



A Great Living Choice for Seniors

EVENTS AROUND TOWN
Christmas Market
High River Rodeo Grounds
 Dec 14, 3:00–9:00 PM
High River Santa Claus
Parade & Light Up
 Dec 6, 6:00–6:30

CHOICE OVERLOAD

We all make thousands of choices each day - and think it means we're in charge of our lives. But making even trivial decisions - about salad dressings, for example - can sap our energy and cause anxiety. Dr Laurie Santos examines why our society wrongly prioritizes choice over happiness and meets a woman who junked her wardrobe in a bid to improve her life.

In Project 333, minimalist expert and author of Soulful Simplicity Courtney Carver takes a new approach to living simply—starting with your wardrobe. Project 333 promises that not only can you survive with just 33 items in your closet for 3 months, but you'll thrive just like the thousands of people who have taken on the challenge and never looked back. Let the decluttering begin!



Invest in quality items
 Refine my style
 Wear the pieces I love
 Not be overwhelmed
 Be more sustainable
 To declutter

Take everything out your closet make 3 piles keep, donate, and through away.

Start with favorites
 Don't buy new things right away
 What about the item makes you love it or not wear it?
 Make quality purchases



MOBILITY FOR THE ELDERLY: SCOOTER OPTIONS THAT CAN IMPROVE YOUR LIFE

For the elderly, scooter amenities like comfy seats and powerful motors can mean a whole new level of freedom and independence around the house, throughout the neighborhood, and beyond. In fact, mobility scooters are allowed in shops, on buses, and anywhere else that pedestrians are permitted. Some models are even suitable for air travel.

What to Look For in a Scooter for Elderly People

Here are some important things to think about when shopping for a scooter:

Intended use—Do you want a scooter to help you maneuver inside your home? If so, it might be important to get one that can make sharp turns. If you want it to take you around the neighborhood or through the park, you will probably want one that can handle hills or curbs. Different scooters are designed for different uses, so be sure to choose one that's meant for what you want to do.

Comfort—If the seat is too hard, your legs are too cramped, or you can't easily reach the controls, the scooter won't be very useful for you. Comfort may be especially important if you have back issues, joint problems, or some type of disability.



Capacity—Make sure the scooter's weight limit can accommodate you as well as anything else you plan to carry (such as shopping items, oxygen tanks, or extra batteries).

Portability—If you want to be able to transport your scooter in a vehicle, consider how easy it is to take apart and put back together.

Battery life and operating range—How far do you want to be able to go before recharging? Typically, scooters can go 10 to 15 miles before running out of power, but some can only make seven miles and others can go 25 miles or more.

Turning radius—The smaller the turning radius, the easier it will be to make a U-turn or navigate around tight corners. That's particularly important if you will be using your scooter indoors. Most scooters have a turning radius between 33 and 55 inches.

Controls—The steering column at the front of the scooter is called the tiller. Some scooters have T-shaped tillers with bicycle-type handlebars that use separate thumb levers for forward and backward motion control.

Speed—The top speed of most scooters is somewhere between 4 and 5 miles per hour (mph). The slowest ones top out at about 3 mph, which is about as fast as an average person walks.

Maximum incline—This tells you how much of an angle the scooter can climb while keeping all of its wheels on the ground. Scooters can generally handle inclines of anywhere between six and 12 degrees.

Abbeyfield House

CHUCKLE CORNER

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.



FUN FACTS

- A toothpick is the object most often choked on by Americans!
- A sneeze travels out your mouth at over 100 m.p.h.
- Armadillos are the only animal besides humans that can get leprosy

Two elderly guests, Martin and Chris, attended a party given by a business associate to mark his daughter's engagement to a man she had been living with for three years, were grumbling about the decline in moral standards.

'All these people sleeping together before they're married,' Martin muttered indignantly. 'I didn't sleep with my wife before we were married. Did you?'

'I don't know,' answered Chris thoughtfully. 'What was her maiden name?'



OMG, I'M RICH!

Silver in the hair, gold in the teeth, crystals in the kidneys, sugar in the blood, lead in the butt, iron in the arteries and an inexhaustible supply of natural gas. I never thought I would accumulate such wealth!

THE ART OF WRITING

The art of writing is a skill set that takes time and practice to master. Although the time required to become a strong writer depends on your personal learning curve, there are fundamental elements involved in the writing process that are universal.

Whether you're writing an essay or a casual blog post, understanding the basic writing process steps from start to finish can help you produce high-quality work.

1 Brainstorming

Before getting started with the act of writing, you'll need to conceptualize your writing topic. Think of your overarching topic and determine what you want to say about it.



You may want to write an informational piece about what the topic is or how it works. During this writing process step, thinking about who your audience is can help you better define your topic.

2. Preparing

When you've picked your topic, it's time to prepare the information you need to start writing. This includes finding authoritative sources of information for research and interview purposes.

Authoritative sources can help you better understand your topic from an expert's perspective and, when properly cited, can also lend credibility in your writing. Create an outline to help you map out your ideas in an organized, easy-to-follow way so that your writing flows smoothly for the reader.

3. Drafting

This is the part of the writing process where you get to apply your research and outline in writing. With the help of your outline, formulate sentences and paragraphs to express your points. Your draft doesn't need to be perfect since you'll make revisions and corrections in the subsequent writing process steps.

4. Revising

The revision step is a critical part of every writer's process. This is where you'll have the opportunity to finetune unclear ideas in your first draft, reorganize the structure of your paragraphs for a natural flow, and reassess whether your draft effectively conveys complete information to the reader.

5. Proofreading

When you feel confident about your revisions, move on to the last writing process step: proofreading. Proofreading involves re-reading your final work with greater emphasis on correcting technical errors, like spelling, grammar, and style.



Before turning in or publishing your work, take another chance to read your writing aloud for subtle errors. If you feel good about where your work is, submit it.