

The Savvy Seniors Journal

Gratitude: The Elixir To A Joyful Existence

By: Robin R. Rinke

Ah, the season of thanks is upon us! In the days of yore, when our three little ones gathered around the dinner table, we would pose the delightful question of what they were grateful for. Their responses were a blend of humor, warmth, and insight, and it filled our hearts. To embrace gratitude is to give yourself, and those around you, a precious gift. This noble sentiment can illuminate a joyful life, offering a *bounty* of benefits, such as:

- **Enhanced Mental Well-being:** Gratitude nurtures a sense of optimism and vitality, while gently diminishing the shadows of depression. It serves as a shield against the spirals of worry.
- **Boosted Physical Health:** This cherished practice can fortify the immune system, promoting a healthier and more vibrant existence.
- **Restful Slumber:** Gratitude paves the way for deeper, more restorative sleep by calming the nervous system with uplifting thoughts.
- **Strengthened Bonds:** A heart filled with gratitude fosters closeness among friends and partners, encouraging harmony in shared responsibilities.
- **Resilience in Adversity:** Embracing gratitude empowers individuals to rise with grace after life's trials and tribulations.
- **Less Material Longing:** A grateful heart often finds solace in non-material joys, steering clear of fleeting desires for worldly possessions.

Gratitude activates neurotransmitters in the brain that are associated with pleasure and mood regulation. It also causes the brain to release oxytocin, which promotes feelings of trust, generosity, and social connection.

Every morning, before the news or my iPhone, I spend a bit of time remembering what I am thankful for. This sets my day with a joyful heart. When I have a joyful heart it spills over to others. The world would be a wonderful place if we all spilled over joy and love to others.



We Will Remember By Hollie Kemp



On Veterans Day, the town gathered at the war memorial to honor those who had served in the military. As the crowd stood in respectful silence, a young boy approached one of the veterans and asked, "Why do we honor veterans on this day?" The veteran knelt down and said, "We honor veterans on Veterans Day to show our gratitude for their service and sacrifice. These men and women have risked their lives to protect our freedom and keep our country safe." The young boy nodded, understanding the importance of honoring veterans. He realized that Veterans Day was not just another holiday, but a day to recognize and thank those who had bravely served their country. As the ceremony came to a close, the townspeople thanked the veterans for their service, shaking their hands and offering heartfelt words of appreciation. The young boy joined in, expressing his gratitude to the veterans who had selflessly dedicated themselves to protecting their country. From that day on, the young boy made it a point to honor veterans not just on Veterans Day, but every day. He understood that their sacrifices should never be forgotten, and that their service deserved to be honored and remembered.

On Veteran's Day may we honor those who have served and who may have forgotten their service due to Dementia. Like the young boy let us recognize their bravery, service, and sacrifice. Even if they forget, we will remember.

Featured Article

Part 10 of My 12 Realizations of:

AS I GET OLDER By: Paul Scanlon

ALWAYS ASK THE TURTLE.

I learned this from listening to a story that a lady told who was a tourist in Thailand, and she was driving and she saw a turtle climbing up a hill into a sandy area, a gravelly area, on the side of the road.

She got out of her car, picked up the turtle, put it in the car and drove it back to the river, where she suspected it had come from. Once at the river, she was told by locals, that she had interfered with nature. They said that it probably took the turtle three or four months of its life to get to where she said she rescued it from.

I want to say to you, and I've learned this the hard way this year again...

Stop trying to rescue people who didn't ask you to get involved in the first place.

Stop carrying people back to where you think they should be because it makes you feel more comfortable that they are there rather than where you came across them.

Stop over functioning to get an outcome nobody wants.

Stop being people's un-appointed rescuer. It's not coming from a bad heart in you or me. It comes from a love for people. But that still doesn't make it okay.



Ask the turtle first. If the lady could have said to the turtle...

“Excuse me, I am planning to take you back to the river where I think you belong. Is that okay?”
The turtle would have said....

“Hell no, leave me alone. It took me months to get here.”

I think that's what people want to say to us, who we think we're helping, but we are really not.

Ask people first, or figure out before you ask, no, I don't think this is the right thing that I should do that I'm planning to do, and leave it alone.

Leave them alone. And I know you understand that when people have done that to you as well. When they put you back in the water and you were doing just fine.



Gratitude Affirmations to Cheer Your Heart!

1. I am grateful for many things in my life that bring me joy and comfort.
2. I trust that what's meant for me is already mine, regardless of how and when it is mine.
3. I am worthy of beautiful endings and exciting beginnings.
4. I allow my voice to be heard, my thoughts to be expressed and my vision to be seen.
5. I am open to things working out for me. I am open to receiving abundance. I am open to connecting with my highest self.
6. I am eternally grateful for all of the blessings I have in my life.
7. I am happy and grateful for everything I have and receive daily.
8. I constantly remind myself to enjoy all the good I have in my life right now.
9. I express deep appreciation for the small steps I achieve each day.
10. With every breath I take, I am bringing more and more gratitude into my life.





