



A Great Living Choice for Seniors

EVENTS AROUND TOWN

**Rocky Mountain Symphony
Orchestra at High River
United Church**
June 3, 7:30 PM
Seniors \$20

MEMORY cont.

Given a random seven-digit number we may remember it for only a few seconds before forgetting, suggesting it was stored in our **short-term memory**. On the other hand, we can remember telephone numbers for many years through repetition; this information is said to be stored in **long-term memory**. In the brain, long-term memories are maintained by more stable and permanent changes in neural connections widely spread throughout the brain.

Recognition memory occurs when you have encountered a stimulus (like a picture or a word) before. **Recall** memory is about retrieving previously learned information. The most vivid **autobiographical memories** (our life) tend to be of emotional events, which are likely to be recalled more often and with more clarity and detail than neutral events.



FUN FACTS

- In space, astronauts cannot cry, because there is no gravity, so the tears can't flow.
- It takes a lobster approximately seven years to grow to be one pound.
- Slugs have 4 noses.

WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
When I'm an old lady and live with my kids.



I'll write on the walls with reds, whites
and blues,
And I'll bounce on the furniture
wearing my shoes.
I'll drink from the carton and then
leave it out.

I'll stuff all the toilets and oh, how they'll shout!
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
When I'm an old lady and live with my kids.

When they cook dinner, and call me to eat,
I'll not eat my green beans or salad or meat,



I'll gag on my okra, spill milk on the table,
And when they get angry I'll run if I'm able!
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan, "She's so sweet when she's sleeping!"

-by Joanne Bailey Baxter

Abbeyfield House

CHUCKLE CORNER

Catch my Eye

A man is dining in a fancy restaurant and there is a gorgeous redhead sitting at the next table. He has been checking her out since he sat down, but lacks the nerve to talk with her.

Suddenly she sneezes, and her glass eye comes flying out of its socket towards the man. He reflexively reaches out, grabs it out of the air, and hands it back.

Oh my, I am so sorry, " the woman says as she pops her eye back in place. "Let me buy your dinner to make it up to you, " she says.



They enjoy a wonderful dinner together, and afterwards they go to the theater followed by drinks. They talk, they laugh, she shares her deepest dreams and he shares his. She listens.

After paying for everything, she asks him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time.

The next morning, she cooks a gourmet meal with all the trimmings. The guy is amazed! ! Everything had been SO incredible! ! ! "You know, " he said, "you are the perfect woman. Are you this nice to every guy you meet? "

"No, " she replies... ""You just happened to catch my eye."



FUTURE OF MEDICINE

by Atul Gawande, M.D.

The people side of medicine, especially the interaction between physicians and their patients.

1. For better outcomes, medicine must move from Autonomy of the lead physician to teamwork among the medical staff who assist in a procedure. Dr. Gawande referred to these two options as "Cowboys" and "Pitcrews." I often say that "Nobody is as smart as everybody." Working together as a team gets far better outcomes than having one person being the know-it-all decider. Dr. Gawande told us "I don't know everything; I can't know everything. So, I rely on those assisting me and other colleagues. It's not about me, it's about we.

2. We must move from "Rescue medicine" to incremental medicine. Instead of offering emergency treatment to a person who has suffered a heart attack or a stroke, consider that the telltale signs could have been noticed months or years earlier if regular checkups were scheduled and patients not ignoring symptoms.



3. Good care requires a physician to know about the patient's life, such as their living conditions, family life, and financial situation. Are there problems within the family?

Does the person live alone with no friends for support? Is a single mother of three afraid she'll be evicted because she can't pay the rent? Perhaps a medical social worker could spend time with patients, share this knowledge with the physician. A full picture seems to require the skills of a psychologist, family therapist, anthropologist, and sociologist. (An medical office clerk does not have these skills, and a paper form cannot elicit such information.)

4. In his most recent book, *Being Mortal*, Dr. Gawande focused on end-of-life priorities. The summary he shared with 600 in the audience included "You must take enough time, perhaps 20-30 minutes, to ask "What are your priorities as you near the end of life?" He shared examples such as "I want to see my grandson graduate from college" and "I want to spend this time in a hospice setting, not a hospital, a place where I will have others on the same journey." An elderly woman said "I have no regrets, I have completed what I hoped to," and one fellow said "As long as I can still watch football games and have chocolate ice cream, I want to stick around."

