

A Great Living Choice for Seniors

EVENTS AROUND TOWN
Antique Road Show
 Saturday, Oct 3, 1:00-4:00 PM
Chris Koch
 Motivational speaker
 from Southern Alberta
 Wednesday, Oct 21, 7:00pm
 Free tickets

WHAT ABOUT SUPPLEMENTS -CONTINUED

Labeled for certain people (such as women or seniors)?

Many supplements are advertised as being specially designed for men or for women or for certain age groups. Some people prefer to take a supplement that is made for their gender or age group. Senior formulas. These are made for older adults and usually have less iron and vitamin K and more vitamin B12 and vitamin D.

What should you look for when you pick a supplement?

- Choose one that provides a variety of vitamins and minerals rather than a supplement that provides only a single vitamin or mineral.
- Pick one that, along with the foods you eat, provides the Recommended Dietary Allowance (RDA) for each vitamin and mineral. Supplements that provide a lot more than the RDA can cause health problems.
- Check the expiration date.
- If the supplement has a Natural Product Number (NPN) or a Homeopathic Medicine Number (DIN-HM), the supplement meets Health Canada's standards for safety, quality, and health claims.
- Check the label for other ingredients. Some supplements may contain food ingredients, such as wheat, corn, eggs, or gelatin.

OUR ABBEYFIELD

Thanks to the wonderful team of volunteers that helped put Abbeyfield back together again. And for the volunteers that continue to support us.

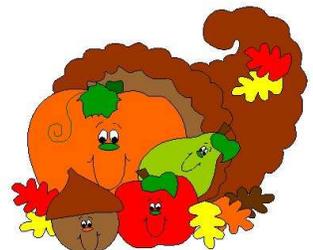


We have a very lovely home now.

Thanksgiving Word Search

R E L A T I V E S T I F S M F
 P N R E U K S S N C H A O E A
 X I E F B O B E T I L A A O S
 O B L Z Y O L T U R K S N T D
 W R Y G I C E T R E T P U K Y
 T S E V R A H L K N Y F M L S
 Y V A R G I M E E N F T I U N
 S Q U A S H M R Y I W M A R P
 F A L L P R A S N D A L O B A
 R M H T N B A G C F A C E K I

- cook
- corn
- dinner
- fall
- family
- feast
- food
- gravy
- harvest
- maize
- pilgrims
- pumpkin
- relatives
- settlers
- squash
- stuffing
- thanks
- turkey





Abbeyfield House



CHUCKLE CORNER

A little girl is sitting on her grandpa's lap and studying the wrinkles on his old face. She gets up the nerve to rub her fingers over the wrinkles. Then she touches her own face and looks more puzzled.

Finally the little girl asks, "Grandpa, did God make you?"



"He sure did honey, a long time ago," replies her grandpa.

"Well, did God make me?" asks the little girl.

"Yes, He did, and that wasn't too long ago," answers her grandpa.

"Boy," says the little girl, "He's sure doing a lot better job these days isn't He?"

FUN FACTS

- All porcupines float in water.
- Fingernails grow nearly 4 times faster than toenails.
- In Tokyo, they sell toupees for dogs.



EXERCISES TO IMPROVE YOUR BALANCE

These exercises can help you with balance. You can start by holding on with both hands. When that gets easy, hold on with just one hand. Then hold on with just two fingers of one hand. Soon you may be able to do each exercise without holding on with either hand. But it is important that you only try this when you feel that the way you are doing it now has become too easy.

The first exercise has 4 steps. Remember to relax and take slow, deep breaths. Keep yourself safe by going at your own pace. Trust your instincts, and don't push yourself to do too much too soon.

One-leg balance. Hold onto the sink, the counter, or the back of your chair with both hands. Try the first step below. If you can do that one easily, go on to the second step. If not, just do step one of this exercise for now and move on to the next exercise. Keep yourself safe, and go at your own pace.

- First step: Stand on one leg. Balance for as long as you can, working up to 60 seconds on each leg. When you can do this for 60 seconds, try the next exercise.
- Second step: Stand on one leg and fold your arms across your chest. When you can do this for 60 seconds on each leg, go on to the next exercise.
- Third step: Stand on one leg and hold your arms out to the sides. When you can do this for 60 seconds on each leg, try the next exercise.
- Fourth step: Stand on one leg and fold your arms across your chest with your eyes closed. Balance for as long as you can, working up to 60 seconds on each leg.



Toe-heel balance. Hold onto the sink, the counter, or the back of your chair with both hands. Stand on your toes and hold that position for 10 seconds. Then rock back to your heels, holding that position for 10 seconds. Repeat about 5 times.

Hip circles. Hold onto the sink, the counter, or the back of your chair with both hands. Without moving your shoulders or feet, make a big circle to the left with your hips (counterclockwise). After you make 5 circles to the left, make 5 circles to the right (clockwise).

Heel-toe walking. Stand with your left side toward the kitchen counter. You can use the counter for balance if you need to. Place the heel of your left foot in front of the toes of your right foot so the heel and toes touch. Focus on a spot ahead of you, and take a step so that your right heel touches the toes of your left foot. Work up to 20 steps. You can turn around and go in the other direction, with the counter on your right.