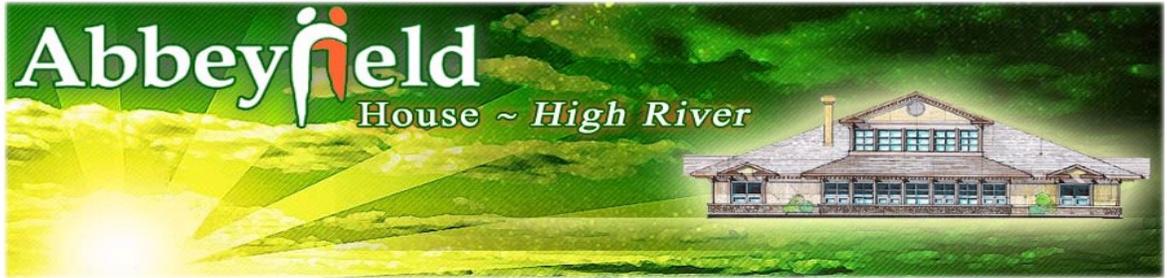


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*A Great Living Choice for Seniors*

## EVENTS AROUND TOWN

### Oktoberfest

Highwood Memorial Centre  
Oct 4, 6:00 PM

### Courageous Grandparenting Conference

First Alliance Church  
Friday, Oct 18, 6:00 PM

## THANKSGIVING

The native peoples of the Americas held ceremonies and festivals to celebrate the completion and bounty of the harvest long before European explorers and settlers arrived in what is now Canada. Early European thanksgivings were held to give thanks for some special fortune. An early example is the ceremony the explorer Martin Frobisher held in 1578 after he had survived the long journey in his quest to find a northern passage from Europe to Asia.

Many thanksgivings were held following noteworthy events during the 18th century. Refugees fleeing the civil war in the United States brought the custom of an annual thanksgiving festival to Canada. From 1879, Thanksgiving Day was held every year but the date varied and there was a special theme each year. The theme was the "Blessings of an abundant harvest" for many years.

From the end of the First World War until 1930, both Armistice Day and Thanksgiving Day were celebrated on the Monday closest to November 11, the anniversary of the official end of hostilities in World War I. In

1931, Armistice Day was renamed Remembrance Day and Thanksgiving Day was moved to a Monday in October. Since 1957, Thanksgiving Day has always been held on the second Monday in October.



## HAPPINESS

Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness. The "pursuit of happiness" is something this country is based on, and different people feel happiness for different reasons.

When we discuss happiness, we are referring to a person's enjoyment or satisfaction, which may last just a few moments or extend over the period of a lifetime. Happiness is a subjective experience - what brings elation to one person will not necessarily satisfy another - but from a psychological viewpoint, we must be able to quantify this state of mind in order to understand it.

Happiness does not have to be expressed in order to be enjoyed - it is an internalized experience, varying in degrees, from mild satisfaction to wild euphoria.

Psychologists often refer to happiness as positive affect - a mood or emotional state which is brought about by generally positive thoughts and feelings. Positive affect contrasts with low moods and negativity, a state of mind described as negative affect in which people take a pessimistic view of their achievements, life situation and future prospects.



### Quantifying Happiness

With positive affect being subjective and relative to the individual, can happiness be measured? The United Nations seems to believe that it can, and releases the World Happiness Report, which ranks countries by the self-reported happiness of its citizens.

In 2016, the report listed Denmark as the happiest nation, followed by Switzerland and Iceland. Canada was 7th and the US was the 13th happiest country with the UK ranking 23rd. Nordic countries feature prominently as being amongst the happiest societies in the world.

# Abbeyfield House

## CHUCKLE CORNER

### Older Folks Share Their Views

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

The nice thing about being senile is you can hide your own Easter eggs.



Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

## FUN FACTS

- Non-dairy creamer is flammable.
- Penguins can jump as high as 6 feet in the air.
- The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "Its A Wonderful Life".

**I ASKED MY GRAND DAUGHTER TO FETCH ME A NEWSPAPER. SHE LAUGHED AND SAID "GRANDDAD YOU ARE SO OLD, JUST USE MY PHONE"**



**SO I SLAMMED HER PHONE AGAINST THE WALL AND KILLED THAT BIG HAIRY SPIDER**

## "HEALTHY" FOOD HABITS YOU SHOULD DITCH RIGHT NOW

### Going low on sodium

If you've ever had high blood pressure, you were probably told to cut down or stop consuming sodium. But a new study found that a low-sodium diet didn't actually lower blood pressure. Eating a little salt might be part of your healthy food habits. The study also found that people with the lowest intake of sodium (along with the highest) had a greater risk of heart disease than the people in the middle.

### Avoiding dairy

You may have heard the theory that drinking milk past infancy (or even drinking animal milk at all) is 'unnatural'—as evidenced by 65 percent of people in the world being lactose intolerant. Although it is true that humans are the only species to drink milk as adults—or to drink milk regularly from other animals—research has shown we've genetically evolved to adapt to it. And in fact, milk products actually play an important role in our health. 'Dairy is rich in beneficial nutrients such as whey protein, conjugated linoleic acid, and calcium.



### Not consuming fat

As with dairy, eating fat in general may not be such a bad thing when it comes to food habits. The scientific community is still debating the benefits of saturated fat, but other types of fats are actually good for you in moderation, according to the Academy of Nutrition and Dietetics. 'Plant-based fats such as monounsaturated fats found in foods like almonds and avocado, and omega-3 fatty acids found in fish offer many health benefits.

### Worrying about cholesterol in food

If you think you're being healthy by eating egg whites only, think again about your food habits. Despite what we've been told for years, egg yolks, which are high in dietary cholesterol, can be healthy-habit health foods. 'We used to think that dietary cholesterol impacted our [blood] cholesterol levels, and that foods rich in cholesterol such as eggs should be avoided. 'We now know that dietary cholesterol has little impact on blood cholesterol levels. Plus, blood cholesterol isn't so cut-and-dry either: There's so-called 'good' HDL cholesterol, which is thought to help heart health (although this has recently been called into question), and 'bad' LDL cholesterol. In any case, the most recent federal nutrition guidelines from the USDA and Department of Health and Human Services lifted the restrictions on dietary cholesterol, saying it's 'not a nutrient of concern for over-consumption.' Egg yolks are also a good source of vitamin E and carotenoids.

