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# Abbeyfield

House ~ High River



*A Great Living Choice for Seniors*

## EVENTS AROUND TOWN

### ART TAKES FLIGHT

Sat Jun 9, 9:00 to 5:00 PM

Bomber Command Museum Nanton

### WORLD ELDER ABUSE AWARNESS DAY BBQ

Fri, June 15, 12:00 PM

Nanton Quality of Life Foundation

## SUPPERMARKETS IN THE 60'S

In the middle of the century, supermarkets began to dominate the task of supplying food to the nation's consumers and that affected farmers and consumers in both good and bad ways.

Supermarkets had actually begun in the 1930s but the Depression and World War II had slowed their growth somewhat. By the 50s, all of the elements to produce dominance came together.

Supermarkets needed to be large stores often located on the outskirts of cities where land was cheap.

They were surrounded by vast parking lots to cater to a new, mobile populace.

Operating costs were low. Customers picked out their own items from vast shelves; that was a departure from old groceries where staff people would box items to the customers request.



## HERE ARE SOME WAYS TO GET YOUR FREE PRIZES

"by Dr. Loren Ekroth"

The Little Book of Missing money. A Quick and Easy Guide to Finding Money that is Rightfully Yours. by Mary Pittman. One out of every seven persons has missing money. I have found over \$200,000 for relatives, friends, classmates, Army buddies, and others. The largest single amount I found was for a former student for \$40,000.

Donate good clothing or many other things to The Salvation Army Goodwill, Catholic Charities, and books to library bookstores and many other non-profits then get a receipt for your donation that is tax deductible.



Want to learn a second language like Spanish or Italian? In many cities these are offered by local organizations, FREE.

Also check this resource: 501 Amazing Uses for Salt, Vinegar, Baking Soda, Olive Oil, and Lemons, by Laura M. Westgate, I grew up poor and we couldn't afford much "doctoring" and prescription medications. So we used "home remedies," the kind that have been used for generations as far back as the 19<sup>th</sup> century.

Consider a volunteer to help others. These service tours are available for most nations in the world. Often they're in groups like churches and service clubs. You may have to pay transportation costs, but often you get housing and food as part of the deal. Best of all: Giving through volunteer service is urewarding

How do you spend money? Do you overspend and buy things you don't need? You'll find free advice books on the how-to's in your public library and thousands of books, magazines, music CDs and movie DVDs, free.

# Abbeyfield House

## CHUCKLE CORNER

### A Parrot

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."



The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

### What's Your Name, Again?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.



One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

## FUN FACTS

- Dueling is legal in Paraguay as long as both parties are registered blood donors.
- The praying mantis is the only insect that can turn its head.
- The Ramses brand condom is named after the great pharaoh Ramses II who fathered over 160 children.

## URINARY INCONTINENCE

Many people experience occasional, minor leaks of urine. Others may lose small to moderate amounts of urine more frequently.

Types of urinary incontinence include:

**STRESS INCONTINENCE.** Urine leaks when you exert pressure on your bladder by coughing, sneezing, laughing, exercising or lifting something heavy.

**URGE INCONTINENCE.** You have a sudden, intense urge to urinate followed by an involuntary loss of urine. You may need to urinate often, including throughout the night. Urge incontinence may be caused by a minor condition, such as infection, or a more-severe condition such as a neurologic disorder or diabetes.

**OVERFLOW INCONTINENCE.** You experience frequent or constant dribbling of urine due to a bladder that doesn't empty completely.

**FUNCTIONAL INCONTINENCE.** A physical or mental impairment keeps you from making it to the toilet in time. For example, if you have severe arthritis, you may not be able to unbutton your pants quickly enough.

**MIXED INCONTINENCE.** You experience more than one type of urinary incontinence.

### WHEN TO SEE A DOCTOR

You may feel uncomfortable discussing incontinence with your doctor. But if incontinence is frequent or is affecting your quality of life, it's important to seek medical advice because urinary incontinence may:

- Indicate a more-serious underlying condition
- Cause you to restrict your activities and limit your social interactions
- Increase the risk of falls in older adults as they rush to the toilet

