

SENIOR SCAPE: News and Views

By **Jim L. Abram**

I feel so fortunate to be allowed to contribute by writing this column in The Auroran.

I get comments from friends and strangers alike. Most are complimentary, some are very complimentary, some are extremely complimentary and some are a bit nasty (but constructive all the same!). Please keep it up! The insights that I get from you folks help so much.

No matter what is said I do take your comments, suggestions and advice constructively and hold them dear to my heart, good, bad or indifferent.

I find people enjoy reading content that they can relate to, and to this end, I try to maintain a writing style of just being myself, unscripted, but based on something newsworthy and of interest to seniors in Aurora. I also hope it entertains you so that seniors will continue to read, not just the SeniorsScape column, but all the columns and articles in this community ?newsroom?.

Most of the ideas I come up with develop from conversations with people over a coffee, cards, bocce or other activity at the Aurora Seniors' Centre. If you get the jokes, as bad as they may be so, that's great; if you don't get the jokes then send me some of your own.

I'd love to hear from you. One thing we have and we value at our Aurora Seniors' Centre is diversity of culture, opinions and life experiences. I'm so glad that so many have opted to share their energy with all of us as members and friends.

If you missed Scott Johnston's column in the August 21 edition of the Auroran, I encourage you to read it at theauroran.com. Scott gave a very comprehensive and objective view of our state-of-the art, best-in-class Aurora Seniors' Association and our unique relationship with the Town of Aurora. A good piece, Scott. Drop by for a game of Bocce. Loser buys lunch! The gauntlet has been dropped!

PREVENTION OF ELDER ABUSE

You are invited to join the Newmarket Optimist Club on Thursday, September 26 from 11 to 2 p.m. at 55 Forhan Avenue, Newmarket for their official website launch and recognition celebration.

HALF EMPTY OR HALF FULL?

Once in a while I run into an inspirational story on the Internet that really speaks to me and makes me examine my life. When I found this thought-provoking story shared by Science is Madness I realized that it illustrates the idea beautifully and perfectly, and that there was no need for my input:

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the ?half empty or half full? question. Instead, with a smile on her face, she inquired: ?How heavy is this glass of water??

Answers called out ranged from 8 oz. to 20 oz.

She replied, ?The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes.? She continued, ?The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed ? incapable of doing anything.?

As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night.

My Final Word: Remember to put the glass down!

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, visit the web site www.auroraseniors.ca, email auroraseniors@rogers.com or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.