

# Senior MOMENTS



Vol. 4, No. 1

*Opportunities are usually disguised as hard work,  
so most people don't recognize them. – Ann Landers*

JANUARY 2006

## You Can Create Miracles

**D**r. John Gray, an internationally recognized expert in the field of communications, relationships, and personal growth, says each of us has the power to create practical miracles.

- You must *believe that miracles are possible*. This means you can open your mind and recognize that much more can happen than you now imagine.
- *Live as if you are free to do what you want to do*. By accepting the fact that you control your life, you tap into the power to change.
- *Learn as if you are a beginner*. If you want to live a life full of miracles, you must stay in touch with what it feels like not to know anything. Be open.
- *Love as if it's for the first time*. Let go of negative feelings and keep the loving spirit alive.
- *Give as if you already have what you need*. Don't let the world dictate how generous you will be.
- *Work as if money doesn't matter*. Work for the joy work brings and the contribution you can make.
- *Assume that everything will be OK and relax*. Worrying about problems prevents us from solving them.
- *Practice willful breathing when you're under stress*. Breathe deeply and think about other things. Later, you will have a new perspective on your old problem.
- *Recognize that the world is charged with a life force* – a marvelous natural energy that can help us create practical miracles. People call this energy a higher power. You call it by whatever name you prefer.
- *Feast as if you can have whatever you want*. You create miracles by exploring and delighting in your deepest desires.



(For more information, read *Practical Miracles for Mars and Venus* by Dr. John Gray.)



### WORDS TO LIVE BY

THE SECRET TO A RICH  
LIFE IS TO HAVE MORE  
BEGINNINGS THAN  
ENDINGS.

– DAVID WEINBAUM

VITALITY SHOWS IN  
NOT ONLY THE ABILITY  
TO PERSIST BUT THE  
ABILITY TO START OVER.

– F. SCOTT FITZGERALD

YOU WILL NEVER FIND  
TIME FOR ANYTHING.  
IF YOU WANT TIME,  
YOU MUST MAKE IT.

– CHARLES BUXTON

THE WORLD IS ROUND  
AND THE PLACE WHICH  
MAY SEEM LIKE THE END  
MAY ALSO BE ONLY THE  
BEGINNING. – IVY BAKER

OPPORTUNITY DANCES  
WITH THOSE WHO  
ARE ALREADY ON THE  
DANCE FLOOR.

– H. JACKSON BROWN JR.

# Preserving Old Papers and Fabric

**D**o you have an old love letter, a rare book, or a note from your great grandfather who served in the Civil War? If so, you may want to preserve them.

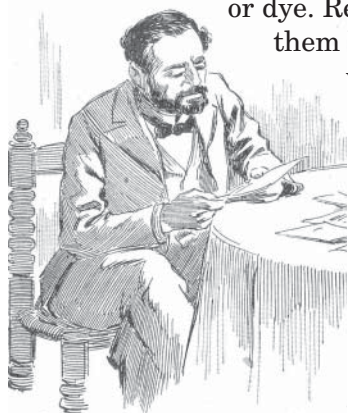
If you don't want them out to look at, store them in a fireproof box or file cabinet.

If you want to view them, put them in an acid-free folder or a Mylar sleeve. When handling any old papers or cloth, wear white cotton gloves so you do not tear them or transfer acids and oils from your hands.

Protect old papers and cloth from insects and mildew. Also, don't expose them to light that fades the ink or dye. Refrain from folding them because folds cause

weak points in paper and fabric. Humidity makes paper more flexible, but too much can cause mold.

*(For more information, read Saving Stuff: How to Care for and Preserve Your Collectibles, Heirlooms and other Prized Possessions by Don Williams.)*



## TRIVIA?

Can you remove one letter from the word "restarted" to leave another word, and then repeat the process until just one letter remains?

*(Answer somewhere in this newsletter)*

## Warning Signs of a Stroke

**Y**ou need to be the keeper of your good health. Sometimes people have mini-strokes and don't know it. The following are warning signs of a stroke:



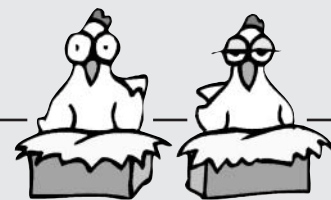
- Sudden weakness or numbness of face, arm, or leg – especially on one side.
- Sudden loss of vision – especially in one eye.
- Loss of speech or trouble talking and understanding speech.
- Sudden severe headache without cause.
- Dizziness or unsteadiness.

Get help within 3 hours of the first symptoms to lessen damage.

Consult your physician or log on to the Web ([www.lifelinescreening.com](http://www.lifelinescreening.com)) for further information.

## Healthy Recipe

### Apricot Chicken for Two



2 boneless, skinless chicken breasts  
canola spray  
1/4 cup chopped green pepper  
1 1/2 tsp. flour  
1/2 T paprika  
1/8 tsp. pepper  
1 cup low-sodium chicken broth  
1/2 cup low-fat sour cream  
1/8 tsp. grated lemon peel  
1/4 cup finely chopped dried apricots

Lightly coat an 8-inch square pan with canola spray; arrange the chicken in the bottom. Combine the remaining ingredients in a bowl and stir well to blend. Pour liquid over chicken. Cover and bake for 30 minutes at 350 degrees. Uncover and bake for another 20 to 30 minutes until done.

**1 serving = 292 calories, 9 gm fat, 94 mg cholesterol, 158 gm sodium, 20 gm carbohydrate, 33 gm protein.**

*Note:* Serve over noodles. To complete the meal, add a salad.

For more information contact: WVU Marshall County Extension Service; Sue Riggs, Extension Agent; PO Box 309; Moundsville WV 26041; Telephone: 304-843-1170; e-mail: [RSRiggs@mail.wvu.edu](mailto:RSRiggs@mail.wvu.edu). Trivia Answer: Restarted, restated, restate, estate, state, sate, sat, at, a.

*Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University.*

