

A Great Living Choice for Seniors

EVENTS AROUND TOWN

SENIOR'S LUNCH
High River & District
Friendship Centre
 Wed., Feb 8, 12:00 to 2:00 PM
 Call 403-652-8620 to register
FAMILY DAY
 Sat., Feb 20 12:30 to 4:30
 Fun at the Rec Plex

CHUCKLE CORNER

Goodbye, Mom

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better."

"Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.



ABBEYFIELD RESIDENT

Dorene

Dorene moved from Sundre, to Abbeyfield House Jan 3, 2017. She was born in the Red Cross hospital in Pouce Coupe, B.C. 1937. The oldest of 4 children, she grew up 25 miles northeast of Dawson Creek, B.C. on a two-family farm. Attended elementary school there and high school, and business collage in Dawson Creek. Married Dennis, a carpenter by trade in 1959. They moved in 1964 with their 2 small daughters, Sandra an Melanie to Houston, B.C. 200 miles west of Prince George.

Dennis died in 2000 and in 2001 Dorene moved to Sundre where they had planned to move together. She became involved in volunteering with Sundre Palliative Care Association and Foothills Lodge Auxiliary. Due to illness she had to resign from active volunteering involvement and made the decision {along with her daughters} to move to High River to be nearer to family.

Dorene has found a very friendly welcome to Abbeyfield and looks forward to making many new friends in High River.



FUN FACTS

- The average person has over 1,460 dreams a year.
- A giraffe can clean its ears with its 21-inch tongue.
- Canada is an Indian word meaning "Big Village".

Abbeyfield House



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

WHAT DO I SAY NEXT

Sometimes we find ourselves at a loss for words and don't know what to say next. The causes of being speechless are many. -You feel shy and awkward, you lack knowledge of the topic being discussed, you scare yourself with negative self-talk, you don't have an adequate vocabulary to express ideas, your conversational partner is withdrawn and non-communicative

Here are some suggestions for getting unstuck:

1. Instead of relying solely on being spontaneous, take some time to prepare some remarks in advance.
2. Focus more on being interested rather than trying to be interesting.
3. Emphasize asking instead of telling. Here is an example of a short interview with open questions: What kind of work do you do? What do you like best about it? What would be your "dream occupation?"
4. Prepare In Advance .Often it is helpful to do a little background research on people you will meet.
5. I have observed that when conversers get nervous, they tend to ask "yes/no" questions, such as "Do you like living here?" This type of question can quickly become awkward and feel like interrogation to the person responding. For that reason, open questions are better.

EXERCISES FOR IMPROVING YOUR STRENGTH

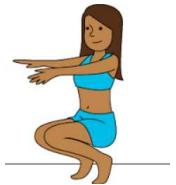
Regular physical activity can help you stay strong, and it is safe for almost everyone. Start slowly and gradually increase your activity. Talk to your doctor if you have any problems.

To do any of these exercises, **stand up straight and use a counter or sturdy chair** for support. Start by doing each exercise a few times, and work your way up to 8 to 12 times for each exercise.



Leg bends. Bend one knee so your foot comes up behind you and is level with your knee. Slowly lower your foot to the floor. Repeat, using the other leg.

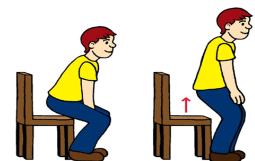
Knee bends. Hold onto the back of your chair. Stand with your knees relaxed and your back straight. Your knees should face the same direction as your toes. Slowly bend your knees, then raise your body by straightening your knees.



Heel raises. Rise up onto your toes. Hold for a few seconds. Slowly lower your heels to the floor.

Leg lifts. Hold onto the back of your chair. Keeping your legs straight, lift one leg a few centimetres to the side. Hold for a few seconds. Slowly lower your leg. Repeat on the other side.

Sit-to-stand. Sit in your chair, with the chair against a wall. Stand up without using your hands. If this is too hard, start by using a pillow on the chair until you get stronger.



Sit-ups. Lay on your back with your hand across your chest and your knees up. Sit up and then slowly lay back down. You can have someone hold your feet for stability.

