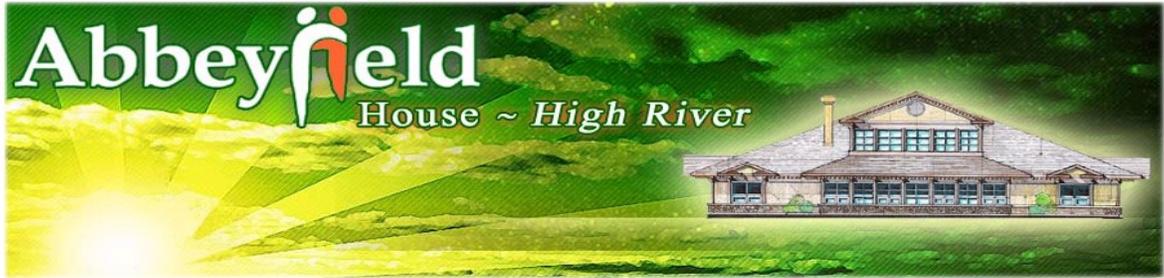


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A Great Living Choice for Seniors

EVENTS AROUND TOWN

Community Cafe

Jan 8, 5:00–7:00 PM
High River Culture Str

Stonkmen's Dinner

Jan 25, 6::30
Highwood Memorial Cnetre

TEACHABLE ATTITUDE

Developing a teachable attitude should be at the top of your self-development plan because everything else is directly related to how teachable you are, how open you are to new information. You cannot grow if you are not willing to change, to accept new perspectives on life or to change your habits.

After you learn something new, it is very important to use that knowledge, to act – this is how you incorporate that knowledge into your being. Learning is great but learning without action will bring you a great amount of overwhelming feelings that never help.

How Can You Tell if You are Teachable or Not

It's pretty easy to tell if you (or someone) is open to learning new information. So you are teachable if you:

- ◆ are aware of your strengths and weaknesses
- ◆ seek help
- ◆ accept other's opinion might be better
- ◆ take notes
- ◆ learn from criticism
- ◆ take responsibility for your failures
- ◆ read books and seek answers
- ◆ focus on solutions
- ◆ learn from all kinds of situations
- ◆ you learn from other people's mistakes
- ◆ love to get out of your comfort zone
- ◆ love to try something new
- ◆ admit when you're wrong
- ◆ open to doing things in a totally different way
- ◆ are confident in changing your routine
- ◆ ask questions and have a curious attitude



7 TINY STEPS FOR BEGINNER MINIMALIST

1. Write it down. Make a list of all the reasons you want to live more simply. If you are sick of debt collectors, write it down. Mad that you never get any time with your kids? Write it down. To stressed out to sleep at night? Put it on paper. These are your whys and will provide great leverage when you think it's too hard to keep going.

2. Discard the duplicates. Walk through your home with a box and fill it with duplicates. If you have two sets of measuring cups, put them in the box. Copies of the same book or DVD? Put one in the box. Doubles on place mat sets? You only need one. Once you fill the box, label it "Duplicates" and put it out of sight for 30 days. If you don't need anything or don't remember what was in the box, donate it.

3. Declare a clutter-free zone. This area could be a kitchen table, your nightstand, a countertop or a drawer in your kitchen. Use that clutter-free zone as inspiration to live with less. If you enjoy that clean, clear environment, expand the zone a little bit each day. A clutter-free countertop can become a clutter-free room and a clutter free room can become the clutter-free, minimalist home.



4. Travel lightly. Travel always renews my love of minimalism and living simply. The next time you take a trip, pack for 1/2 the time. If you are traveling for 4 days, pack for 2. You can wash and hang clothes if you need to or wear the same things twice. See how it feels to carry less baggage.



5. Dress with Less. If you haven't considered Project 333, dressing with only 33 items for 3 months (clothes, shoes, jewelry, accessories) sounds extreme, but thousands of people know that it actually makes life easier instead of more challenging.

6. Eat similar meals. Try eating the same breakfast and lunch all week and have 2 or 3 dinner choices that rotate throughout the week. If your family complains, let them know it's an experiment and then talk about it at the end of the week.

7. Save \$1000. An emergency fund simplifies everything. If you are paying off debt, only pay your minimum payments until you can save \$1000. If you aren't in debt, but still spend what you have, set aside money every day or every week until you reach \$1000. Try the 52 week money challenge and in 45 weeks, you'll save more than \$1000 without ever contributing more than \$45 in a week. Money for emergencies reduces stress and emergencies.

The beauty of being a beginner minimalist is that you can be curious, and daring. You can ask for help, get back up if you fall, and look forward to new adventures in a life with less stuff, drama, debt, and obligation.

Abbeyfield House

CHUCKLE CORNER

Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.



MORE ON...HEALTHY" FOOD HABITS YOU SHOULD DITCH RIGHT NOW

Skimping on shellfish

Shellfish has also gotten a bad rap due to its dietary cholesterol and its reputation as 'bottom feeders.' But unless you're allergic, shellfish, including mussels, clams, shrimp, lobster, and crab, can be part of a healthy diet.

They are rich in protein, omega-3s, and the antioxidant selenium. Research from Oregon Health & Science University found that shellfish promotes brain health and may even help prevent Alzheimer's disease.



Eating processed 'healthy' foods

It may seem like diet products such as light salad dressing are healthier choices, but often they really should not be part of your healthy food habits. 'Healthy' foods like this used to be popular, but many of these products remove the fat and replace it with added sugars, 'Large amounts of added sugar in the diet may be even more damaging to health than excessive dietary fat.' A major study from the CDC showed that people who consumed a lot of sugar were more than twice as likely to die from heart disease. 'If you opt for a 'lighter' food, check the ingredient list and food label to make sure the fats have not been replaced with added sugars.'

Drinking almond or other 'milks'

Although there's nothing inherently wrong with alternative milks, they might not give you the nutrients you think you're getting. 'Almond milk is not a good source of protein—it contains only two grams of protein per serving compared to eight grams in cow's milk,' Gandhi says. Although you think of nuts as high in protein, the 'milk' is mostly water, so the nutrients get lost. And be careful if you're replacing cow's milk for babies—a study from France showed that this can result in nutritional deficiencies. The dairy industry has even launched a campaign to prevent almond and other plant-based milks from being called 'milk' so that consumers won't think they're nutritionally similar.



FUN FACTS

- Ben and Jerry's send the waste from making ice cream to local pig farmers to use as feed. Pigs love the stuff, except for one flavor: Mint Oreo.
- Camels have three eyelids to protect themselves from blowing sand.
- Bank robber John Dillinger played professional baseball.