Good for ages 0-99

By, Liz Cruz, MPH, RCFE

There is no age limit for play, what a ludicrous concept that play is just for children. As the holidays approach there will be endless households that indulge in food, the company of others and games that bring bonding and a little fiery competition. My family travels with bags of coins to our gatherings to play Po-kee-no, a game like Bingo. Bragging rights go to the person who goes away with everyone else's money. Most will go home with lighter pockets, but everyone goes home with deposits made into their self-care, and enjoyment buckets.

It is a fact that play is powerful and beneficial for all ages. Whether done solo or in group fashion, the takeaways are undeniable. When children play, they develop skills essential to healthy development and which improve their cognitive, behavioral, and emotional well-being. As we mature, play helps to maintain balance in these areas. What people enjoy is a light that stays well-lit into their senior years and is often a gateway into a person's passions and memories.

Senior living communities understand the importance of engagement. The magic begins the moment families in need of Senior Living options start to look for themselves or a loved one. One of the number one requests is that there are programs that speak to individual interests and provide opportunities for fun meaningful interactions with others. Kudos to all the Therapeutic Recreation Therapist, and Activity Directors that are respectfully PAID TO PLAY, what you do matters more than you know. Sometimes play can feel like a waste of time, or something juvenile but our activity professionals along with organizations like the National Institute on Aging recognizes that continuing to participate in activities supports healthy aging and can lower the risk of developing certain diseases such as dementia. A holistic approach to aging includes having about as much fun as you can tolerate.

Stay Forever Young - Keep your heart happy and your mind busy.

THANKSGIVING DAY

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

P T H A T H U R S D A Y N G K
S I S R E V O T F E L G I N V
T R E S N A I D N I R I S I N
U E G D S A Y I S E T H E V N
R T H G E T O N B E O C I I I
K T N D R A E M Y L T E R G K
E A H O Y A E L I A L L R S P
Y L P A I V T D B L T E E K M
I P M I O T A E A I T B B N U
S S P N L Y I B F S G R N A P
U R E L Y G T D A U A A A H M
E R I C A O R E A N L T R T Q
R M N R O H F I R R K E C G R
S T U F F I N G M R T D Y T M
D R U M S T I C K S V N K L B

By Jimmy and Evelyn Johnson - www.qets.com

Celebrate
Cranberries
Drumstick
Feast
Football
Giblets
Grateful

Holiday
Indians
Leftovers
November
Pie
Pilgrims
Platter

Pumpkin
Stuffing
Thanksgiving
Thursday
Tradition
Turkey
Yams



Interesting Facts About November

- Many people in the US can recall what they were doing at 12:30 pm on November 22, 1963. It was on this day that President John F. Kennedy, known as JFK, was fatally shot while riding along with his wife in a procession of cars. He was rushed to a hospital all too late and was pronounced dead at 1 pm that day. Kennedy was the fourth US president to be assassinated, after Abraham Lincoln, James Garfield, and William McKinley.
- The Anglo-Saxons had quite a fitting name for November. It's usually at this time of the year in the northern hemisphere that cold winds start to chill you to the bone, and as such, they called it "Wind Monath," or wind month.
- The Anglo-Saxons also called the month of November "Blod Monath," or blood month. It gained this name as it's in November that they would traditionally slaughter cows to provide food for the long winter months.
- The US has its own historic day, too. Thanksgiving is celebrated on the fourth Thursday of November and has been celebrated since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the pilgrims of Plymouth and New England. It is still celebrated in a similar way, with families coming together and sharing plentiful amounts of food traditionally available during November.
- November has just one birthstone, the radiant topaz. The topaz is symbolic of many things, but most of all, it is a symbol of strength and honor. The ancient Greeks also believed that the stone had the ability to turn oneself invisible.
- November also only has one birth flower, although with a flower like this, who needs another?! We're talking about the ever-stylish chrysanthemum, which to the most extent, symbolizes cheerfulness. Different colored chrysanthemums have different meanings, though – a white flower symbolizes pure love and truth, a red flower says "I love you" like nothing else does, while a yellow flower is a symbol of unrequited love.
- Those born in November can be born under one of two very different star signs. If you're born before November 23rd, then you have the sign of Scorpio. Those born on November 23rd or later have the sign of Sagittarius. Scorpions are said to value trust and honesty above other things, as well as being quite intense yet imaginative people. Those born under the sign of Sagittarius are quite different, being energetic and idealistic while also generous and open-minded.
- November is apparently the official month for banana pudding lovers!



