

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



Canada Day — Celebrate in George Lane Park with a fireworks show at Emerson Friday, July 1

High River Farmers Market — The market is open every Thursday at the Recplex from 4:00 to 7:00 PM

Chuckle Corner

Two elderly women were out driving in a large car, both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself "I must be losing it, I could have sworn we just went through a red light."

After a few more minutes, they came to another intersection and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous. At the next intersection, sure enough, the light was red and they went on through. So, she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!"

Mildred turned to her and said, "Crap, am I driving?"



Abbeyfield Resident

Grant

Born in a Windsor Ontario hospital at 0200 hours on October 14, 1924.

Moved to Barrie Ontario 1935 got my Senior matriculation at Barrie Collegiate Institute.

In RCAE during 1942—1945. Training 1946 in Montreal with British Aviation Insurance. Sent to Toronto as manager for Ontario Joint & Dale & Co. in 1952 for 18 years.

I formed my own brokerage office with offices at Toronto International Airport in 1970.

From 1973 until 1987, I looked after my wife who was sick. In 1982 I left Canada for California and then returned to Canada in 2003. I have now settled in High River.



What's Happening Around Town

To find the ninth mural, go east on 4th Ave, down the block close to the end on the left you will find another small area, and the ninth mural is on your left (west wall of the building).

Mural 9. Log Jam on the Highwood (Keith Holmes, 1991)

In the early days timber was cut in the mountains and floated down the Highwood River. Sometimes, along the river where logs would be know to jam, men with long pike poles would be waiting to keep the logs moving. If a jam occurred, the boss would work his way out to the key log were he would place dynamite. The explosion would clear the jam. This mural depicts a log jam, which occurred in 1891 on the OH Ranch west of High River. These logs, from a camp on Cataract Creek, are destined to become hand-hewn railroad ties for the construction of the Edmonton to Fort Macleod railroad.



Abbeyfield House

Tips to Help Seniors Enjoy Special Occasion

Special occasions are a wonderful time to share the joys of family life and friendship. But for many older adults these can be highly stressful, confusing, or even depressing times if your mental, physical and emotional needs are not taken into account. Here are some ideas to let your friends and family members know how they can help you enjoy visits more. I will have more ideas in the next issue.

Be inclusive. Involve everyone in holiday meal preparation, breaking down tasks to include the youngest and oldest family members. "Older adults with physical limitations can still be included in kitchen activities by asking them to do a simple, helpful task, like greasing cooking pans, peeling vegetables, folding napkins or arranging flowers," Sewell says.



Reach out. Social connectedness is especially important at holiday times. Reaching out to older relatives and friends who are alone is something all of us should do. Loneliness is a difficult emotion for anyone. Recent research with older people has documented that loneliness is associated with major depression and with suicidal thoughts and impulses.



Keep on the sunny side. Seasonal affective disorder (SAD) or winter depression is an illness that can be provoked by reductions in sunlight during the short days of winter. It is important for people confined indoors, especially those at risk for winter depression, to make time for activities that will increase exposure to daylight, according to Lebowitz.



Those Forgotten Words.

I haven't thought about fender skirts in years. When I was a kid, I considered it a strange term. It made me think of a car in lady's clothing.

Thinking about fender skirts started me thinking about other words that quietly disappear from our language with



hardly a notice. Remember 'curb feelers' and 'steering knobs'? Since I'd been thinking of cars, my mind naturally went that direction first. You kids will probably have to find some

elderly person to explain some of these terms to you.

Remember 'Continental kits'? They were rear bumper extenders and spare tire covers that were supposed to make any car as cool as a Lincoln Continental, but never worked, in my estimation.

Why did we quit calling them 'emergency brakes'? At some point 'parking brake' became the proper term. But I miss the hint of drama that went with 'emergency brake.'

I'm sad too that almost all the old folks are gone who would call the accelerator the 'foot feed.'

Here's a phrase we heard all the time in our youth but never anymore, 'store-bought.' Of course, just about everything is store-bought these days. But once it was bragging material to have a store-bought dress or a store-bought bag of candy.



A great living choice for seniors in High River