

Senior MOMENTS



Use Your Mind to Beat Diseases

Studies have shown that the mind influences physical healing. This is not meant to replace medical treatment, but to aid it.



Treatment involves three basic principles: appreciation for the body’s ability to heal itself; (2) a view that medical treatment is an ally that can enhance the body’s natural healing processes; and (3) a willingness to explore the cause of the illness and the fact that one may need to change lifestyles to restore and strengthen the body’s natural disease-fighting ability.

(Ref.: The Healing Journey, by Dr. Carl Simonton)

Know About Procrastination

To avoid success in life, procrastinate. You will sabotage yourself and hurt your performance.

- For 20% of people, procrastination is a lifestyle. They almost always leave everything to the last minute.
- Procrastination is not a problem of time management or planning.
- Procrastination is a problem of self-regulation.
- Procrastinators are made. They may react to authority by rebelling.
- Procrastinators often drink too much.
- Procrastinators tell themselves lies, such as “I’ll feel more like doing this tomorrow” . . . but they won’t. They also avoid commitment.
- Procrastination can lead to health issues, such as insomnia and a weakened immune system. It also destroys teamwork and personal relationships.
- It takes a lot of psychic energy to change procrastination behavior.

(Ref.: Procrastination: Ten Things To Know by Hara Estroff Morano and Psychologytoday.com/rss/pto20030823-0000l)



WORDS TO LIVE BY

ONE VOLUNTEER IS BETTER THAN TEN FORCED MEN.
— AFRICAN PROVERB

ENERGY ABOUNDS WHEN YOU VOLUNTEER . . . DO IT NOW.
— HOLLY STEWART MCMAHAN

NO MATTER HOW BIG AND POWERFUL GOVERNMENT GETS AND THE MANY SERVICES IT PROVIDES, IT CAN NEVER TAKE THE PLACE OF VOLUNTEERS.
— RONALD REAGAN

OUR AMERICAN TRADITION OF NEIGHBOR HELPING NEIGHBOR HAS ALWAYS BEEN ONE OF OUR GREATEST STRENGTHS AND MOST NOBLE TRADITIONS.
— RONALD REAGAN

Getting Old . . .

An elderly gentleman had serious hearing problems for a number of years.



His doctor fitted him for hearing aids that allowed the gentleman to hear everything.

The man went back to the doctor in a month and the doctor said, "Your family must be really pleased that you can hear again."

He replied, "Oh, I haven't told my family yet. I just sit and listen to the conversations. I've changed my will three times!"

Prepay for Funerals?

Some experts say prepaying for funerals is a bad investment because it does not take into account that a person's wishes or life situations may change.

Some experts feel it is better to fund funeral expenses from your estate assets unless you are applying for Medicaid.

The funeral industry is undergoing significant restructuring. More low-cost funeral operations are opening in larger cities. Competition may significantly lower funeral costs. Basic cremation may cost approximately \$2,750 on average. An elaborate funeral could cost up to \$10,000.

(For further information, read Caring for the Dead, by Lisa Carlson.)

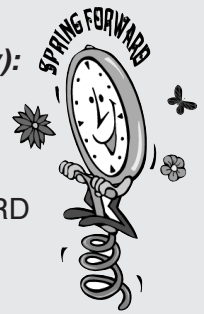
SPRING FORWARD WORD FIND

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

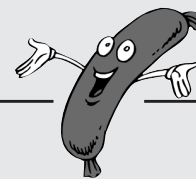
*Find these words
in the puzzle (CAPS only):*

DAYLIGHT SAVINGS
 TIME BEGINS.

CLOCKS MOVE FORWARD
 on THE FIRST SUNDAY
 in APRIL



Healthy Recipe



Sausage Calzones for Two

- 4 oz. mild Italian sausage, fried and crumbled
- 1/3 cup pizza sauce
- 8 oz. package pizza dough
- 1/4 cup shredded mozzarella cheese
- 1/4 cup ricotta cheese

Cut pizza dough into 2 (6" x 8") rectangles. On 1/2 of each rectangle, add 1/2 of the following ingredients in order – cheese, sauce, ricotta, meat. Fold dough in half (4" x 6") and seal the edge with a pressed fork or fingers. Make 2 - 1" slashes on top of each. Bake in preheated 425 degree oven for 11-13 minutes.

1 serving = 519 calories, 19.1 g fat, 56.98 mg cholesterol, 1501 mg sodium, 26 g protein, 59 g carbohydrates, 194 mg potassium

(You may want to use reduced-fat cheese and meat.)

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.

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