

Memory Loss

Think hard and try to remember the last time you told someone that you love them. Not just to simply say “I love you.” But instead, to seriously and genuinely look someone in the eyes and tell them that you love them. It doesn’t even have to be the expression of the actual word love, but could also be a thought of appreciation that comes forth from your lips.

We are talking about remembering and love today, because they are two fundamental things that human beings would have a great difficulty living without. That is your memory and the affection of love in whatever form, from another person. These two things can easily be sync because it is a real pain when you can’t remember simple issues as well as when you have to live alone without friends or family that you express love to, or they in turn tell you that they love you.

As someone who has witnessed loved ones and others lose their memory, I can categorically point out to you that it is not easy to deal with on either side. It is difficult for the person suffering memory loss, as they will not be able to recognize once familiar faces, thoughts and ideas. It is equally difficult for the loved ones of that person, who must be facing great negative emotions, knowing exactly what is happening.

It is important to tell family and friends that you love them while you still have your memory. Of course if you should experience senility during your older years, (or younger years) you won’t remember those closest to you and so you will not be able to express love to them, for them or towards them. What a shame this would be!

What would be even more painful, is if it were the case when you had your memory, that you failed to carry out this simple but important act. The oxymoronic nature of this statement is deliberately intended to evoke the significance of how easy a feat it is to express love but how stressful it can be when you have lost your memory and is unable to do so due to a lack of recognition of your loved ones.

It’s always easy to show appreciation through words, a hug, a kind gesture or through the universal language of love, which is a smile.

Let us look at some of the best ways to deal with the problem of memory loss, should it happen to us or our loved ones. First of all, there are several different types of memory loss. These

range from Dementia to Parkinson's disease, to Huntington disease. Those medically certified to give advice on this, point out different ways to deal with each of them.

my perfect words

The trusted website, www.webmd.com, tells us that, “Some families use memory aids to help quality of life, such as color coding and labeling items in the home with safety notes and directions for use, and using alarms and talking clocks to keep track of time and remember medication doses.”

All of what has been mentioned in this short discourse, is only the tip of the iceberg. There is so much more to learn about memory loss.

In short, both memory and love are important elements within the lives of human beings. They somewhat go together and should be nurtured while this can still be done. It's better to do that, than be sorry, especially later in life.

So don't hesitate, show expressions of love towards your loved ones including family and friends; heap it on them, they can't get too much of it and you will never be able to give too much of it. Neither can you have too much memory, so embellish it but also share it.

Work cited

www.webmd.com