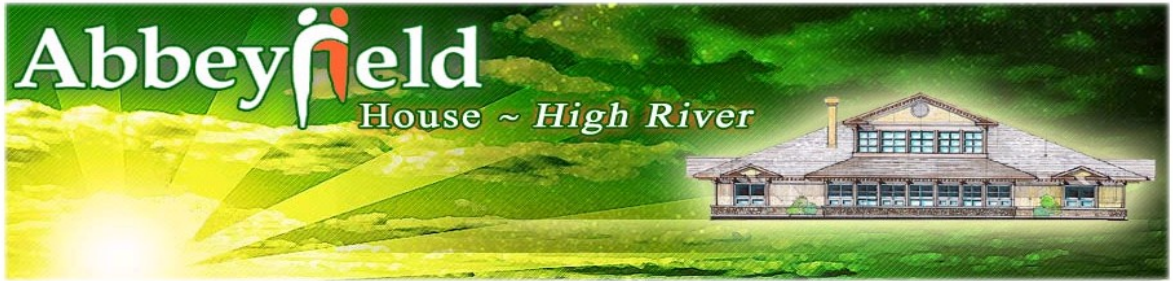




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*A Great Living Choice for Seniors*

### EVENTS AROUND TOWN

#### Stitch'n Time

#### Embroidery Group

Jan 6, 1:30 to 5:00 PM

High River Library

#### Stable, Able and Strong

Every Tuesdays and Thursday

From 11:00 to 11:30

Sunrise Village \$2.00

## 11 HEALTHY HOBBIES

### FOR SENIORS

You might want to consider these to live a long life:

1. Caring for a Pet.
2. Creating Art / Doing Crafts.
3. Dancing.
4. Gardening.
5. Golfing.
6. Playing Cards/ Games.
7. Practicing Yoga.
8. Swimming.
9. Visiting Family and Friends.
10. Volunteering.



#### FUN FACTS

- There are over 52.6 million dogs in the U.S.
- Ivory bar soap floating was a mistake. They had been overmixing the soap formula causing excess air bubbles that made it float. Customers wrote and told how much they loved that it floated, and it has floated ever since.
- The longest recorded flight of a chicken is thirteen seconds.

## DO ONE OF THESE ACTIONS SOON AND OTHERS LATER IN 2018

1. Have a mindset of steady improvement Take small steps that are possible.
2. Make new friends: Your life will be enriched by good friends. Resource:
3. Conversations are about relationships, the WE, not the ME. Focus on the relationships. (Have you noticed how many people talk mainly about themselves? This humorous story about a celebrity makes the point. An actor is talking about himself and then says "Well, enough about me. How about you? What did you think of my last movie?"
4. Pronounce common words correctly. Or you'll appear ignorant.
5. Increase your vocabulary to speak and understand more precisely.
6. Seek to be authentic. Be the person you really are.
7. Travel to different places and seek to learn other languages. While doing this, be a traveler on the ground talking to locals, not a tourist on a bus or in a herd of others with a guide.
8. Build your vocabulary in your native language. Look up words you don't understand, then as appropriate put them to use.
9. Join a club where people come together to talk. Perhaps a book club, a Meet-up with a topic that interests you, or a Toastmasters Club (low-cost, high value) for oral communication skills.



10. Don't argue with opinionated people, especially "True Believers." As the late Senator from New York, Daniel Patrick Moynihan, said, "Everyone is entitled to their own opinion, but they are not entitled to their own facts." Instead, you can ask "What brings you to that opinion?" or "Tell me more." But simply telling someone "Your opinion is wrong" is a fool's errand. You can preserve the relationship by allowing others to have their own opinions, no matter how different they are from yours.

# Abbeyfield House

## CHUCKLE CORNER

### Oh, the Pity of Old Age

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong. He said, "I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee."

I said, "Well, then why are you crying?"

He said, "She makes me homemade soup for lunch and my favorite brownies, cleans the house and then watches sports TV with me for the rest of the afternoon."

I said, "Well, then why are you crying?"

He said, "For dinner she makes me gourmet meals with wine and my favorite dessert and then makes love with me until the wee hours."

I said, "Well, then why are you crying?"

He said, "I can't remember where I live."



## 8 SIGNS YOU ARE EATING

### TOO MUCH SUGAR

Who doesn't love sugar? The sweet crystalline carbohydrate seems to be everywhere and in everything, but consuming too much of it can be detrimental to our health.

Sugar-rich foods can be hard to avoid and some of the biggest culprits include:

- Syrups,
- Soft drinks,
- Candy,
- Cereals.



According to the American Heart

Association, the maximum amount of added sugar one should be consuming daily is 150 calories (37.5 grams) per day for men and 100 calories (25 grams) per day for women (an amount that is easily surpassed by drinking one can of coke). Most people are surprised to learn the many physical ways in which excessive sugar intake can manifest itself. Did you know, for example, that feet inflammation can be one of the signs?

Sherri Green, a podiatrist from New York City, said that sugar (along with refined grains and trans fat) is one of the chemicals that encourages inflammation in the body, including your feet. So, knowing this, it's best that you keep an eye out for those physical symptoms. Your body can be a great indicator that you're consuming too much sugar. It will let you know through the following signs.

**1. A constant craving for sugar.** The more sugar you are consuming, the more you'll crave, making the sweet stuff fairly addictive. Similar to a drug, sugar gives a temporary high that's followed by a crash, which triggers the body to want more.

**2. Feeling sluggish.** If you notice that you continually feel tired and lack energy, there's a good chance it has to do with your sugar intake. Energy stability has a lot to do with blood sugar stability and consuming too much sugar will send you on a blood sugar roller coaster.

**3. Skin breaking out.** Acne and rosacea can easily break out on those sensitive to getting a spike in insulin from high doses of sugar. Excessive sugar consumption can show up on one's face in just a matter of days.

**4. Weight gain.** Sugar is void of protein and fiber, which results in excess consumption because it doesn't fill you up. The more sugar you intake, the more excess calories are being consumed.



To be continued next addition.

