consider the Exotic Feline Rescue Center. Located about an hour and a half away from town in Centerpoint Indiana is one of the most exciting and interesting Rescue Centers around. With about 200 exotic felines calling the EFRC home, they are one of the largest rescue centers in the United States for abused, unwanted and neglected exotic felines.

Since its founding in 1991, the EFRC has served as a nationally recognized leader in big cat rescue, conservation and care. In the past 25 years the EFRC has grown from its humble beginnings with only three exotic felines to now caring for about 200 cats, representing nine different species. The EFRC is an organization dedicated to the rescue of exotic felines who have been abused, abandoned, mistreated or otherwise homeless. The EFRC owns 108 acres of land in Center Point, Indiana where a staff of 15 employees, interns and volunteers care daily for just under 200 big cats from 9 different species.



What Happens on a Rescue?

A call comes in from a law enforcement agency "Can you take 4 cats? We are closing a". EFRC Staff & volunteers are contacted; trucks rented & loaded with transport cages and the EFRC team drives to the rescue location somewhere in United States.

Once there, EFRC Staff will assess the situation, unload transport cages and ready the cats for their trip home. Cats are loaded into our transport cages and then the transport cages are carefully loaded into the trucks. Everything is done to keep the cat calm and comfortable during the exchange. Cats and transport cages are safely secured inside the truck. And the cats are off to their new home!

There are just a handful of sanctuaries in the US that provide the same services that they do. They work and cooperate with many organizations including: USDA, Louisville Zoo, DNR, US Fish & Wildlife and New York DEC.

They also currently have several cats in “temporary” enclosures. Permanent enclosures need to be built for these cats. The average cost of a permanent enclosure for a lion or tiger is approximately \$25,000. For the last 5 years they have taken in an average of 2 cats per month. There are cats from 24 states. The cats also take Ivomec, a medicine given monthly to our cats for parasites including heartworms, costs about \$3,000 per year. And of course then there is feeding them. They feed the cats 3-4,000 lbs of meat every day.



These special cats have much to give and deserve to be treated in a humane and dignified manner. Designed to expose adults and children to the plight of endangered cats in captivity and the wild. You will get to see several species of cats: lions, tigers, pumas, leopards, bobcats, and servals in their large natural habitats. You will learn all about these beautiful cats including their history, veterinary care, diets, likes, dislikes, and instinctive behavior. Wear comfortable shoes. The tour will take you over about 20 acres of land devoted to the care of these beautiful cats. Tour time varies between 50 minutes and 1 1/4 hours depending on your pace.

Directions to Visit the EFRC

From Indianapolis:

- Take I-70 West to SR-59, exit 23
- Turn left (South) onto SR-59 for 4 miles
- Turn left (East) onto East Ashboro Road
- Travel 2 miles East on East Ashboro Road

From Bloomington:

- Take SR-46 West
- After Bowling Green, turn right (North) on 200E
- Turn right (East) on East Ashboro Road
- (This is the first intersection North of SR-46 - about a half a mile)

Contact Us

2221 E. Ashboro Road, Center Point, IN 47840
(812) 835-1130.

Closed Mondays, Open Tues-Sun 10-5
\$10/adults \$5/children 12 & under
Guests are NOT permitted to touch, pet or interact with EFRC cats.



Events

At the Library!

FAMILY MOVIE NIGHT:

"THE SECRET LIFE OF PETS"

Family Program

Monday, January 09 - 6:00 PM

It's family fun night! Bring your whole family to play games, eat popcorn, and watch a movie.

NEW YEAR, NEW CAREER

Adult Program

Tuesday, January 10 - 6:00 PM

If you're looking for a new career in 2017, have the library help you polish that resume. Learn tips and tricks to help you land your dream job. If you don't have a resume, we will gladly help you start one.

PAINT AND PAGES: "HARRY POTTER AND THE CURSED CHILD"

Young Adult Program

Tuesday, January 24 - 4:00 PM

Discuss a book with your friends and paint a canvas inspired by that book. This month, read and paint about the newest Harry Potter!

EASY FLEECE SCARVES

Young Adult Program

Monday, January 30 - 6:00 PM

Keep cozy and cute by making your own fleece scarf. No sewing talent is required.

STONE MANDALA ART

Adult Craft Program

Thursday, February 02 - 6:00 PM

Slow down from the craziness of life, focus, relax, and create your own unique mandala using a rock and acrylic paint.

To participate in any of these events call the Trafalgar library for more information and to register.

317-878-9560

CELEBRATE BLACK HISTORY

Children's Program

Monday, February 06 - 4:00 PM

America wouldn't be what she is without the contributions of black artists, scientists, inventors, and writers. Join us for books, crafts, and games celebrating the people who've made America great!

