

*A Great Living Choice for Seniors*

**EVENTS AROUND TOWN**

**COMMUNITY CAFE**

Wed., Mar 8, 5:00 to 8:00 PM  
Culture Centre

**HEALTH & WELLNESS FAIR**

Sat., Mar 11 12:00 to 5:00 PM  
At the Rec. Plex.

**COMMUNITY CAFE**

Community Cafe is held on the second Wednesday of every month. This is a come and go event, intended to be an opportunity for residents of High River to simply be together to enjoy a coffee and a visit. Sometimes, specific conversation topics are brought to the cafe to serve as a discussion focus. This months topic is Creating a Vital Community Centre.

**Conversation Points.**



How can the Culture Centre become a Vital Community Centre?

What are we willing to create together?

**ABBEYFIELD FUNDRAISER**

A big thank you to Brenda Sawers for organizing this years Casino fundraiser. If you know of anyone that can help please get them in touch with Brenda at 402- 616-2778. The Casino fundraiser will be on May 17and 18.



**ELDERLY ABUSE**

The global population of people aged 60 years and older will more than double, from 542 million in 1995 to about 1.2 billion in 2025.

Reporting Elderly abuse can be difficult especially since people do not recognize it. Older adults are reluctant to make those types of accusations

because often it's their own loved ones that may or may not know what they are doing is abusive.



Physical abuse is often easier to recognize, and emotional abuse is not so obvious. Some abuse can include a child taking money from a parent or a child withholds medication.

According to Alberta Seniors and Housing, the most commonly reported abuse in Canada is financial and emotional.

Twenty-five percent of these crimes are committed by family members. It can also include physical, sexual and neglect.



For seniors facing abuse, the provincial government recommends calling 911, especially if you are in imminent danger. You can also call 24-hour family violence line at 310-1818 or the safeguards for Vulnerable Adults line at 1-888-357-9339.

**FUN FACTS**

- More people use blue toothbrushes, than red ones.
- Over 1000 birds a year die from smashing into windows.
- The average person laughs 15 times a day.

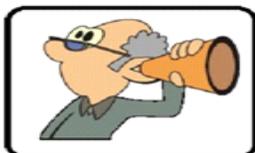
# Abbeyfield House

## CHUCKLE CORNER

### Can you hear me?

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a

suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it.



Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

### Exercising anyone?

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Q: Why do Retirees smile all the time?

A: Because they can't hear a word you're saying!



## EXERCISES FOR IMPROVING 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. This first exercise has 4 steps.

**One-leg balance.** Hold onto something. 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 something. 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 something. 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. 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.

