

# FORNEY MESSENGER

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## **The Scoop On Seniors**

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**Submitted by MARGIE FLEMING**

GREETINGS! And an invitation to participate in activities of seniors, those 60+ years young. We meet 8:00 to 2:00 Monday through Friday at Forney City Hall, Layden Senior Center for exercise, fellowship, games and lunch at 12. Please call Jennifer at 972.564.7348 for the lunch count.

Last week, James Pritchard brought our devotional. We are always grateful for those who come on first Wednesday to offer words of inspiration and encouragement. Thank you again, James, for your time with us.

And we are signing up for the pie baking contest. "Qualified Judges" will be with us to be the tasters. All you gals who brag of your expertise in cooking, get busy. August 12 is the contest date. That is also the day (Wednesday) that we bring non-perishables for The New Life Food Pantry.

On Monday, August 10: Site Council Meeting at 10:30; General Meeting at 11:30.

And, of course, BINGO every Friday at 10:30. Wear red for patriotism!

With age, we all have "senior moments" and a growing concern of mental decline of some sort. In the archives of our brain, our lives may linger or just disappear. One day this week, the 41-year old described in National Geographic was with Oprah, the one who recalls literally every day of her life since she was 11 years old. Give her any given date and "almost without fail" she can tell you what happened in history and what happened in her life. Just the opposite of this, is a an 85 year-old man who because of a brain infection has lost his memory, as well as the ability to create new ones. He wears a bracelet which says "memory loss" because he doesn't even remember that he has a problem.

And since he forgets that he always forgets, his every lost thought just seems like a casual slip - an annoyance and nothing more.

Research, of course, continues on the "whys" and then the care required for those in mental decline. But most researchers agree that intellectual and social engagement tends to slow the process. SO, we are encouraged to observe generally the 1, 2, 3's of mental health; Eat healthy, get plenty of sleep, physical activity in moderation along with mental stimulating activities. Join the crowd!!

TFT: Tomorrow begins today! We're defined by what we pass on to the next generation.