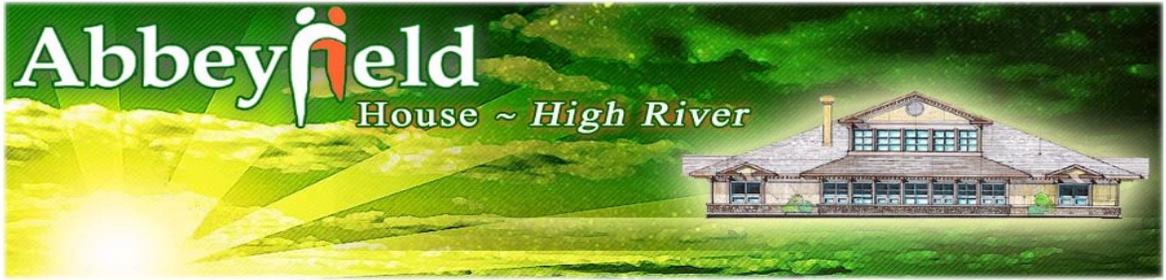




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A Great Living Choice for Seniors

EVENTS AROUND TOWN

ANCESTRY CAFE

Wed Feb 21, 1:00 to 3:00 PM

High River Library

FAMILY DAY

Sat., Feb 19 1:00 to 4:30

Fun at the RecPlec

VALENTINE'S DAY

The first Valentine's Day was in the year 496! Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime.

There is no evidence of any link between St. Valentine's Day and the rites of the ancient Roman festival, despite many claims by many authors. The celebration of Saint Valentine did not have any romantic connotations until Chaucer's poetry about "Valentines" in the 14th century.



FUN FACTS

- Gilligan of Gilligan's Island had a first name that was only used once, on the never-aired pilot show. His first name was Willy. The skipper's real name on Gilligan's Island is Jonas Grumby. It was mentioned once in the first episode on their radio's newscast about the wreck.
- It's impossible to sneeze with your eyes open.
- It takes a lobster approximately seven years to grow to be one pound.

4 MORE SIGNS YOU ARE EATING TOO MUCH SUGAR

We talked last issue about signs of eating too much sugar. Here are the final 4 signs.

1. A bad attitude. Not only can excessive sugar intake take a toll on your physical health, but also your mental health. When you're consuming too much sugar, you might (or other people will) begin to notice that you're much moodier than usual.

Blood sugar peaks and then sudden crashes can cause mood swings and irritability.



2. Cavities. Did you leave your last dentist appointment with more cavities than usual? Might be time to start cutting back on the sugar.

Resident bacteria in the mouth consumes the sugar you intake, which produces an acid that causes tooth decay. It's not the sugar itself that causes cavities, but the chain of events going on in the mouth that is galvanized by sugar.

3. Foggy brain, especially after meals. One of the most common symptoms of low blood sugar is brain fog.

Excessive consumption of sugar leads to accelerated rises and falls of blood sugar levels rather than gradual. Improper control of blood sugar levels can raise the risk of cognitive issues and impairment.

4. Nothing's sweet enough anymore. Sugar overkill prompts your taste bud tolerance for the sweet stuff to go up and satisfying a sugary craving takes more than it should.

Feeling the need to consume more and more sugar just to satisfy the sweet tooth is obviously problematic for one's health, but cutting back on sugar will eventually lower your tolerance and you'll be satisfied with less.



Abbeyfield House

CHUCKLE CORNER

Old friends for dinner

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his with endearing terms- Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."



Q: What did the elephant say to his girlfriend on Valentine's Day?

A: I love you a ton!

Q: What did the boy bee say to the girl bee on Valentine's Day?

A: You are bee-utiful!

Q: What did the whale say to his girlfriend on Valentine's Day?

A: Whale you be mine!

THREE REASONS SENIORS SHOULD CARE ABOUT THEIR GRIP STRENGTH

1 .Daily Tasks are Easier

Think about all the times you use your hands throughout the day. From pouring your morning coffee to opening the front door to go get the mail, you have to do a lot of pinching, twisting, and supporting. These tasks probably seem pretty simple

now. In fact, you most likely do most of them without even thinking. But, if you neglect your grip strength, you may find that these tasks will become more difficult sooner than you'd like. If you live alone and want to maintain your independence, it's especially important for you to



take your grip strength seriously.

2. Arthritis Pain is Minimized Naturally

Regular grip training can also decrease the pain you may experience from arthritis. This may seem counterintuitive since the last thing you probably want to do when your hands are stiff or achy is to move them. But, hand strengthening and stretching exercises can actually improve your mobility and reduce inflammation, meaning that you'll experience less pain throughout the day.

3. Risk of Disease Decreases

Grip strength is also correlated with a reduced risk of several diseases, including osteoarthritis, rheumatoid arthritis, heart attack, and stroke. The belief is that a stronger grip typically signifies more muscle mass. More muscle mass, in turn, is associated with more activity and better overall health, which decreases a person's risk of heart disease or stroke.

HOW TO IMPROVE YOUR GRIP STRENGTH

There are lots of exercises you can do from the comfort of your own home to improve your grip strength. Some options include:

- ♦ Do finger-walking and opening-closing exercises to improve flexibility and dexterity
- ♦ Improve crushing Grip with hand strengthening equipment like stress balls, therapy putty, and hand exercisers
- ♦ Try farmer carries (hold a weight/bag/suitcase and walk with it across the length of your living room) to improve your supporting strength
- ♦ Wrap a string or rope around a dowel (or simply practice wringing out a washcloth) to improve your wrist and forearm strength
- ♦ Try to spend a few minutes each day working on these exercises to keep your hands and wrists strong and nimble. If you're consistent, you'll soon start to see all the benefits that come with regular grip training.



Seeds- Starting Gardening from the Beginning!

SATURDAY, FEBRUARY 10TH
1:00 PM-3:00 PM

JANET MELROSE, CALGARY'S COTTAGE GARDENER, WILL BE GETTING YOUR HANDS IN THE SOIL AS WE LEARN ABOUT SEED CATALOGUES, DIFFERENT TECHNIQUES OF SEEDING AND GROWING SEEDLINGS, TIPS, TRICKS AND, PITFALLS TO AVOID.

JOIN US AT THE LIBRARY FOR THIS 2-HOUR, HANDS-ON WORKSHOP