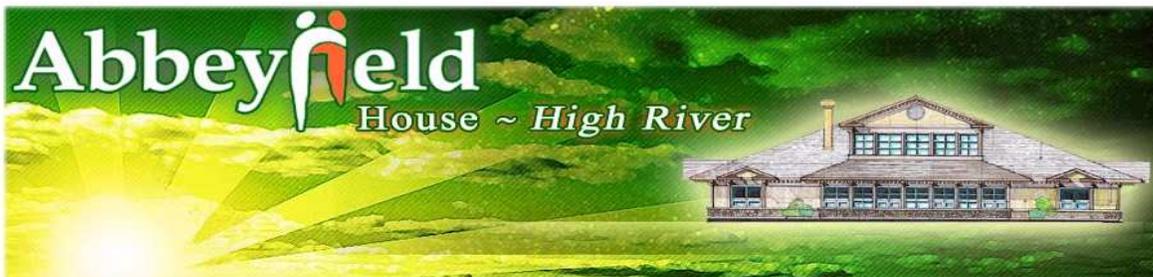




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*A Great Living Choice for Seniors*

### EVENTS AROUND TOWN

#### HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Wed, Sep 27, Sun, Oct 1

#### CELEBRATE SENIORS DAY

Sun, Oct 1, 1 - 4 PM  
Sunrise Village

### FITNESS

**Warm-Up and Cool-Down:** These are important parts of any workout and people often forget them. If you warm up your body, it gets you ready for a workout. A cool-down slows down your body, especially your muscles, heart, and blood. A good warm-up and cool-down is good for your workouts health.

#### Some Types of Exercise

**Aerobic Exercise/Cardiovascular Training**—Exercise that's done at a low intensity (e.g., walking, jogging, cycling)

**Anaerobic Exercise**—The body can't use oxygen fast enough to keep you going with this high-intensity exercise.

**Circuit Training**— A workout routine that combines resistance training and aerobic training.

**Core Training**—A muscle group exercise to strengthen the abdominal muscles and the back.



#### FUN FACTS

- Mosquitoes have teeth.
- In 75% of American households, women manage the money and pay the bills.
- The elephant is the only mammal that can't jump.
- The first Ford cars had Dodge engines.

### STOP NEGATIVE THOUGHTS

#### Choosing a Healthier Way of Thinking

##### What is healthy thinking?

Healthy thinking can teach you to know what thoughts of yours-both helpful and not helpful-affect problems or feelings that trouble you. With practice, you can learn to use accurate thoughts that encourage you instead of negative thoughts that discourage you.

If you stop negative thoughts, you may be more able to care for yourself and handle life's challenges. You will feel better. And you may be more able to avoid or cope with stress, anxiety, sleep problems, unwanted weight gain, or depression.

Healthy thinking also involves calming your mind and body. You can use one or more techniques. These may include meditation, yoga, muscle relaxation, or guided imagery.



Cognitive-behavioral therapy, also called CBT, is a therapy that is often used to help people think in a healthy way. It focuses on thought (cognitive) and action (behavioral). Many people work with a therapist or a counsellor to learn CBT. But you also can practice healthy thinking on your own.

##### Here are several ways to help you change how you think:

Learn to notice irrational thoughts about yourself.

Learn to stop the thoughts.

Learn to replace the negative thoughts with accurate thoughts.

Learn to relax your mind and body. This can lower your stress.

Learn to manage your time better. This also can lower your stress.

Although you can use CBT on your own, it's important to talk to your doctor or a counsellor if you have symptoms of depression or feel that your mood is getting worse.

From MyHealth.Alberta.ca

# Abbeyfield House

## CHUCKLE CORNER

### Hospital Regulations

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman—already dressed and sitting on the bed with a suitcase at his feet—who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



### Cell phone

Lincoln, a young man, wanted to get his beautiful blonde wife, Lucy something nice for their fifth wedding anniversary. So, he decides to buy her a cell phone. She is all excited, she loves her phone and he explains all the features on the phone.



The next day, Lucy goes shopping. Her phone rings and its Lincoln: "Hi honey", he says "how do you like your new phone?" And she replies: "I just love it, it's so small and your voice is clear as a bell but there's one thing I don't understand though". "What's that, baby?" asks the husband. "How did you know I was at Wal Mart?" asked Lucy.

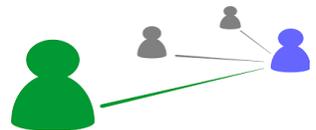


## 3 more of the 15 Predictions Bill Gates made in 1999

### No. 4: Personal assistants and the internet of things.

Gates' prediction: "Personal companions' will be developed. They will connect and sync all your devices in a smart way, whether they are at home or in the office, and allow them to exchange data. The device will check your email or notifications, and present the information that you need. When you go to the store, you can tell it what recipes you want to prepare, and it will generate a list of ingredients that you need to pick up. It will inform all the devices that you use of your purchases and schedule, allowing them to automatically adjust to what you're doing."

What we see now: Google Now, a smart assistant that runs on mobile devices, is starting to head in this direction. Meanwhile, smart devices like Nest collect data on your daily routines and automatically adjust your house's temperature.



There's also a wave of voice-controlled devices, like Amazon's Echo and the Google Home, that you can ask to read your email to you or guide you through recipes as you cook.

### No. 5: Online home-monitoring.

Gates' prediction: "Constant video feeds of your house will become common, which inform you when somebody visits while you are not home."

What we see now: Google bought Dropcam, the maker of a home-surveillance camera, for \$555 million in 2014. But that was just the beginning — Ring makes a smart doorbell camera that can let you see who is at your door. There are even cameras like the PetCube that let you control a laser so you can play with your pets while you're away.

### No. 6: Social media.

Gates' prediction: "Private websites for your friends and family will be common, allowing you to chat and plan for events."

What we see now: Two billion people already use Facebook to see what their friends are doing and plan events. There's also Snapchat, Instagram, WhatsApp, and Facebook Messenger alongside an explosion of other smaller social networks that more than cover this prediction.

