

Alzheimer's causes fear in elderly

There are few conditions that cause as much fear and concern in senior citizens as Alzheimer's disease. Alzheimer's is the most common form of dementia and usually occurs after age 65.



high plains mental health

- plain sense

This disease causes significant memory loss and also affects a person's thinking and language. Personality changes are a frequent result of Alzheimer's; for example, an easy-going, quiet person may become irritable, angry and aggressive.

In the advanced stages of the illness, people often do not recognize members of their own family and some do not even recognize their own reflection in a mirror.

It is estimated that at least five million Americans are currently diagnosed with Alzheimer's — by 2050, that number is expected to increase to around 13 million. The rate of Alzheimer's increases as people age; at 65, the rate is 1 to 2 percent; between ages 75 and 84, the rate is 20 percent; and for those over the age of 85, 42 percent are affected.

Along with aging, the most common factors related to developing Alzheimer's are genetics and family history. Knowing that this disease is prevalent in one's family results in many people feeling concerned about their own well-being as they age and even feeling helpless in combating the disease.

However, there are many steps a person can take to decrease their chances of developing Alzheimer's.

Research indicates that there is a link between good physical and mental health. For example, a heart-healthy diet that includes reducing the amount of fat, sodium and calories consumed appears to promote a healthy brain and mental well-being. In addition, regular exercise, avoiding tobacco and treating high blood pressure and diabetes all have wide-ranging health benefits.

Psychologically, senior citizens and the elderly should participate in any activity that stimulates the mind. Reading or working on crossword puzzles are good brain builders, as are hobbies and creative activities.

Attending educational programs is suggested, as well as clubs, organizations and volunteer activities, all of which help the mind stay active and keep people involved with others in their community.

Contributed by Ken Loos, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Can we get this one?



Rita Gartner of Goodland checked out the brochures in the Cochran Farm Supply booth at the fair Wednesday night, while Carson Schmidt, 18 months, of Brewster tried out one of the mowers. Carson is the son of Kevin and Susan Schmidt of

Brewster. Gartner was helping keep an eye on the boy while his father handed out bottles of water for the Harvest Evangelical Free Church. Photo by Sharon Corcoran/The Goodland Star-News

Red Cross to offer disaster training class

The Red Cross is offering free disaster training classes next week in Colby.

Thursday through Saturday, the Red Cross will be offering two free disaster-training courses to prepare people to help victims of both local and national disasters.

The Shelter Operations course will teach potential volunteers how to set up and maintain effective Red Cross shelters and will run from 5 to 8 p.m. Mountain Time Thursday and next Friday.

Client Casework will be from 8:30 a.m. to 5 p.m. on Saturday. This course teaches participants

how to work with families affected by disaster to help determine their needs and provide financial assistance.

Prior to taking the classes, volunteers should take the "Introduction to Disaster" course on-line at www.midwaykansas.redcross.org and print off the last page of the presentation and bring it to the Shelter Operations or Client Casework class.

Class size is limited, and pre-enrollment is required. Class descriptions and enrollment information are available at (888) 765-9058, ext. 4060 or on the web site.

matters of record

Goodland Police

The following crimes have been reported to the Goodland Police Department:

July 15 — 8:15 a.m., 224 E. 11, arrested Jerry D. Blake for aggravated endangering of a child. Case referred to county attorney.

7:46 p.m., 1802 Sandy Rd., Stage Stop Sinclair reported a theft.

July 16 — 2:21 p.m., 1016 W. old U.S. 24, Charles Wilkens reported theft.

Internet tonight!
899-2338

Dautel family gathers in Solomon for reunion

A family gathering for George Dautel descendants was held Saturday, July 21, at the Monte and Debbie Dautel home in Solomon.

They enjoyed good food, laughter, story telling, birthday cake and even a softball game. Jackie Dautel of Abilene celebrated his birthday.

People came from Abilene, Salina, Solomon, Kansas City, Topeka, McPherson, Douglas, Wichita and Goodland in Kansas and from Wakefield, Burlington and Seibert in Colorado.

