

To give up our pre-tensions is as blessed a relief as to have them gratified. - Wm James

You are invited to attend **Women's Aglow** Inter-denominational Christian women's ministry. Tuesday, February 10th at 7:00 p.m. Jubinville Centre, 444 Dawson Road. Darlene Smith of Rainy River, Ontario, is the guest speaker. Admission free, coffee and dessert served.

Catholic Women's League **Pasta Dinner with DeLuca's Catering** Friday, February 13, Parish Hall Happy Hour 5:30; Dinner 6:30 Door Prizes, Silent Auction, Wine Bar Guest Speaker: Fr. Martin Bradbury, Northern Missions Followed by Cards and Games Tickets: merely \$10.00 each Contact Suzanne 878-3137 or Lynne 878-2654

We worry about what a child will become tomorrow, yet we forget that he is someone today.

How to Stay Young



1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.



AND ALWAYS REMEMBER:
Life is not measured by the number of breaths we take, but by the moments that take our breath away. by George Carlin
(submitted by Trish Braun, B.H.Ecol, Growing Minds Outreach Worker)

South Eastman Community Mental Health Services

The South Eastman Mental Health Program is a community based program. Services are available for people experiencing a mental health problem. Multidisciplinary teams of Community Mental Health professionals are available to all residents.

Central Intake/Urgent Care	204-246-7018
Child and Adolescent	422-7074
Adult Mental Health	422-7065
Mental Health for the Elderly	422-7075
Mental Health Crisis Response	1-888-617-7715 (24hr.)
Intensive Case Management	422-7077/422-7090
Critical Incident Stress Debriefing	1-888-617-7715

Maybe hard work won't kill a man, but on the other hand, who ever heard of anyone resting to death?

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