

Abbeyfield House ~ High River

Abbeyfield House Society of High River.
 Box 12, 708-2ND Street SE., High River, Alberta. T1V 0C6
 Charitable Registration # 89119 9028 RR0001



Dates to Remember

Thanks Giving Day — Monday, Oct 10
High River Seniors Friendship Centre —
 Saturday, Oct 15 hosting a Fall Tea featuring
 homemade pumpkin pie from 2:00 - 4:00
 PM. Admission is \$5

Aspen Crossing — "The War
 Brides are coming" dinner
 theater is being held
 Wednesday, Nov 9 at 1:00 PM.
 Show and buffet in the
 greenhouse for \$42.



Historic Murals

The twelfth mural is on 3rd Avenue half
 way down on the north side in a small
 treed area with benches.

Mural 12. High River's First Nurse
*(Marie Meyer Davis c.1908 Museum of the
 Highwood collection)*

Marie Meyer Davis was a trained nurse who
 lived and worked in the High River area
 from 1903 to 1939. She was an invaluable
 assistant to pioneer doctor Dr. G.D. Stanley,
 and accompanied him to many out-of-
 town cases, often driving the horse-drawn
 vehicle while he slept. During the 1918
 influenza epidemic, when the doctor was
 too busy to make all the calls,
 she often worked alone. This
 mural was a joint legacy
 project between the 1996
 High River Science Festival
 Committee and Science
 Alberta, and is a reminder of
 the significant contribution
 science makes to our everyday lives.



Newsletter publisher

Marg Parkhouse

The Abbeyfield newsletter has almost been here
 a year so I thought maybe it was time I introduce
 myself. Most of you know me as Vera's daughter;
 well I live in High River along with my husband
 and son. We have two daughters that are no
 longer living at home, one is in Bonneville and the
 other is in Lancaster Pennsylvania. We also have
 two grandchildren that have visited Abbeyfield
 and loved your birds.



As you may have noticed, I don't actually write all the
 articles for your newsletter, but I get help from a variety of
 places. I have learned a lot as I have put the information
 together for you over the passed year. If there is any article
 you come across or information you would like to know
 more about I would be happy to find it and share it with you
 through your newsletter. I have already received and
 published some great ideas and articles from the residence
 and staff of Abbeyfield. I was thinking it might be nice to
 have a name for the newsletter so if you have any ideas
 please let me know. You can give your ideas and articles
 to Linda or Vera and they will pass them on to me.

AUTUMN IS THE BEST TIME

There are straight leaves and wavy leaves,
 with nuts and seeds, berries and more leaves.

Right-side up, or upside-down,
 I think they're funniest on the ground.
 And when I shuffle through them all,
 Autumn is the best time, I call it FALL!

Written & published by Rita



A great living choice for seniors in High River

Abbeyfield House

Communication with the elderly

Want more effective communication with the elderly? Keep these tips in mind.

Physical changes can affect communication.

Age-related decline in physical abilities and some illnesses can make communication more challenging. Hearing loss makes you harder to understand, so be patient and speak more clearly. Be sure you face the person when you talk, and avoid talking while you eat. Check to see if an assistive listening device could improve communication by phone.

Vision loss makes it harder for the elderly person to recognize you, so don't take it personally.

Some elderly people experience changes in speaking ability, and their voices become weaker, or harder to understand. Be patient when listening, and be aware when the elderly person gets tired and wants the visit to end.

Some age-related memory loss is normal as people grow older, although people experience different degrees of memory loss. Most often, short-term memory is affected, making it harder for an elderly person to remember recent events. Keep this in mind, and practice patience.

Allow the elderly person to reminisce, and to grieve.

When someone lives to be very old, it's impossible not to experience some feelings of significant loss. The deaths of relatives and friends, losing the ability to work and be independent, changes in health and finances, and being unable to make simple decisions can all affect an elderly person's self-esteem.

These losses can create sadness, and grieving. Common responses to grieving are depression, social withdrawal, and irritability, so look for these symptoms in the elderly person and seek medical advice or counseling.

Respect the elderly person's background, knowledge, and values.

Because an elderly person's life experience may be very different from yours, it's important to let the person express those thoughts and feelings, and to respect them even if you disagree.



Chuckle Corner

A redneck and an engineer were fishing in the Caribbean.

The redneck said, "I'm here because my house burned down, and everything I owned was destroyed by the fire. The insurance company paid for everything."

"That's quite a coincidence," said the engineer. "I'm here because my house and all my belongings were destroyed in an earthquake, and my insurance company also paid for everything."

The redneck looked somewhat confused and asked, "How do you start an earthquake?"



Strange Laws

Be careful, many of these laws are still on the books:

1. When visiting Louisiana, remember that it is illegal to gargle in public... you can do just about anything else in public, but NO gargling!
2. And be careful that you do not get caught shaving while driving in Massachusetts or you'll be in real trouble.
3. If you're going to be driving through Utah, be alert because the birds have the right of way on the state highways.
4. And walking down the streets of Maine with your shoes strings untied is illegal.
5. Oh, and in Atlanta, not only is it illegal to tie your giraffe to a telephone pole but if you get caught dressing a mannequin without shutting the window shades, you could be in big trouble.