Those who signed the book were Monte and Debbie Dautel; Nick and Deniece Stombaugh; Bonnie and Charlie Shroder; Hunter Dautel; Penney Sue Reed; Roger, Gina and Clahra Buswell; Hannah Dautel; Phyllis and Bill Peterson; Tim and Debbie Elliott; Brent and Judy Hafner; Nide and Heath Witt; Anita Larson and Brady; Mary Lou Bogart; Craig Bogart; Duane, Audra, Kate and Ali Dautel; Alexis Collette; Bradley Ethridge; Dave

and Sheryl Dautel; Gayle Dautel; Kim Dautel Hess and family; Ron and Eileen Dautel; Jaron Nothdurft; Tim, Connie, Deanna and David Livengood; Jordan Frazier; Jenny Dautel; Julie, Dexter and Drew Dautel; John, Wyatt, Preston and Teather Dautel; Steve, Cathy, Zach and Josh Rutz; Jerry and Debbie

Marsteller; Branson, Debbie and Maggie Brown; Dale and Glenna Dautel; Hank and Alberta Tagtmeyer; Charlie Shirack; Mark, Amy, Sam, Kristan and Hannah Dautel; Rick and Shelly Bashem and Morgan, Ben and Haley; Cindy and Len Stone and Kelsey; John W. Dautel; Gracie Mae Dautel; Jackie

Dautel; Lyle and Colleen Anders; Cinda Hatcher; and Arbutus Toppliff. Everyone enjoyed the day and plan to attend again.

"Happy Birthday" was sung to Jackie. A lot of pictures were taken, and good-byes were said, and "everyone have a safe journey home."

Submitted by Arbutus Toppliff.



Light the way to a cure

Keep the fire of hope burning by purchasing a luminaria candle in memory of someone lost to cancer, in honor of someone still fighting, or in special recognition of someone who has beaten this dreaded disease.

RELAY FOR LIFE OF SHERMAN COUNTY

Friday & Saturday – August 10 & 11
7 p.m. to 7 a.m.
at the High School Track behind Vo-Tech

Complete this form and send it along with your donation to:
Sherida Shoff, 1222 Broadway, Goodland, Kan. 67735

Name: _____
Address: _____
City: _____
Daytime Phone: _____

Please join us for the luminaria ceremony at 9 p.m.

\$10.00 per luminaria please!

- In honor of In memory of
- _____
- In honor of In memory of
- _____
- In honor of In memory of
- _____

Total Enclosed: _____

Make checks payable to: The American Cancer Society

REAL ESTATE AUCTION

FOR THE WILMA BURK FAMILY

Saturday, August 18th at 10pm CST

Location: At the home site, 2451 CO Road 2, located 7 1/2 miles North of Brewster Kansas



OPEN HOUSE: Sunday, August 12th from 1 - 3 p.m. CST.

LEGAL: A tract of land 300' X 500' in the NE 1/4 5-7-36, Thomas County KS.

Property consists of a nice 1584 sq. ft. home built in 1974 with 3 bedrooms, 2 baths on main floor, full basement with 2 bedrooms, 1 bath, large family room. Central air and heat with new AC in 2004, detached 25' x 30' garage, 35' x 56' Quonset, lots of trees, located on oil road. Everything is in excellent condition.

TERMS: 5% down as earnest money day of auction, balance due at closing. Closing shall be on or before Sept. 18th, 2007. Copies of sales contracts are available upon request by contacting Homestead Realty & Auction. Seller shall furnish a title insurance policy in the amount of the purchase price. 2006 and prior year taxes shall be paid by the sellers. 2007 taxes shall be prorated to date of closing based on the 2006 taxes of \$1,305.10. Home is being sold in its "AS IS" condition. Any inspections required by bidders must be completed prior to auction date.

NOTE: SALE OF PROPERTY SHALL NOT BE SUBJECT TO BUYER FINANCING.

All arrangements for funds should be made by the purchaser prior to auction. Homestead Realty and its sales staff are agents of the sellers only and shall not represent the buyer.

Announcements sale day shall take precedence over printed material. For more details of this property, go to our web site www.goodlandhomestead.com or e-mail terry@goodlandhomestead.com.

For more information contact Terry Richardson, broker/auctioneer or listing agent Donna Moore. 785-899-2328 or 800-974-2426



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