**March 27, 2025 Assignment:**

1. Autobiographical memory - memories that stem from events that directly happened to us, i.e., retelling "life stories" to someone.

2. Implicit memory - takes no conscious effort to dig up these memories, typically they're operative, what we may automatically do with our bodies like open a door, tie our shoes, or type on a computer.

3. Declarative memory - long-term memories stored that we can retrieve by consciously thinking about it, such as a fact we learned in third grade; what is the capital of Bali?

4. Episodic memory - long-term memories stored that are also explicit and need conscious effort to be conjured up. Where were you when 9/11 happened?

5. Procedural memory - sequential memories that help us do tasks, like lab work for microbiology class; sterilizing the equipment and prepping the workbench for handling bacteria, for instance.

6. Retrograde amnesia - forgetting everything that you remembered or happened to you before getting amnesia, like your spouse's name, or your home address.

7. Anterograde amnesia - inability to form new memories after getting amnesia; unable to remember new things you're supposed to learn.

8. Ruminating - can be considered overthinking, dwelling on a thought or thoughts without really achieving any solution; this might happen after a traumatic or unfavorable event, possibly due to regret.

**Survey:**

**I conducted this survey on my mom, Marta, who is 75 years old.**

Physical

1. What has gotten more challenging to do physically?:

Walking, due to shortness of breath after my lung cancer diagnosis and surgical removal of lung tissue. I also have arthritis, so using my hands has come with challenges.

2. Have you experienced any discrimination based on physical appearance related to age?:

Not really. I find some people are kinder, more chivalrous, I get doors held open and asked if I'd like some assistance. I'm not offended by this.

3. What is something you can physically do now that you couldn't before?:

If anything I've been able to do less, unfortunately. I have less stamina, and need more rest breaks.

4. Do you have a daily health practice to help you stay mobile?

I like to stay busy in my house; tidying up, cooking, housekeeping, visiting my grandchildren, and going shopping.

Cognitive

1. Have you experienced a decline in memory? How so?:

Yes. It is harder to remember small details from my day to day, bits of information from the past, like so and so's name, or the name of a famous celebrity I once liked a lot. The recall is murkier.

2. Are you able to remember new information?:

It depends. I think in a general sense, I can, but the details are lost on me.

3. At your age, do you think would you be able to maintain a job?:

Yes, and it depends on the job, but I don't want to! Ha ha!

4. Do you have a daily health practice that helps you stay cognitively sharp?:

I love to read the news and stay up to date on current events via social media outlets. I love to read magazines, especially decor ones, and I love to learn new recipes. I watch a lot of Youtube videos about different parts and cultures of the world, where young people go on tours of different countries and show what it's like to visit or live there. I love learning about other countries. I continue to practice my hobbies, in particular gardening and cooking.

Social

1. What does your social life look like?:

I mostly socialize with my family - including my kids and grandkids. I love keeping in touch with my friends on socials like Facebook and Instagram. I don't get out of the house much with friends these days because it's hard to walk around, but I try to go out shopping and dining with my husband. I talk to people when I am out, like cashiers, my medical care team, and other grandparents are my grandkids' school events.

2. How has your social life evolved as you've aged?:

It has gotten smaller, definitely smaller in-person contact, but I don't mind it. I'm tired!

3. Have your social needs evolved as you've aged? How so?:

I think they have lessened. I am content with less social interaction. I love spending time at home with my garden, and get a lot out of talking on the phone with a friend or family member instead.

4. Do you have any advice on maintaining a healthy social life?:

Don't fall for the pressure! Quality over quantity any day.

Autobiographical

1. What is a favorite memory from your youth?:

Going out dancing with your dad at the disco. It was so much fun! We danced for hours, not a care in the world, leaving the party on hot summer nights, holding hands laughing, stumbling home.