TRIVIA NIGHT: "PARKS AND RECREATION"

Adult Program

Monday, February 13 - 6:00 PM

Were you sad to say "Bye, bye, Lil' Sebastian"? Have you ever wanted to play Cones of Dunshire or eat at the Low-Cal Calzone Zone? If you answered "yes" to any of these questions, join us for an evening of fun and trivia.

HEALTHFUL EATING

Adult Program

Thursday, February 16 - 6:00 PM

Obesity, diabetes, heart disease, many cancers and other diseases are lifestyle-related. Learn about the connections between diet and health, discuss ways that informed dietary choices can help prevent.

YOGA FOR THE YOUNG AT HEART

Adult Program

Monday, February 27 - 10:30 AM

Join Mendy Williams, C.Y.T., as she guides a gentle seated yoga practice. This is a wonderful practice for those with less mobility in this one hour workshop.



Events

MOE'S KIDS EAT FREE EVERY "WEDNESDAY"

With purchase of any adult entree, Kids eat for free. Only valid at Moe's in Franklin. Bring in your kids today.

ARTCRAFT THEATER - MUPPETS TREASURE ISLAND

January 20 and 21, 2017 - 2 & 7:30 p.m.

The Muppets take on the classic treasure hunt novel Tim Curry, Kermit, Miss Piggy, Gonzo and the gang! "Muppet Treasure Island" Sponsored by: St. Rose Catholic School

HAM AND BEAN DINNER

January 29 4:00pm-7:00pm

Ham & Bean Dinner with special music by Modern Day Miracle and The Wesley Family. Music during 4-5pm and 6-7pm. Dinner served from 5-6pm. Invite family & friends. Come and join us in Fellowship.

Unity Baptist Church 7361 Spearsville Road
Morgantown, IN 46160 (812)597-0962

THE COLUMBUS AREA RAILROAD CLUB

The Columbus Area Railroad Club will be open from noon to 4pm the third Saturday of every month at Johnson County Park for visitors to view the layouts and ask questions. As always the open house is FREE and open to the public. Additionally, the Indiana Live Steamers may be running during their open season (weather permitting).

JOHNSON COUNTY MUSEUM

Explore their exhibits tracing the history of Johnson County from its geological beginnings to the pioneer days to the foot tappin' fifties! Admission is free. Hours are Tuesday through Friday 9 am to 4 pm and Sat 10-3. They also have a Genealogy and Local History Library for research purposes.

SOUTHLAND FAMILY FUN CENTER HOSTS CUSTOMER APPRECIATION DAY

The First Friday of EVERY Month with discounted admission and more! \$4.00 Admission -Locker Bonanza Snack Bar Specials

FRANKLIN PERFORMING ARTS CENTER

The Chronicles of Narnia: The Lion, the Witch and the Wardrobe

February 16 - 18, 2017

2600 Cumberland Drive

Contact Ian Marshall (317) 346-8109

tickets@franklinschools.org

This new dramatization of C.S. Lewis' classic, set in the land of Narnia, faithfully recreates the magic and mystery of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia.

MOM/SON NIGHT OUT

Feb 18, 2017 from 7:00 PM - 9:00 PM

Hiway Lanes

400 Morton St

Enjoy a fun night out with your son (age 3-12) at the bowling alley! Event features unlimited bowling, pizza, breadsticks, drinks, sweets, photo opportunities and party favors! MUST PRE-REGISTER. Sign up early as there is limited space available. Cost per couple is \$27.

Cost for additional son is \$20.

FATHER / DAUGHTER DANCE

February 18, 2017

6:30 pm - 8:30 pm

Sign your daughter (age 3-12) up for this fun event with her Dad. Event features dancing, appetizers, sweets, photo opportunities, event CD, party favors and more! MUST PRE-REGISTER. Sign up early as there is limited space available and registration fills up quickly. Cost per couple is \$37. Cost for additional daughter is \$25.

Beeson Hall

396 Branigan Blvd.

2ND ANNUAL GROUNDHOG GALLOP 5K!

February 25, 2017

12:00 pm - 2:00 pm

Johnson County park

2949 North Street

Nineveh, IN 46164

Join us for our 2nd Annual Groundhog Gallop 5K!

The 5K starts at noon and the kids race starts at 1pm. The start of the race begins at our Amphitheater.

Registration links are on www.jocoparks.com and at runsignup.com: <https://runsignup.com/Race/IN/Edinburgh/GroundhogGallop5KandKidsRun>

SOUP BOWL

February 26, 2017 | 4:00 pm - 7:00 pm

More than 500 people attend this popular community event each year. A \$25 admission ticket will enable this year's guests to select a handmade, keepsake bowl crafted by professional Midwestern artisans and advanced art students. After selecting a bowl, guests can build a meal from the smorgasbord of soups, breads and desserts donated from popular Johnson County eateries. A silent auction featuring handmade pottery pieces, dining gift cards, entertainment packages, and a variety of merchandise will round out the evening.

