



A Great Living Choice for Seniors

EVENTS AROUND TOWN

WINDMILL THEATRE

Presents "Sinners"

Mar 31 to Apr 6, call 652-4404
Highwood Memorial Centre
Evening and matinee shows

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.

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 17 and 18.

FUN FACTS

- Spotted skunks do handstands before they spray.
- In every episode of "Seinfeld" there is a Superman somewhere.
- The placement of a donkey's eyes in it's heads enables it to see all four feet at all times.

WHY AND HOW TO SHARE YOUR LIFE STORIES

Why share?

Life stories are a way of building personal connections. For example, if you are similar in age, ancestry, religious convictions, education, or common interests like hiking, music, and chess.

These commonalities go beyond the roles you play in business and social life.

Example: "You went to the University of Iowa? I did, too. When did you attend?"

My late friend, Professor Mitsuo Aoki, chairperson of the Department of Religion at the University of Hawaii, often said "Everyone has their story to tell." He would say that to his class of "The Meaning of Existence" to 500 students. You discover who you are by unearthing and sharing the story of your life.



How to Share

What to include in your life story:

First, a very simple template suggested by Alan Weiss, contains these questions for business and professional persons:

1. What are your degrees in and where did you go to school?
2. Where have you traveled?
3. What has been your greatest professional success?
4. What has been your greatest personal success?
5. What are your special abilities (musical instrument, athletics, hobbies, art)?
6. What awards, honors, or special recognition have you received?
7. Cite an instance where you've coached someone, formally or informally, to great success.

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Abbeyfield House

CHUCKLE CORNER

A middle aged woman had a heart attack and was taken to the hospital.

While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman



decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she

figured she might as well look even nicer. After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you!"



EXERCISES

I'm already physically active. Is there anything more I should be doing?

Even if you're happy with your fitness routine, it's a good idea to periodically stop, think, and rework your activities and goals. As age-related issues gradually enter into your fitness equation, keep the following things in mind.



- Beyond age 60, it's important to spend as much time building strength and flexibility as you spend on aerobic fitness. Strength and flexibility help your body better handle the age-related changes,

including loss of muscle and problems with balance. It's normal to have to gradually adjust your expectations of how far you can push your body.

- Cross-training, or including different activities in your activity calendar, helps you build better overall fitness and helps prevent injury from overuse.
- Replacing a "lost" activity is a key to staying active. For instance, if you can no longer run, you might try walking, biking, and/or swimming.
- Injury generally takes longer to recover from as you age. If you are injured, allow your injury time to heal—yet keep the rest of your body moving.
- To prevent injury, start a new activity gradually, avoid overusing your body, and stretch often.

Benefits of Exercise

For people with Arthritis:

- Reduces pain
- Maintains muscle strength around affected joints
- Reduces joint stiffness
- Prevents functional decline
- Improves mental health and quality of life
- Weight loss of 10 lbs decreases load on knees by 40 lbs
- Helps with RECOVERY post surgery

