

Brains of older people...

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem it is nature's way of making older people do more exercise. SO THERE!!!

***The March wind roars like a lion in the sky, and makes us shiver as he passes by.
When winds are soft, and the days warm and clear,
just like a gentle lamb, then Spring is here!***

Winds of March, we welcome you. There is work for you to do.

S-System of Exercise

Sit comfortably and Start Smart by moving Slowly.
SHAKE hands and feet.
STRETCH your arms out in all possible directions.
SHIMMY your body.
SWING your elbows from side to side with body held still.
SQUEEZE your rib cage.
SWIVEL your upper body while wrapping your arms across your chest holding on to your shoulders.
SPREAD your fingers apart by pressing right hand against left.
SHRUG your shoulders up and down.
SNAP your fingers as you
SMILE to relieve stress and strain.

It's never too late or too soon to begin to exercise. Regular, appropriate exercise is one of the most important gifts you can give yourself.

Flex Time—Workouts help seniors enrich mind and body. For many older Americans, getting fit may seem like a daunting task. It is believed that those who exercise regularly have stronger immune systems, lower blood pressure, better functioning arteries and higher levels of self-esteem. Exercise can vastly improve diseases such as osteoporosis and arthritis.

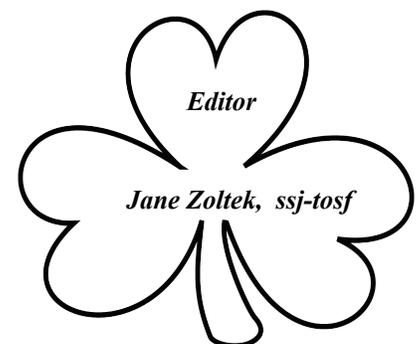
*We can turn ageing into sageing!
Youth is happy because it has the ability to see beauty. Anyone who keeps the ability to see beauty never grows old!*

Quotable

*During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized. "Well, we fill up a bathtub with water, then we offer a teaspoon, a teacup, and a bucket to the patient and ask the person to empty the bathtub." "Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup." "No, a normal person would pull the plug. Do you want a room with or without a view?"

*Doctor to Tech Savy Patient: "Ever notice the older we get, the more we're like computers? We start out with lots of memory and drive, then we become outdated and eventually have to get our parts replaced."

Have a Happy St. Patrick's Day and the wearin' of the green!



Lexophilia Finalists

“Lexophilia” is a fancy word to describe love of words. Some people love words so much they are constantly searching for phrases that show just how playful the English language can be. If you like phrases such as “You can tune a piano, but you can’t tuna fish” or “To write with a broken pencil is pointless,” you might enjoy these competition-winning samples:

- *A thief who stole a calendar got twelve months.
- *When the smog lifts in Los Angeles U.C.L.A.
- *The batteries were given out free of charge.
- *A dentist and a manicurist married, then fought tooth and nail.
- *A will is a dead give away.
- *With her marriage, she got a new name and a dress.
- *A boiled egg is hard to beat.
- *When you’ve seen one shopping center you’ve seen a mall.
- *Police were summoned to a daycare center where a 3-year old was resisting a rest.
- *Did you hear about the fellow who lost his entire left side in an accident? He’s all right now.
- *A bicycle can’t stand alone; it’s just two tired.
- *When a clock is hungry it goes back four seconds.
- *The guy who fell onto an upholstery machine is now fully recovered.
- *He had a photographic memory, but it was never developed.
- *When she saw her first strands of grey hair, she thought she’d just dye.
- *Acupuncture is a jab well done.
- *I’d rather have a bottle in front of me than a frontal lobotomy.

From the Internet

Own your own happiness...

Every moment that you spend upset, despaired, anguished, angry or hurt because of the behavior of anybody else in your life, is a moment in which you've given up control of your own happiness.

It's part of life that certainly you are going to be hurt by others—but you don't have to be a victim. You can own your response, and own your happiness.

When you say, “S/he makes me feel furious, rejected, etc.” you give this person power over your life. When you say “S/he makes me so mad” you give her or him power over your life. It does take strength and resilience to maintain control of your emotions and bounce back...but you can do it!

Tidbits

*A person wrapped up in him/herself makes a very small package. *B. Franklin*

*Great unanswered questions plague us, century after century. Why are we here? What are we supposed to be doing? What does this all matter? Answers to these questions are so very hard to come by because the truth lies not within someone else, but within you. You have been given life, and with it you have been given the opportunity to define it. Your life's path and purpose will be drawn on a map created by you.

On St. Joseph Day, may the Lord shower his blessings on you this day and always!

