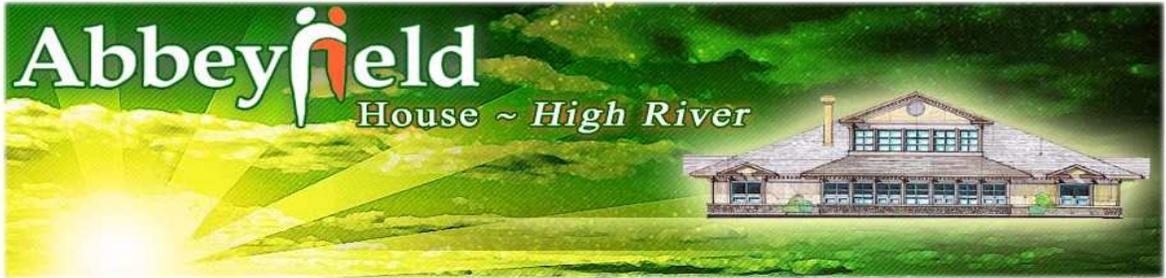




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A Great Living Choice for Seniors

EVENTS AROUND TOWN

FALL ART MARKET

Fri, Nov 3, 4:00 PM to
Sat, Nov 4, 4:00 PM

High River United Church
Remembrance Day Gala

Sat, Nov 11, 6 PM
High River Legion

SOCIAL ACTIVITY



Protect or improve your emotional health by staying in touch with friends, family, and the greater

community. Whether physically healthy or ill, people who feel connected to others are more likely to thrive than those who are socially isolated. Volunteering in your community and sharing your wisdom and talents with others is a gratifying and meaningful way to enrich your life.



FUN FACTS

- It was once against the law to have a pet dog in a city in Iceland
- In England, in the 1880's, "Pants" were considered a dirty word
- Sherlock Holmes never said "Elementary, my dear Watson."

REMEMBER

Do you easily forget things like names or information you've read? Here are some simple ways to improve your memory.

1. Repetition helps you remember

Let me repeat that: Repetition helps you remember! When you need to remember ... remember to *repeat*. It sounds obvious, but we don't always apply this to things we need to remember.

This is how songs get stuck in your head; you heard them over and over. And of course, the beat and melody of a song also re-peat, along with the chorus.

If you're trying to remember a name, be sure to repeat the name during the conversation.

repetition



2. Visualization helps you remember

We all forget people's names. But notice how it's much easier to remember their *faces*. This is because a face provides you with visual information, while the name is abstract.

Abstract information is always harder to remember than visual information. So, to improve your memory, you need to find ways of turning abstract information into visual information.

3. Exaggeration helps you remember

Have you ever watched commercials during the Super Bowl? Why is it that advertisers go through so much effort to make a commercial funny or outrageous? It's because they know that you're more likely to remember the commercial if it's exaggerated to some extent.

Anything that's out of the ordinary is always more memorable. Keep this in mind when you're trying to visualize information you need to remember. The crazier the image, the easier it will be to remember.

Once you start implementing these three memory principles (repetition, visualization, and exaggeration), you'll find that your memory isn't as bad as you thought it was.

Abbeyfield House

CHUCKLE CORNER

Late Night Lecture

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."



Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (on his mother's side). "Now Daddy will do the trick he's been promising us."



The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the walls if you came to visit," answered the boy.



"One senior discount for the six o'clock show, and could you fill this prescription, please?"

4 more of the 15 Predictions Bill Gates made in 1999

No. 7: Automated promotional offers.

Gates' prediction: "Software that knows when you've booked a trip and uses that information to suggest activities at the local destination. It suggests activities, discounts, offers, and cheaper prices for all the things that you want to take part in."

What we see now: Travel sites like Expedia and Kayak offer deals based on a user's past purchase data. Google and Facebook can offer promotional ads based on the user's location and interests. Airbnb, which lets people stay in homes rather than hotels, started to offer specialized trips at destinations so you can live like a local, too.



No. 8: Live sports discussion sites.

Gates' prediction: "While watching a sports competition on television, services will allow you to discuss what is going on live, and enter a contest where you vote on who you think will win."



What we see now: A bunch of social media sites allow this, with Twitter being the clear leader — and even streaming some games. You can also leave comments in real time on sports sites like ESPN.

No. 9: Smart advertising.

Gates' prediction: "Devices will have smart advertising. They will know your purchasing trends, and will display advertisements that are tailored toward your preferences."

What we see now: Just look at the ads you see on Facebook or Google — most online advertising services have this feature, where advertisers can target users based on their click history, interests, and purchasing patterns.

No. 10: Links to sites during live TV.

Gates' prediction: "Television broadcast will include links to relevant websites and content that complement what you are watching."

What we see now: Almost every commercial these days has a callout asking the viewer to go to a website, follow the business on Twitter, or a scan a QR code to add it on Snapchat. It's rare to see a broadcast without a website linked at all.