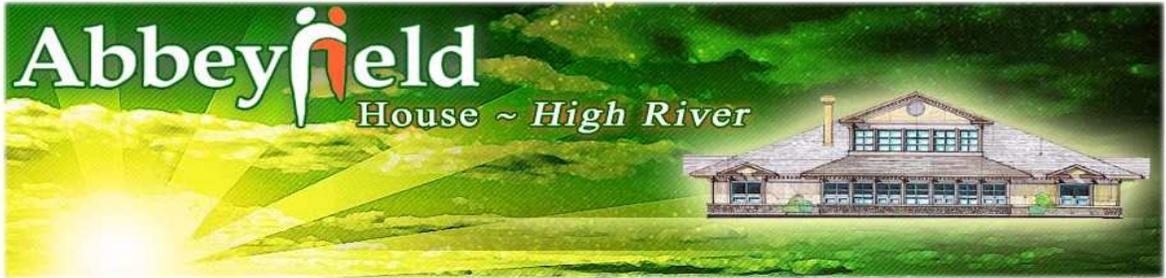




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*A Great Living Choice for Seniors*

### EVENTS AROUND TOWN

**HE is the Gift,**

**A Nativity Exhibition**

Nov 30, 6:30 PM to Dec 2, 6:00 PM

909 9th St West, High River

**Winter Market**

Dec 1, 11:00—6:00 PM

Highwood Memorial Centre

### CHUCKLE CORNER

#### Three Elderly Sisters

Three sisters, ages 92, 94, and 96, live in a house together. One night the 96 - year-old draws a bath. She yells down the stairs, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. Then she yells out, "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then replies, "I'll come up and help both of you as soon as I see who's at the door"



#### FUN FACTS

- In the movie "Casablanca," Humphrey Bogart never said "Play it again, Sam."
- It's against the law to burp, or sneeze in a certain church in Omaha, Nebraska
- The giant squid has the largest eyes in the world.

### THE GIFT OF PERSONAL PRESENCE

Presence is not intrusive. It does not push or nudge or prod or probe. Presence does not judge, or challenge, or impose. When you are present, you show up, are aware, and extend your awareness to the other with our eyes, our ears, and our intuitions. Presence is hospitable and welcoming. Deep attention and deep listening are the activities of true presence.

Everyone has a story to tell, and when we ask others to share a personal story, they are almost always invigorated. I like to ask people to tell me about one of the most memorable Christmas experiences they've ever had. As they recall and tell this personal story, they relive many of the feelings of that experience, and as I listen carefully, I vicariously share in



Some people tell me that they resist being more personal and more generous during the holiday season, specifically because it's expected of them. I suppose they have a point. On the other hand, we can use the busy season as a clear reminder that at this time -when old feelings are re-stimulated, sometimes as "the holiday blues," expressing a generosity of spirit by being present to others can be just the right thing to do.

Years ago an old and wise friend told me that elderly people experience a special kind of loneliness because they almost always have lots of regrets for times they didn't come through in life. The times they didn't say what was needed, the times they didn't make the courageous choice, the times they didn't seize an opportunity before it passed them by. When we are present to these people without judgment, they once again can feel validated and worthy.



When giving presents, no one cares how much time you took to select an individual gift. They care more that they receive something they really want. So ask them what they'd like.

# Abbeyfield House

## TAKE CARE OF YOURSELF

Keep your bones strong. Talk to your doctor to be sure you are getting enough vitamin D and calcium.

Have your vision and hearing checked each year or anytime you notice a change. If you have trouble seeing and hearing, you might not be able to avoid objects that make you lose your balance.



Call your doctor if you have calluses or corns on your feet that need to be removed or if you have sores that are not healing. If you wear loose-fitting shoes because of foot problems, you can lose your balance and fall.

If you tend to feel light-headed when you stand up quickly, take the time to get up slowly from your bed or chair. When you wake up, it may help to sit up first and count slowly to 10 before you try to stand up. And after you stand up, stay still for a few seconds before you move.

If you are very weak or dizzy, don't try to walk around. Instead, see your doctor as soon as possible.

Call your doctor if you are dizzy and lose your balance. You may have a health problem that needs treatment, such as a blood pressure or inner ear problem. Or you may be having a side effect from a medicine that you take.



Be sure you are drinking enough water, especially if the weather is hot.



*"They never phone, they never visit, they never text message..."*

## CELLPHONES AND CONVERSATION

: The most recent statistics found for prevalence of cellphones in the U.S. was 212 million in the spring of 2016. In August 2017, that number is probably closer to 250 million in a population of US's 330 million, many of them children. Many people have more than one phone, of course.

Here's what we are able to do without a phone:

\*Remember most important phone numbers. I have a little address book for friends and relatives.

\* Watch events on TV instead of waiting for other's comments .

\* I can't check my phone when dining with others.



Does Smartphone addiction really exist?

Apparently, many persons are addicted. The diagnostic criteria of an addictive disorder include:

\* A disproportionate amount of time spent engaged in the behavior.

\*Use in socially inappropriate or physically dangerous situations. For example, texting while driving a car, which I see daily in my city despite its being against the law.

\*Adverse effects on relationships.

\*Withdrawal symptoms such as distress experienced when away from the device or when without adequate cellular service. Just as alcoholics and drug addicts have rehab facilities, so now do phone addicts who pay to be at nature facilities with no service for weeks at a time to return to the way things were before they became "always wired."

There is no easy solution for an addiction It's like a gambling addiction. Slot machines are based on the "random interval reinforcement" principle. Occasionally, but not often, you win a jackpot. Phone addicts similarly have a compulsive need to "play" their device, and the big tech companies like Google and Facebook are designed to keep them addicted so that tech companies can earn money targeting you with ads - their source of revenue. You get their "free service" and they get your attention, the most important mental faculty you have.