50 & WISER

Wiser Living Harrisonburg

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SPECIAL POINTS OF INTEREST:

- 50 & Wiser
- Don't Forget to Laugh

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50 & Wiser

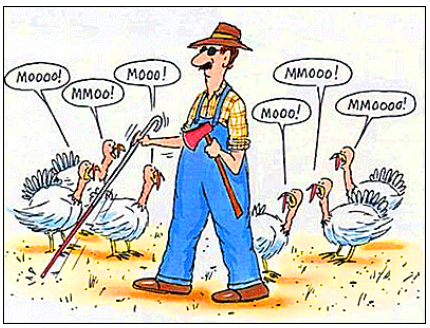
November– wow, where did that year go? You have probably heard that old age is like toilet paper; the closer you get to the end, the faster it goes! So here we are, the eleventh month of the year, and with all the holidays, it is like being on a fast train going downhill. The new Activity Guide for Dec 2013-March 31 is going through final adjustments then to the printer. Registration for programs will begin Dec 2 for residents, Dec 3 for non-residents. 50 & Wiser has 16 programs listed this time. Some are revisits, like Neck Warmer Therapy (how to make a scented neck warmer, held at Patchwork Plus) to Beading and a Winterproof Yourself Class that goes beyond the usual cold weather information. This is a busy time for everyone, and sadly the most stressful time of the year. The big thing that everyone needs to remember is to take time for yourself, and try to lower expectations to a reasonable level. Deep breathing is free and it works! There are many techniques, but here is one I like.

1. Sit comfortably and let all your breath out.
2. Breath in through your nose to the count of 4.
3. Hold your breath to the count of 7.
4. Touch the tip of your tongue to the back of your top front teeth and breath and breathe out to the count of 8.

Stay happy! Gail

Fighting Back - Don't Forget to Laugh

When you remember the best holidays you have had, you often remember the funny things that happened. Laughter and fun just go together. When you laugh, it is contagious. Likewise, frustration and anger are often communicated too. Stop negative thoughts; refocus on what is really important.



All Saints' Day,

Together with All Souls' Day, are known collectively as Hallowtide.

Project Britain Folklore Calendar

November is not considered a pleasant month. The weather is changing from fall to winter, and the Anglo-Saxons called November 'Wind monath' as the chilly winds began to blow and 'Blod monath' because it was the time cattle were slaughtered for winter food. November 1, a feast day called All Saints Day was once called All Hallows (hallow was an old word meaning holy person). The feast actually started the night before, on All Hallows Eve which morphed into Halloween. All Saints Day is a day for Christians to remember all 'men of good will' or saints. On All Souls' Day the Roman Catholic Church remembers all people who have died. Families visit graves with flowers and churches, on request, read the names of the dead. Some places, All Souls Day ends with a play or some songs. Before the Reformation, it was customary for poor Christians to offer prayers for the dead in return for money or food (soul cakes) from their wealthy neighbors. This was the beginning of "Trick or Treat. (projectbritain.com)

Soul Cake - Alms for the Dead

Soul Cakes were given in exchange for prayers for the dead. The hope is that the soul of a loved one would be released from Purgatory when a soul cake was eaten for them. More like biscuits or cookies than cake, they are quite good! There are many recipes; here is one.

2 C flour; 3/4 C sugar; 1.5 stick soft butter; 1/2 tsp each cinnamon; allspice; nutmeg, 1 beaten egg; 2 tsp white wine vinegar.

Grease 2 baking trays.

Mix dry ingredients well, add egg and vinegar, mix with wooden spoon. Dough will be firm. Cover and put in refrigerator for 20 minutes. Roll dough on floured surface to 1/2" thick. Make cross on top. Bake at 400° 15-20 min.

Help! I Have Fallen and Can't Get Up!

It was such a surprise. I was bringing the dogs in from the pasture this morning when suddenly my foot slipped on wet slate paving and down I went! You are the first person I have told. There is something shameful about falling, especially as you get older. I was wearing Crocs, and they tend to slip. My fault. Could have been prevented. I wasn't hurt, but I could have been. I could have laid there for hours. My husband, who is hard of hearing, was asleep on the other side of the house. I was lucky.

According to the CDC, one out of three people 65 and older falls each year. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. One out of five hip fracture patients dies within a year of their injury. In 2010, the direct medical costs of falls, adjusted for inflation, was $30 billion. Falls can largely be prevented.

There are four major areas of focus associated with fall prevention. One is making homes safer by reducing tripping hazards (throw rugs are not your friends!), adding grab bars, railings and improving lighting and color contrasts on steps or other areas of concern. Much of this is common sense.

Another area I really hadn't thought much about is vision. It is important to have eyes checked by an eye doctor at least once a year and get new glasses as needed. You may want to have one pair of single vision for outside and another pair for reading and other short distance needs. Another area that may not be considered is the medicine you are taking. Some may cause dizziness or drowsiness, and there may be unexpected side effects with new medicines.

One area we can control is exercise. There is an exercise for every ability and proof it helps reduce falls.

Three staff members from Harrisonburg Parks and Recreation will be certifying as SAIL program leaders on November 8, myself included. SAIL stands for Stay Active and Independent for Life and is widely acclaimed to help people prevent falls. Stay alert and watch for it!

SAIL is brought to you through a RMH Foundation grant and partnership between RMH Senior Advantage RMH Lifeline, VPAS, Generations Crossing, and Harrisonburg Parks and Recreation

According to the Dogs

From Diabetic Gourmet Recipes: (http:diabeticgourmet.com/recipes)

Herb Roasted Turkey with Mushroom Gravy

Serves: 12

Cooking Time: 3.5-4 hr

What You'll Need:

- 10-12 pound turkey
- 4 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 1 medium onion, quartered
- Peel of one lemon, cut into strips
- 1 cup dried mushrooms, reconstituted (reserve 1 cup liquid)
- 1 cup low-sodium chicken broth
- 2 tablespoons dry white wine
- 2 teaspoons potato starch
- 1/2 teaspoon dried chives
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Instructions:

1. Preheat oven to 325°F.
2. Remove turkey giblets and neck from body cavities. Rinse turkey inside and out, pat dry with paper towels.
3. Starting at neck, using your fingers, gently loosen skin over entire breast. Place thyme and rosemary sprigs at even intervals under skin; pat skin back in place. Place onion and lemon peel in body cavity. Place turkey breast-side up on rack in roasting pan.
4. Roast turkey 3 1/2—4 hours, until meat thermometer inserted in fleshy part of inner thigh (not touching bone) reaches 180 ° F. Let stand 15 minutes before carving. Remove skin before eating.
5. Meanwhile, to prepare gravy, pour pan drippings into a 2-cup measure; let stand 5 minutes. Skim off and discard fat; pour remaining liquid into small saucepan. Add mushrooms and 1 cup mushroom liquid, broth, wine, potato starch, chives, salt and pepper; bring to a boil. Simmer 2 minutes. Serve with turkey. One serving=3 oz turkey, 1/4 C gravy.

Calories; 159; protein; 25 gm; sodium 114 mg; fat 4g; carbohydrates 3g; exchanges; 3 lean meat; 1/4 vegetable Source; NTF

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

November

AUTUMN	**JACKET**	**TURKEY**
COLORFUL	**LEAVES**	**WINDY**
COOL	**NATIVEAMERICAN**	
FALL	**NOVEMBER**	
FEAST	**NUTS**	
FRIEND	**PILGRIM**	
HAPPY	**RAKE**	
HARVEST	**THANKFUL**	
HOLIDAY	**THANKSGIVING**	