Healthy Heart, Mind, & Soul

Loneliness During Holidays

For anyone dealing with an illness, grief, or the loss of a loved one, the holidays can be a time of sadness, pain, anger, or dread. It can be difficult to cope, especially when you see the sights and sounds of holiday happiness all around you. Grief can become overwhelming with waves of memories, particularly during Valentine's Day, Passover, High Holidays, Thanksgiving, Hanukkah, Christmas and many other special times. Grief can also magnify the stress that is often already a part of the holidays.

Make a New Tradition for Your Family

During a holiday dinner, place a lighted candle on the dinner table, leave an empty chair, or say a few words of remembrance.

Alter Your Yearly Plans

Go out to dinner instead of planning an elaborate meal at home. Or schedule a trip with friends.

Don't Be Afraid to Show Emotion

People who are grieving may find it hard to participate in all the festivities or may need to let go of unsatisfying traditions. It's all right to tell people you just aren't up to it right now or to change plans at the last minute. I remember that my sister did not join in singing carols, the holidays after our father died.

Lend a Helping Hand

It may also help to volunteer through a charitable or religious organization. Make a donation to a favorite cause in memory of the person who died. In retrospect, I wish I had done this during that sad holiday.

Don't Pressure Yourself to Get Over It

The grieving process doesn't neatly conclude at the six-month or one-year mark. Depending on the strength of the bond that was broken, grief can be life-long. Nevertheless, grief does usually soften and change over time. With time, the holidays will become easier to handle.

The most important thing to remember is there is no right or wrong way to celebrate the holiday season after the death of a loved one, and that the best way to cope with that first holiday season is to plan ahead, get support from others and take it easy.



A Support Group for family and friends of individuals experiencing memory loss and/or needing assistance:

FREE SUPPORT GATHERING



We Are Here For You!

For Family and Friends of individuals experiencing memory loss and/or needing assistance.

PRESENTING
Hollie Kemp
CDP CADDCT


Meet at the community
or watch at home – via ZOOM

Second Tuesday of each month
11:30am – Pacific
12:30pm – Mountain
1:30pm – Central
2:30pm – Eastern

REGISTER AT:
<https://zoom.us/meeting/register/tJlrceirpj4oGNKcNB1svq7yq2-DGbNFTs9S>

After registering, you will receive a confirmation email containing information about joining the meeting.

Must RSVP and sign up for gathering –
Attendees can watch on Zoom at home
or gather at the community.



MEMORY MATTERS
Surround yourself with supportive people.

At our community, we understand how difficult it can be to care for your parent or loved on with dementia. Come join us as we Educate, Congregate and Conversate together at this support gathering.

Find out about monthly topics that Matter.

- Understanding the diagnosis.
- I'm struggling.
- How do I communicate?
- Can I do this alone?
- What can I do for me?
- What is next?



Hollie Kemp, CDP CADDCT, Innovator and leader in Memory Care and Senior Housing, program developer and proud recipient of an "Argentum's Best of the Best" award. Hollie was also awarded the "40 under 40" award by Argentum for her leadership in Senior Care. Hollie holds a Bachelor of Science Degree in Human Biology, studied Social Work in Graduate School, is currently finishing an Advanced Clinical Practice Certification in Dementia Care through the School of Social Work, and has numerous other Certifications in Alzheimer's and Dementia Care including being a Certified Dementia Practitioner, Certified Alzheimer's and Dementia Care Trainer, Certified Caregiver Stress Powerful Tools For Caregivers trainer, Montessori Based Alzheimer Care Certified, and more. Hollie is also a Global Chair for the Alzheimer's Associations Longest Day, National Team Walk Captain, and has served on the Early Detection Committee for the National Alzheimer's Association.



**REGISTER AT:
HTTPS://ZOOM.US/MEETING/REGISTER/
TJIRCEIRPJ4OGNKCNB1SVQ7YQ2-
DGBNFTS9S**



Scammers take advantage of the holiday season to steal personal information and money through a variety of schemes, including:

- **Delivery scams:** Scammers may send a note on your door claiming to have a package for you that couldn't be delivered. The note may include a phone number to call to reschedule the delivery.
- **Fake gift cards:** Scammers may promote fake gift cards on social media.
- **Fake surveys:** Scammers may send fake surveys that ask for personal information and credit or debit card information.
- **Phishing emails:** Scammers may send emails that appear to be from well-known brands, such as Amazon or Walmart. These emails may use social engineering tactics to steal your passwords, personal information, and financial details.
- **Shopping scams:** Scammers may ask for personal or credit card information over public Wi-Fi.
- **Imposter scams:** Scammers may take advantage of trust between family members and loved ones.
- **Charity scams:** Scammers may solicit donations to fraudulent or fake charities.



We hope you have enjoyed this issue of
The Savvy Senior Journal

THIS ISSUE WAS SPONSORED BY:

**CONTACT OUR COMMUNITY RELATIONS DIRECTOR
FOR OUR CURRENT ISSUE TO BE MAILED TO YOU
AT:**

