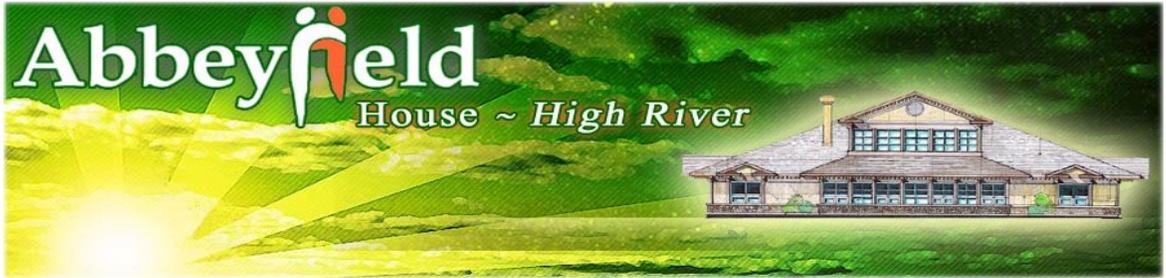




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*A Great Living Choice for Seniors*

**EVENTS AROUND TOWN**

**SPRING GARAGE SALE**

Sat May 5, 9:00 to 2:00 PM  
High River United Church

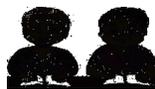
**HIGH RIVER FINE ARTS & HANDCRAFTED MARKET**

MAY, 18 12:00 - 5:00 PM  
High River United Church

**YOUR LIFE STORY MAY NOT BE INTERESTING, BUT WRITE IT ANYWAY**

Millions dream about spinning their life story into a best-seller. Most never get past the dreaming part, much less the first chapter.

But there are potential rewards other than riches and fame for those who try. According to psychologists and researchers, writing a memoir—even just for personal consumption—can help the author review and make sense of his or her life, come to terms with traumatic events and foster personal growth.



In fact, some of the therapeutic benefits may be lost if the writer thinks about too large an audience—or even a readership greater than one. The story can become less authentic. And there are other potential pitfalls to writing your life story. Writers can be thrown into despair if they have trouble reconciling past failures or placing traumatic events into a larger context.

“It really depends on the type of stories people tell to make sense of their lives,” says Dan McAdams, a psychology professor at Northwestern University. People who can construct cohesive life narratives—where there are common threads and one event leads to the next—are likely to benefit from writing a memoir, he says, while those who view their lives as a series of random, unrelated events are not. His research has found that life narratives are especially beneficial if they focus on redemption and overcoming adversity.

**HEALTHY HOBBIES**

**Creating Art / Doing Crafts**

More than providing something fun to stimulate the brain, creating art and doing crafts can also be cathartic. From painting, sculpting and scrapbooking to photographing, knitting or sewing — art is one of the best activities seniors can practice. Even better, art can also be done as a social activity with family or friends, so that mingling happens while stimulating the mind and soul. Engaging and fun, art is a great activity at any age, but is especially helpful and rewarding for retired seniors who have time and need activities to keep their minds alert. Art therapy is even used to help stimulate the brain, stir memories and give those with dementia a better quality of life.



**Dancing**

Dancing is not only fun, but is also a great way for seniors to exercise and socialize. Dancing can improve senior balance, gait and overall functioning, while also helping to reduce the risk of falls, fractures and immobility. Beyond those reasons, a study from Albert Einstein College of Medicine showed that ballroom dancing was associated with a lower risk of dementia. The researchers believed that the mental challenge of following complex dance steps and moving in time with the rhythm of the music are responsible.

**Gardening**

Gardening has many health and therapeutic benefits for older people. It’s not only an enjoyable form of exercise, it also increases levels of physical activity and helps increase seniors’ mobility. It encourages use of motor skills while improving endurance and strength and even reduces stress levels by promoting relaxation. Gardening also provides stimulation and interest in nature and the outdoors.



# Abbeyfield House

## CHUCKLE CORNER

### Wrong Color Suit

An old lady was very upset as her husband Albert had just passed away. She went to the undertakers to have one last look at her dearly departed husband. The instant she saw him she started



crying. The mortician walked over to comfort her. Through her tears she explained that she was upset because her

dearest Albert was wearing a black suit, and it was his fervent wish to be buried in a blue suit. The mortician apologized and explained that traditionally they always put bodies in a black suit, but he'd see what he could arrange. The next day she returned to the funeral parlor to have one last moment with Albert before the funeral the following day.

When the mortician pulled back the curtain, she managed a smile through her tears as Albert was resplendent in a smart blue suit. She said to the mortician, "Wonderful, wonderful, but where did you get that beautiful suit?"

"Well, yesterday afternoon after you left, a man about your husband's size was brought in and he was wearing a blue suit," the mortician replied. "His wife was quite upset because she wanted him buried in the traditional black suit."

Albert's wife smiled at the undertaker. "After that," he continued, "it was just a matter of swapping the heads."



## HOW ACTIVE DO I NEED TO BE?

Most people know they should be active, but many people don't know how much activity they need to do.

Physical activity has many health benefits like preventing diabetes, heart disease, cancer, and osteoporosis. This information will tell you how much and what types of physical activity you need to stay healthy.

### How much activity do I need?

It's a good idea for adults to get 150 minutes of moderate to vigorous intensity aerobic activity every week. Moderate intensity means your breathing and heart rate are a little higher than normal and you're sweating a little by the time you're finished.

There are lots of ways to get 150 minutes of physical activity per week. You can do:

30 minutes of activity, five days a week

10 minutes of activity, fifteen times a week (e.g., during lunch or breaks at work)



### No Matter What You Do — Start Slowly

If you haven't been active lately, start slow. You can slowly increase how long you're active for. If you do too much too soon, your muscles and joints will be sore. You won't find it fun, and you'll likely stop doing it. Anything you do is better than nothing. After sometime, your body will get used to being active. The more you do, the more benefits to your health. If you can stick to your new routine for 3 months, you'll feel better.

### It seems like I never have time.

If you don't have time for your usual half-hour walk, have a back-up plan to take two 15-minute walks or three 10-minute walks during the day. When you don't have time to go to the gym, have a back-up plan to exercise at home or at work instead. Tell yourself that you are the type of person who makes time for your own health, including physical activity. Look at other people who are active and are about as busy as you. Talk with them about how they fit in physical activity.

### FUN FACTS

- The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's A Wonderful Life".
- Most dust particles in your house are made from dead skin.
- Penguins can jump as high as 6 feet in the air.

**"Leave the cell phone . . . if it rings, people will see you don't know how to answer it."**