



A Great Living Choice for Seniors

EVENTS AROUND TOWN

Trade Fair
 Snodgrass Recreation
 Complex
 May 5, 5:00 to 9:00 PM and
 May 6, 9:00 AM to 4:30 PM

MEMORY and MUSIC

Do any of these lyrics bring back MEMORIES for you? 

..memories are made of this..
 ..memories, light the corners of my mind..
 misty watercolor memories of the way we were..
 ..I remember you..

Memory is in as many songs and poems as LOVE, or it's pretty darn close anyway.

What is memory and why do we want it? From the song lyrics above, it seems like memory is the record-movie-cd-photoalbum of our lives, not always pleasant but always important.

Well, according to psychology, **memory** is set of the three processes that encode, store, and retrieve information. Encoding is our receiving information from the outside world which reaches our senses in the forms of chemical and physical stimuli, and processing and combining the information so that we may store the memory. Storage is the second memory stage or process, so that we can maintain information over (long) periods of time. The third process is retrieval or recall or recollection of information that we have stored; i.e. locating it and returning it to our consciousness.

ABBNEYFIELD RESEDENT

ELSIE

Born in Goodwater, Sask., second youngest of eight. I completed high school and took training as psychiatric nurse which became a health issue. I had to drop out after nearly a year. I was married at twenty and expecting our first child I became a war widowed. I then took a hairdressing course. I remarried when my son was six. We had a daughter when he was ten then another son five years later. My first husband worked in the Oil field and my second in construction so I have moved many times from B.C. to Sask. and back to Alberta. I lived in Fort McMurray for ten years and Camrose for four, then back to the Calgary area and to an acreage. I am happy to be in Abbeyfield everyone is friendly and the food is delicious and there is a homey atmosphere.



ABBNEYFIELD 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

- The oldest known goldfish lived to 41 years of age. Its name was Fred.
- The average person has over 1,460 dreams a year.
- You'll eat about 35,000 cookies in a lifetime.

Abbeyfield House

CHUCKLE CORNER

Returning home for the evening

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."



"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"



I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.



EXERCISES

Great Tricks for Reading People's Body Language

Copying your body language is a good thing. Have you ever been in a meeting with someone and noticed that every time you cross or uncross your legs, they do the same? Or perhaps they lean their head the same way as yours when you're talking? That's actually a good sign. Mirroring body language is something we do unconsciously when we feel a bond with the other person. It's a sign that the conversation is going well and that the other party is receptive to your message. This knowledge can be especially useful when you're negotiating, because it shows you what the other person is really thinking about the deal.



Posture tells the story. Have you ever seen a person walk into a room, and immediately, you have known that they were the one in charge? That effect is largely about body language, and often includes an erect posture, gestures made with the palms facing down, and open and expansive gestures in general. The brain is hardwired to equate power with the amount of space people take up. Standing up straight with your shoulders back is a power position; it appears to maximize the amount of space you fill. Slouching, on the other hand, is the result of collapsing your form; it appears to take up less space and projects less power. Maintaining good posture commands respect and promotes engagement, whether you're a leader or not.

Raised eyebrows signal discomfort. There are three main emotions that make your eyebrows go up: surprise, worry, and fear. Try raising your eyebrows when you're having a relaxed casual conversation with a friend. It's hard to do, isn't it? If somebody who is talking to you raises their eyebrows and the topic isn't one that would logically cause surprise, worry, or fear, there is something else going on.

