



A Great Living Choice for Seniors

EVENTS AROUND TOWN

**TEST OF PERMANENT SIRENS
& HIGH RIVER ALERT**
Wed., Jan 4, 12:00 PM

**EXERCISES FOR STRENGTH
AND BALANCE**

As people age, they lose muscle strength, which can make them more likely to fall. Also, their reflexes slow down. This makes it harder for them to regain their balance if they start to fall.

Learn some strength and balance exercises, and take the time to do them each day. This can help you stay active and independent. **Start by standing** next to the wall, the sink, or countertop. Or if you prefer, you can sit in a sturdy, straight-backed chair.

Warm up. Breathe in deeply through your nose. Lift your arms above your head, and stretch. Lower your arms, and breathe out.

Do shoulder rolls. Gently rotate your shoulders up to the ceiling, backward, and down. Then try this movement in reverse. Gently rotate your shoulders up to the ceiling, forward, and down.

Do calf stretches while standing. Stretch one leg behind you, with your foot flat on the floor and your toes facing forward. Gently bend your front knee until you feel a stretch in your calf. Hold the stretch for 15 to 30 seconds. Repeat 2 to 4 times with each leg.

More next time.



From MyHealth.Alberta.ca

**8 WAYS TO MAKE A NOT
SO-GOOD DAY BETTER**

1. Use the phrase "I'll wait for you," or "We have time." Such offerings only cost a few minutes, but have the potential to bring instant peace to any situation.

2. Accept one invitation that will make someone else happier:

Yes, you can throw a penny in the fountain.

Yes, we can read one more book.

Yes, you can push the button.

Then notice the joy that YES brings.

That joy is yours.

3. Decline one request that will make you happier:

No, that doesn't work for me right now.

I wish I could, but I can't.

It's no for today, but please ask me another time.

Feel the relief that NO brings. Commend yourself for guarding your time and energy.

4. When a loved one is struggling or you are in conflict with each another, ask: "How can I help?"

This question acknowledges his or her struggle while keeping defensiveness, judgment, and accusation out of the equation. It puts you on the same team.

5. Be a Silver-Lining Spotter. In the midst of a challenging moment, find the bright side:

Well, at least we didn't miss the whole thing.

Well, it could be raining, too.

Well, at least we had a few minutes to talk while we waited for the doctor.

6. If you're feeling overwhelmed by the tasks ahead of you, remind yourself that you do not have to do them all at once Just one. Just start with one.

7. When critical thoughts become critical words that hurt loved ones or yourself, silence them with the phrase: "Only love today." Constant criticism creates a toxic environment where no one wants to be. Love creates a home that people want to come back to -- even when they are grown.

8. Remind yourself of this significant fact: Someone is counting on me to be here, and I am. I am here.

If that is all you do today, that is worthy of celebration.



This post originally appeared on The Hands Free Revolution Facebook page. Rachel Macy Stafford is the New York Times bestselling author of HANDS FREE MAMA.

