



A Senior Moment Newsletter

www.aseniormomentli.com

February 2012

RAMBLINGS OF THE RETIRED MIND

- I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can't afford one so I'm wearing my garage door opener.
 - You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.
- I was thinking about old age and decided that it is when you still have something on the ball but you are just too tired to bounce it.
 - I thought about making a fitness movie for folks my age and call it "Pumping Rust."
 - I have gotten that dreaded furniture disease; that's when your chest is falling into your drawers!
- Employment application blanks always ask who is to be notified in case of an emergency. I think you should write, "A Good Doctor!"
- I was thinking about how people seem to read the Bible a whole lot more as they get older then it dawned on me. They were cramming for their finals.
 - As for me, I'm just hoping God grades on the curve.

This Month's Featured Site

www.Maturepersonalfitness.com

Mature Personal Fitness

was created to serve the mature community on a one-on-one basis to holistically meet individual's needs and goals. Most mature adults, regardless of age, can greatly benefit from a personalized fitness program. A skilled personal trainer is an invaluable resource to those seeking maximum benefits with minimal discomfort and risk of injury.

Alan Goldman, CPFT-HFI

Certified Senior Fitness Instructor

LIVE – On The Air

Project Independence Radio

Friday mornings: 10am-12pm

WCWP.org 88.1 FM Radio



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Look How Things Have Changed

What a difference 40+ years can make! The following is from a 1950's Home Economics textbook intended for highschool girls,,teaching them how to prepare for married life.

- 1. HAVE DINNER READY:** Plan a delicious meal - on time. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.
- 2. PREPARE YOURSELF:** Take 15 minutes to rest so you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people, so be a little more gay. His boring day may need a lift.
- 3. CLEAR AWAY CLUTTER:** Clean and run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.
- 4. PREPARE THE CHILDREN.** Take a few minutes to wash the children's hands and faces, comb their hair, and if necessary, change their clothes. They are little treasures and he would like to see them playing the part.
- 5. MINIMIZE THE NOISE:** At the time of his arrival, eliminate all Household noises. Encourage the children to be quiet. Greet him with a warm smile and kiss, letting him know you're glad to see him.
- 6. Some Don'ts:** Don't greet him with problems or complaints. Don't complain if he's late for dinner. Count this as minor compared with what he might have gone through that day.
- 7. MAKE HIM COMFORTABLE.** Have him lean back in a comfortable chair. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax and unwind.
- 8. LISTEN TO HIM:** You may have a dozen things to tell him, but the moment of his arrival is not the time. Let him talk first.
- 9. MAKE THE EVENING HIS:** Never complain if he does not take you out to dinner; instead try to understand his world of strain and pressure and his need to be home and relax.
- 10. THE GOAL:** Try to make your home a place of peace and order where your husband can relax.



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Helping Seniors with their Real Estate and Housing Needs