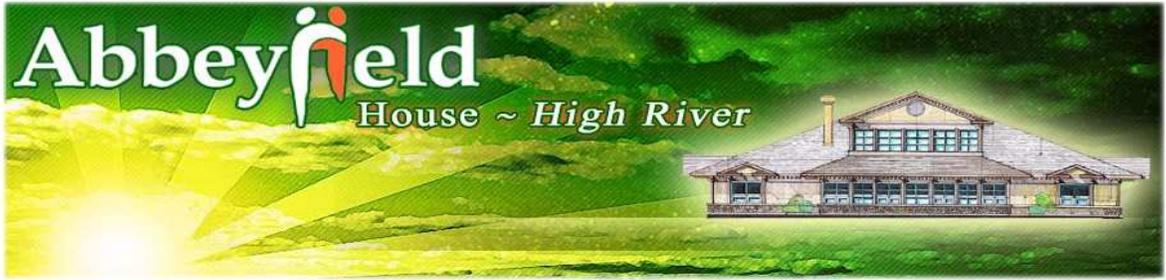




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A Great Living Choice for Seniors

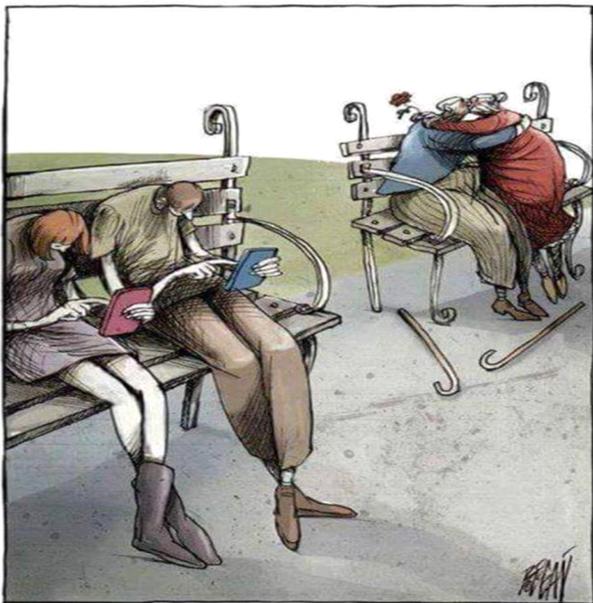
### EVENTS AROUND TOWN

#### TOWN OF HIGH RIVER - EXPO

Recreation Complex  
Thursday, Sep 7, 4 - 8 PM  
Fall Registration  
Recreation Complex  
Thursdays Sep 7, 5 - 7 PM

### FITNESS GOALS

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. To maintain or improve your balance and resilience, include stretching, muscle strengthening, and such balance-building activities as yoga or tai chi in your weekly routine.



### THE SURPRISING BENEFITS OF A BAD MOOD

Instead of attempting to deny the occasional funk—or beat ourselves up for it—we're better off trying to understand and learn from it, says mood scientist Jonathan Rottenberg, PhD, in his new book, *The Depths*.



A glum outlook is often a more perceptive one, says Rottenberg, citing an experiment in which people were shown a short depressing movie and then, afterward, were asked to debate a point. The sad-people's arguments were more analytical and richer in concrete detail than those of the happier ones, making them more persuasive. The same researchers also found that bad moods can improve recall, reduce errors in judgment, making people slightly better at detecting when they're being lied to and help them get along better with others by making them more polite. "A sad mood, at least of the garden variety, makes people more deliberate, skeptical and careful in how they process information,"

#### It provides some insurance against getting burned twice.

"Even the most backward-looking counterfactual thinking (coulda, shoulda, woulda) has a forward-looking element: understanding why bad things happened helps us prevent their recurrence," Live, cry, learn.

#### Bad moods make you feel better...eventually.

Research has shown that spending some time in the bad-mood trenches now may help you avoid the sinkhole of major depression in the future. "Being able to accept negative feelings—rather than always striving to make them disappear—seems to be associated with feeling better, not worse, over the long run," says Rottenberg. He adds that science backs up the accepted emotional wisdom that feeling sad about something—say, the one that got away and is *never coming back*—is the only way to make peace with our feelings about it.



# Abbeyfield House

## CHUCKLE CORNER

### My duck

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.



After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."



The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.



The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

### FUN FACTS

- Human thigh bones are stronger than concrete.
- In Kentucky, 50 percent of the people who get married for the first time are teenagers.
- The reason firehouses have circular stairways is from the days of yore when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.

## 15 Predictions Bill Gates made in 1999

In 1999, Bill Gates wrote a book titled "Business @ the Speed of Thought."

In it, Gates made 15 bold predictions that at the time might have sounded outrageous.

But as Markus Kirjonen, a business student, said on his blog, Gates' forecasts turned out to be eerily prescient.

Here are some of the predictions Gates made nearly 20 years ago — and how close they've come to being true.

### Price-comparison sites.



Gates' prediction: "Automated price comparison services will be developed, allowing people to see prices across multiple websites, making it effortless to find the cheapest product for all

industries."

What we see now: You can easily search for a product on Google or Amazon and get different prices. Sites like NexTag and PriceGrabber are built specifically to compare prices.

### Mobile devices.

Gates' prediction: "People will carry around small devices that allow them to constantly stay in touch and do electronic business from wherever they are. They will be able to check the news, see flights they have booked, get information from financial markets, and do just about anything else on these devices."



What we see now: Smartphones, and now smart-watches, do all of this.

### Instant payments and financing online, and better healthcare through the web

Gates' prediction: "People will pay their bills, take care of their finances, and communicate with their doctors over the internet."

What we see now: Tech hasn't been able to change healthcare, but sites like ZocDoc aim to make finding a doctor and scheduling easier. Startups like One Medical and Forward are trying to change what the doctor's office is like by offering monthly memberships for online and data-driven healthcare.

You can also now borrow money online through sites like Lending Club and easily make payments through sites and apps like PayPal and Venmo.