Extension Service
West Virginia University

Senior MOMENTS

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The only truly happy people are those who have found someone or some cause to love and belong to. – John Powell

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Where's Your Living Will?

As a competent adult, you have the right to make decisions in advance about whether you would like to decline life support when it is clear that death is imminent or a coma becomes permanent.

Today, life support systems can keep an individual's body alive for years even if the person's brain is no longer functioning or if the person is in constant pain.

A living will is a document that lets you decide whether to be kept on artificial life support. Often, this document also appoints someone to make important health care decisions on your behalf if you are unable to do so.

You should keep a copy of your living will in four places. And if you have a residence in more than one state, you should do the same thing in both states. Keep a copy of your living will (1) with your primary care physician, (2) at home with your other important papers, and (3) with a close family member. The original should be kept by your family attorney. If the person who has the power of attorney is not on this list, perhaps you should file a fifth copy with him or her.

(For more information, read New Families, New Finances; Money Skills for Today's Non-Traditional Families *by Emily Card.)*

Health Care Studies

The National Institute for Healthcare Research in Rockville, Md., found through studies of 126,000 people that religious people live longer if they go to church, synagogue, or mosque regularly.

They also tend to have lower blood pressure, stronger immune systems, and lower rates of cancer, heart disease, and mental illness. Many also live longer.

Words to Live By

A good heart is better than all the heads in the world.
– George Santayana

The heart is a free and fetterless thing – a wave of the ocean, a bird on a wing.
– Julia Pardoe

All the knowledge I possess everyone else can acquire. But my heart is all my own. – Goethe

If I can stop one heart from breaking I shall not live in vain.
– Emily Dickinson

It is only with the heart that one can see rightly; what is essential is invisible to the eye.
– Antoine De Saint Exupery

What Makes Great People?

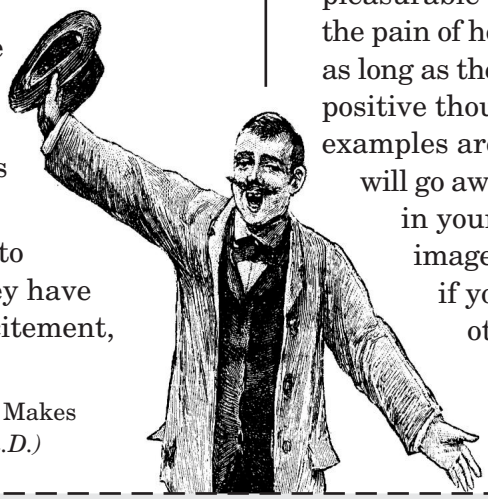
Great people are not born great. They work hard, are extremely focused and persistent, take risks, and solve problems creatively.

Great people have the following characteristics:

- Intelligence in the areas they have chosen to pursue.
- Willingness to practice about 10 years at anything to become proficient. Make mistakes, discover new solutions, and endure difficult situations.
- Energy to really become involved in a particular work.
- Concentration to become so excited they are unaware of everything else.
- Belief that they have a major purpose to accomplish even though at times they seem to fail.
- Take risks regardless of what others think.

Great people are not clearly superior to those who don't become great, but they have tremendous interest, enthusiasm, excitement, and determination.

(For more information, read Greatness: What Makes History and Why *by Dean Keith Simonton, Ph.D.)*



TRIVIA?

See if you can identify what these items represent.

1. Weatther
2. Sleeping The Job
3. One Other One Other One Other One Other One Other One Other

(Answer somewhere in this newsletter)

Positive Thoughts Reduce Pain

Peter Staats, M.D., director of pain medicine at Johns Hopkins Hospital in Baltimore, Md., has conducted research on pain.

In one study, patients told to think of pleasurable activities were able to withstand the pain of holding one hand in ice water twice as long as the other participants. Any powerful positive thoughts can reduce pain. Some examples are telling yourself that the pain will go away soon if you focus on good things in your life or concentrate on pleasant images or memories. Pain can be worse if you have anxiety, depression, or other negative emotions. There is power in positive thinking.

For more information, check the Web (www.WebMD.com).

Healthy Recipe

Hearty Beef Stew for Two

- 1/2 pound lean beef stew meat
- 2 medium potatoes, peeled, cut in 1 1/2" pieces
- 1 small onion cut in wedges
- 2 medium carrots cut in 1" pieces
- 1/2 celery rib stick cut in 1" pieces
- 1/4 cup sliced canned mushrooms (optional)
- 1 1/2 T quick cooking tapioca
- 1 low-sodium beef bouillon cube
- 1/4 tsp. sugar
- 1/4 tsp. dried thyme
- 1 bay leaf
- 3/4 cup tomato juice

Layer all ingredients in a quart baking dish, ending by pouring tomato juice over the top. Cover and bake at 300 degrees for 3 hours or until done. Stir occasionally.

1 serving = 338 calories, 8 gm fat, 646 mg sodium, 14 mg cholesterol, 42 gm carbohydrate, 25 gm protein.

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*. (Answers to Trivia Questions: (1) Bad spell of weather. (2) Sleeping on the job. (3) 6 of one and half-dozen of the other).

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