Soup Bowl guests may purchase tickets at the door on the event day or in advance at the following locations: Horizon Bank/all locations, Mutual Savings Bank/Franklin locations, Edinburgh Public Library, Habitat ReStore.

Scott Hall/Johnson County Fairgrounds

250 Fairgrounds Street

Contact - Lee Ann Wilbur (317) 530-9222

habitatjohnsoncountyindiana@gmail.com

Many people worry about becoming forgetful. They think forgetfulness is the first sign of Alzheimer's disease. Over the past few years, scientists have learned a lot about memory and why some kinds of memory problems are serious but others are not. Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems. Some older adults also find that they don't do as well as younger people on complex memory or learning tests. Scientists have found, though, that given enough time, healthy older people can do as well as younger people do on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability such as vocabulary.

Some memory problems are related to health issues that may be treatable. For example, medication side effects, vitamin B12 deficiency, chronic alcoholism, tumors or infections in the brain, or blood clots in the brain can cause memory loss or possibly dementia (see more on dementia). Some thyroid, kidney, or liver disorders also can lead to memory loss. A doctor should treat serious medical conditions like these as soon as possible.

Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the death of a spouse, relative, or friend may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people confused or forgetful. The confusion and forgetfulness caused by emotions usually are temporary and go away when the feelings fade. The emotional problems can be eased by supportive friends and family, but if these feelings last for a long time, it is important to get help from a doctor or counselor. Treatment may include counseling, medication, or both.

For some older people, memory problems are a sign of a serious problem, such as mild cognitive impairment or dementia. A complete medical exam for memory loss should review the person's medical history, including the use of prescription and over-the-counter medicines, diet, past medical problems, and general health. A correct diagnosis depends on accurate details, so in addition to talking with the patient, the doctor might ask a family member, caregiver, or close friend for information. Blood and urine tests can help the doctor find the cause of the memory problems or dementia. The doctor also might do tests for memory loss and test the person's problem-solving and language abilities. A brain scan, such as an MRI, may help rule out some causes of the memory problems.

Some people with memory problems have a condition called amnesic mild cognitive impairment, or amnesic MCI. People with this condition have more memory problems than normal for people their age, but their symptoms are not as severe as those of people with Alzheimer's disease, and they are able to carry out their normal daily activities. Signs of MCI include losing things often, forgetting to go to important events and appointments, and having trouble coming up with desired words. Family and friends may notice memory lapses, and the person with MCI may worry about losing his or her memory. These worries may prompt the person to see a doctor for diagnosis. Researchers have found that more people with MCI than those without it go on to develop Alzheimer's. However, not everyone who has MCI develops Alzheimer's disease. Studies are underway to learn why some people with MCI progress to Alzheimer's and others do not.

There currently is no standard treatment for MCI. Typically, the doctor will regularly monitor and test a person diagnosed with MCI to detect any changes in memory and thinking skills over time. No medications have been approved to treat MCI.

Dementia is the loss of thinking, memory, and reasoning skills to such an extent that it seriously affects a person's ability to carry out daily activities. Dementia is not a disease itself but a group of symptoms caused by certain diseases or conditions such as Alzheimer's. People with dementia lose their mental abilities at different rates. Symptoms of dementia may include: Being unable to remember things. Asking the same question or repeating the same story over and over. Becoming lost in familiar places. Being unable to follow directions. Getting confused about time, people, and places. Neglecting personal safety, hygiene, and nutrition. Two of the most common forms of dementia in older people are Alzheimer's disease and vascular dementia. These types of dementia cannot be cured at present.

In Alzheimer's disease, changes in certain parts of the brain result in the death of many nerve cells. Symptoms of Alzheimer's begin slowly and worsen steadily as damage to nerve cells spreads throughout the brain. As time goes by, forgetfulness gives way to serious problems with thinking, judgment, recognizing family and friends, and the ability to perform daily activities like driving a car or handling money. Eventually, the person needs total care.

In vascular dementia, strokes or changes in the brain's blood supply lead to the death of brain tissue. Symptoms of vascular dementia can vary but usually begin suddenly, depending on where in the brain the strokes occurred and how severe they were. The person's memory, language, reasoning, and coordination may be affected. Mood and personality changes are common as well. It's not possible to reverse damage already caused by a stroke, so it's very important to get medical care right away if someone has signs of a stroke. It's also important to take steps to prevent further strokes, which worsen vascular dementia symptoms. Some people have both Alzheimer's and vascular dementia.