

Why we become forgetful. . .

We often fear the worst. Memory loss is rarely caused by serious illness. Some of the major physical reasons for forgetfulness are:

***Impaired hearing or sight.** You may not remember certain details because you did not hear or see them completely.

***Drugs.** Certain prescription and over-the-counter medicines can cause drowsiness or dull the mind limiting your ability to pay attention and absorb information.

***Lack of exercise** can make the mind as well as the body sluggish. Aerobic workouts stimulate the nervous system.

Fatigue limits your ability to focus and pay attention and makes remembering things you have known for a long time more difficult.

Stress and anxiety can impair memory by reducing blood flow to the brain which limits acetylcholine, a neurotransmitter needed for memory function.

Isolation and loneliness, lack of social contact can impair the mind's functioning. Staying in touch with friends can help or hold on to memory.

Information overload—having to remember too many things at once sabotages memory.

Stretch your mind. Exercise the muscle of your mind: play Scrabble, do word games, mind teasers and crossword puzzles. Learn new words. Learn two words each week and commit them to memory. Don't retire your brain.

Keep connected with people and events.

Quotable: A long life makes me feel nearer truth, yet it won't go into words so how can I convey it? I can't and I want to. I want to tell people approaching and perhaps fearing age that it is a time of discovery. If they say, "Of what?" I can only answer, We must each find out for ourselves, otherwise it won't be discovery.

Source Unknown

The Autumn of Life

What a wonderful time is life's autumn, when the leaves of the trees are all gold, when God fills each day as He sends it with memories, priceless and old. What a treasure-house filled with rare jewels are the blessings of year upon year, when life has been lived as you've lived it in a home where God's presence is near. May the deep meaning surrounding this day, like the paintbrush of God up above, touch your life with wonderful blessings and fill your heart with His abundant love.

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A Healthier You

Live better longer! All it takes is a few simple changes in your daily routine. "You will live longer and enjoy life." Maybe you found this prophecy in a fortune cookie. Of course, this prophecy doesn't come with a guarantee.

You don't have to die of something. You can live out your life unmarred by disability or some chronic illness. You can succumb, not to illness but merely to old age.

Exercise is an all-around tonic for body and mind. It goes a long way toward reducing the need for medical care and improving the quality of your life. Incorporate more activity in your daily routine. Walk whenever you can. If possible take the stairs instead of the elevator. Set aside time each day for concentrated exercise. Remember your future health depends largely on how you care for yourself in the present.

Don't be fanatic about anything. Eat what you like and be guided by reason and self-control. Unless you have a chronic illness such as diabetes or are genetically prone to an early death from heart disease, you need not give up things you love to increase your chances of living longer healthfully and enjoyably. You can have your cake and eat it too as long as it's not too much cake too often. All you need to do is decide it's something you want to do.

Present moment living

Do you live happily in the present moment? Life is a continuous succession of present moments. Maybe we spend an inordinate number of our moments regretting the past or fixating in the present or worrying about the future. We miss a lot of life that way!

Simplicity gains importance in our life as we begin to make peace with ourselves. As we get older, we arrive at an inner awareness that we don't need so much of the trappings we carried for so long. These are relinquished because the **Real Self** is ready to be revealed. We become comfortable with who we are. In 1912 Mary Antin wrote "We are not born all at once, but by bits. The body first and the spirit later."

Put another way Simone deBeauvoir writes, "One is not born a woman or man, one becomes one." This becoming takes years. We need time to consider, reflect, make choices, time to emerge from the cocoon in all our radiance.

Treasure magical moments. You can carry them with you wherever you are, forever!

THINK ABOUTS...

*Much in life is a matter of perspective. It's not inherently good or bad, a success or failure., it's how we choose to look at things that makes the difference.

*Never stop adapting and learning. The world will always be changing. If you limit yourself to what you knew and what you were comfortable with earlier in life, you will become increasingly frustrated with your surroundings as you age.

*In research on older Americans what predicted satisfaction more than anything else was willingness to adapt. If one is willing to change some habits and expectations, happiness can be maintained even when circumstances change.

*Never write yourself off. If you don't believe in yourself, you won't be able to function. Whether you believe you can or you believe you can't, either way you're right.

*Older people are as happy as younger people. Perhaps one must make accommodations for age. Many seniors say they find serene satisfaction with this life.

*Hold everything in your hands lightly, otherwise it hurts when God pries your finger open. *Carrie Ten Boom*

*You are the music while the music lasts. *T. S. Eliot*

Wit and Wisdom

Top 10 Statements

Pastors would like

to hear

10. Hey, it's my turn to sit in the front pew!

9. I was so enthralled, I never noticed the sermon went overtime by 20 minutes.

8. Personally, I find witnessing more enjoyable than golfing.

7. Pastor, I've decided to give our church the \$500 a month I used to send to the TV evangelists.

6. I volunteer to be the permanent Sunday School teacher for the junior high class.

5. Forget the denominational guidelines—let's pay our pastor a good living wage.

4. I love it when we sing hymns we've never sung before.

3. Since we're all here, let's start the worship service early.

2. Pastor, we'd like to send you to that Bible seminar in the Bahamas.

1. Nothing inspires me and strengthens my commitment like the annual business meeting. *Ryan Ahlgrim & Randy Roth*

*Junk is something you keep a long time, then toss away a week before you need it.

*A lot of us would like to move mountains, but few of us are willing to practice on small hills.