Senior Survey by Claudia Lake

1. Physical Domain  
A. Can you describe a physical activity you learned when you were younger and still  
enjoy performing today? I still enjoy dancing, although I move a lot slower these days.  
B. Has your ability to remember physical daily activities like getting dressed and  
preparing meals changed over time? I can dress myself and prepare my meals without a  
second thought, my mind is still relatively sharp.  
C. When learning a new physical activity, what strategies help you to remember how to  
perform those activities? Well, with my at-home physical therapy, I find that I may need  
to glance at the instructions a couple of times before I get them right, but I think that's  
because there are so many.

2. Cognitive Domain  
A. Can you describe a significant event from your early adulthood that you remember  
clearly? When I was employed at the Baltimore Times in the archives department. I  
stayed over late one night, so wrapped in my work, I didn't notice that I was the only  
person still in the building. Security locked up and hadn't checked the entire building.  
When I attempted to exit the building, I learned that I was locked in. No, cell phones at  
that time. It was a hot day in July, and I was locked in the increasingly hot doorway. I  
banged on the door until I got someone’s attention by that time, I was parched. The  
gentleman who answered my banging bought an ice cream and stuck it through the mail  
slot so that I could hydrate until the owners sent someone to let me out.  
B. What details about this memory stand out the most for you? The fact that it was so hot in  
the doorway was awful. Oh, and the gentleman who rescued me was handsome.  
C. Do you believe that your recollection of that event is accurate? Yes, something like that is  
not easily forgotten. It was a little scary.  
3. Autobiographical Domain

A. Can you describe your most vivid memory of a significant relationship from your past?  
My husband, Jay, was a merchant seaman who went to sea for weeks. Remember, there were no  
cell phones, and we didn't communicate with each other during that time. I missed him so much  
during those times. So, when the ship was scheduled to pull into port, I would be there well  
ahead of time, hoping they docked early.

B. Do you remember any specific conversations or interactions that you have had with your  
husband? I don't recall any specific conversations with my husband. I recall, whenever he left  
for sea, I was given more than enough funds for necessities.  
C. Do you think this memory has influenced later experiences or conversations about this event?  
No, I remember the event as it happened. Nothing has influenced this memory.

4. Social Domain  
A. How often do you share memories or stories from your past with family or friends?  
I would say weekly, when I talk to my cousin in California.  
B. How important is it for you to preserve family stories, memories and traditions for the  
future generation? It is extremely important to share stories with the family about the  
past.  
C. How confident are you in your memory of family traditions and history?  
I am very confident in my recollection of family history and traditions.