

Senior Net Newsletter

An Aging in Place Initiative

Of the Peachland Wellness Centre February 2010

Well it's here at last. The year and month in which The Winter Olympics take place in our capital Vancouver BC. The weather is mild and on Cypress Mountain the Olympic Officials have had to truck in snow. In 1964 at the Games in Innsbruck in Switzerland they had the army bring in snow, twice. The first batch got rained on. The soldiers had to tamp it down with their boots before the games could proceed, which they did successfully.

February 14 is Saint Valentine's Day. This is a chance to let your special person know how much you care with a nice card or some flowers, or dinner, or all three! When we seek expressions of romance we can rely on the great Scottish bard Robert Burns who was frequently in love and wrote the following.....*O my Luve is like a red red rose, that's newly sprung in June. O my love is like the melodie, that's sweetly play'd in tune.* The spelling is authentic!

What's for dinner? Root vegetables come into their own at this time of year in the form of hearty soups and vegetable casseroles. Have you tried cooking a chopped onion or a couple of apples in with the potatoes? Try spinach, broccoli, Brussels sprouts, or carrots, cooked separately then drained, reserving some of the cooking liquid to add to the potatoes with a knob of butter and seasoning to taste. Known in Europe as Stamp pot, this goes well with a slice of meatloaf, a smoked sausage or piece of pork for a hearty meal. Leftovers can be heated in the microwave then covered with breadcrumbs, dotted with butter and popped under the grill for a tasty snack.

Puns for educated minds. The roundest knight at King Arthurs Round table was Sir Cumference. He acquired his size from eating too much pi.

Two silk worms had a race; they ended up in a tie.

A rubber band pistol was confiscated from Algebra class. It was said to be a weapon of math disruption.

Contributed by Pat Day.

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To get you thinking. I heard this on CBC radio just after Christmas...What is greater than God... Worse than the Devil... The Dead eat it...If the living eat it they will die. Answer at the foot of the page.

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending” Anon.

It is a proven fact that our brains are capable of improvement with practice. Like a muscle, your brain needs exercise to keep it in top condition. The following website http://www.essortment.com/family/memorymentalex_swgg.htm provides links to various mind and body exercises. Try some of the ideas for a few weeks and you will be surprised at the improvement in your memory and wellbeing. If you don't have a computer, don't fret, there are many ways to improve your mental alertness. Jig saw puzzles, riddles and word games and reading, borrow large print books at the library. Don't be lonely, join a club and get involved with your community. Take charge of your health. Don't put up with loose dentures, sore knees or heartburn, you know what to do, so give yourself a little push, and good things will start happening!

Book Review. The Man Who Mistook his Wife for a Hat. And other clinical tales by **Oliver Sacks.** If you enjoy medical mysteries and are curious about the way the body responds to injury, this book will enthrall you. Dr Sacks is a serious, involved clinician, who gets to know his patients as people, humans, not humanoids. He finds ways to help the most helpless back to some semblance of normality. The book is highly readable and well worth your while. Francis Bastiaanse.

Answer to the riddle: **Nothing.**

Email us if you have any ideas/articles/book or movie reviews. We would like to hear from you. Contact Fran at pwcseniornet.WellnessCentre@shaw.ca

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