

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

Abbeyfield house welcomes our newest residents **Betty and Rita**.

Heritage Day — Monday, Aug 1

Art in the Park — Every Sunday throughout August at George Lane from 1:00 - 3:00 PM

Bocci Ball — Put on by Seniors Friendship Centre Wed & Friday at George Lane starting at 1:00

What's Happening Around Town

To find the tenth mural, go east on 3rd Ave, half way down the block on the south side and you will find it on the west side of a large brick building.

Mural 10. Supply Trains Here
(Terry Gregoraschuk, 1991-92)

This mural depicts an early small town scene. Excursions to town were few and far between for homesteaders and ranching families. The arrival of the supply train provided an opportunity for people to socialize and get caught up in the latest news.



Abbeyfield Board Member

Pat Orritt

I was born in High River and my parents were Hank & Francis Moor who were long time residents of High River. I moved to Chestermere at the age of 14 to live with my sister and completed my schooling there. Upon completion of my school I had worked for a company in Calgary then decided to start my career as a banker which I am still doing. I moved back to High River in 1998 and am married with one daughter. When I returned to High River I was fortunate enough to work at the Pioneer Credit Union for almost 5 years then moved on to have my own business for a year and a half and then onto Bank West (Western Financial Group) from 2004 to date.



I first became introduced to the Abbeyfield House through a dear friend Carmen King. He was so excited to see this project through so he could be the first resident however that was not to be. I have always had an interest in the Abbeyfield House and when I was asked to be on the board I was very excited. I am serving my second year and am Co-chair and Volunteer coordinator. This is my first position on a board so it has been interesting and a great experience for me. I look forward to the next term.

I have had the opportunity to visit the house and really enjoy meeting the residents and actually being able to see a couple of the rooms, it is a lovely facility. What a great place to live. I am looking forward to the next year on the board and look forward to visiting the house in the near future.

Chuckle Corner

An elderly couple had been experiencing declining memories, so they decided to take a power memory class where one is taught to remember things by association.

A few days after the class, the old man was outside talking with his neighbor about how much the class helped him.

"What was the name of the Instructor?" asked the neighbor.

"Oh, ummmm, let's see," the old man pondered. "You know that flower, you know, the one that smells really nice but has those prickly thorns, what's that flower's name?"

"A rose?" asked the neighbor.

"Yes, that's it," replied the old man. He then turned toward his house and shouted, "Hey, Rose, what's the name of the Instructor we took the memory class from?"



Abbeyfield House

Calcium and so much more

Milk products provide numerous nutrients with benefits not limited to healthy bones and teeth. They are an important part of a healthy diet and are one of the four main food groups in *Canada's Food Guide*.

Did you know that, according to *Canada's Food Guide*, an adult aged between 19 and 90 should consume two servings of Milk and Alternatives every day?

And when you consider that a serving is 250 ml (1 cup) of milk, 175 g (¾ cup) of yogurt or 50 g (1 ½ oz) of cheese, you can see how easy it is to get the recommended number of daily servings! There's a huge variety of milk products on the market to suit everyone's tastes and needs.

Unique nutritional value

Milk products provide up to 16 nutrients which are essential for a balanced diet and to maintain good health:

Protein: helps build and repair body tissues, including bones, and builds antibodies which fight infection.

Vitamin A: aids bone and tooth development. Also aids in the maintenance of night vision and healthy skin.

Vitamin B₁₂: aids in red blood cell formation.

Vitamin B₆, Riboflavin & Pantothenic acid: factor in energy metabolism and tissue formation, including bones.

Niacin: aids in normal growth.

Thiamine: releases energy from carbohydrate and aids normal growth.

Folate: aids in red blood cell formation.

Vitamin D: enhances calcium and phosphorus absorption, on which strong bones and teeth depend.

Calcium: aids in the formation and maintenance of strong bones and healthy teeth.

Magnesium: factor in bone and teeth health, energy metabolism and tissue formation.

Phosphorus: factor in the formation and maintenance of strong bones and healthy teeth.

Potassium: aids in the correct functioning of nerves and muscles.

Zinc: factor in tissue formation, including bones, and energy metabolism.

Selenium: a dietary antioxidant involved in the formation of a protein that defends against oxidative stress.



Those Forgotten Words.

'Coast to coast' is a phrase that once held all sorts of excitement and now means almost nothing. Now we take the term 'worldwide' for granted.



This floors me on a smaller scale, 'wall-to-wall' was once a magical term in our homes. In the '50s, everyone covered their hardwood floors with, wow, wall-to-wall carpeting!

Today, everyone replaces their wall-to-wall carpeting with hardwood floors. Go figure.

When's the last time you heard the quaint phrase 'in a family way?' It's hard to imagine that the word 'pregnant' was once considered a little too graphic, a little too clinical for use in polite company. So we had all that talk about stork visits and 'being in a family way', simply 'expecting', or 'P. G.'



Apparently 'brassiere' is a word no longer in usage. I said it the other day and my daughter cackled. I guess it's just 'bra' now. 'Unmentionables' probably wouldn't be understood at all.

It's hard to recall that this word was once said in a whisper, 'divorce.' And no one is called a 'divorcee' anymore. Certainly not a 'gay divorcee.' Come to think of it, 'confirmed bachelors' and 'career girls' are long gone, too.

Most of these words go back to the '50s, but here's a pure-'60s word I came across the other day, 'rat fink.' Ooh, what a nasty put-down!

A great living choice for seniors in High River