



**Don't Be Wise in Your Own Eyes  
James 3: 13-18**

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**"People don't care how much you know until they know how much you care"**

**Theodore Roosevelt**

**Galatians 5: 19-21**

**Galatians 5: 22, 23**

**How can we know if what we hear comes from God:**

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**Hebrews 1: 1, 2**

cope with the life changes of aging. When we get to the retirement age, we should make future plans. It is easy to say, "Oh wait to retire & then I can make plans for the future." But realistic we should know what we are going to do. I for one think that when I stop nursing, I'm going to do another job. I might work in a material/quilt shop, etc. we should think about our health if it declines & what we do if we cannot live at home. It is ample if you need to downsize, who will take our belongings to family or to sell. It is a tough question for any of us. It is okay to grieve for the loss of a job, a neighborhood. It is a big change for anyone to go through. It is important to grieve for what we have lost.

It is important to have a social interaction with others. It is important for your physical & mental health to stay in touch with old friends & relatives, and to make new friends. Find comfort in your faith; pray, meditate, and read the Bible. Proverbs 3: 5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him & he will make straight your paths. Hebrews 13: 5-be content with what you have, for he has said "I will never leave you nor forsake you". Find new ways to serve; do what makes you happy & assist others in need. Lead Bible studies, volunteer at local schools or with day cares. Visit others that are in health care centers.

... Naturally they may do some lab studies to check on the heart. The most that most of us are afraid of is a heart angiogram. This is an invasive test done in a special procedure room with the patient receiving some sedation, the cardiologist will place a small catheter through the artery of your wrist or in the groin area. They will inject a certain type of contrast dye through this catheter and will take pictures of the arteries around your heart. From this study they will determine if you will need further heart procedures, such as stents or a heart bypass surgery.

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Interesting fact: did you know that those of us that have trouble sleeping at night (less than 6 hours) were more apt to be dehydrated. This would be a good reminder why it is important for us to get at least 8 8-ounces of water (liquid) per day.

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This is a very dry tiring time of year. I don't know about most of you, but boy do I have trouble with dry skin, especially this time of year. We should remember to not take long hot water showers, (it should be with tepid-luke warm water), and gentle cleanser and try to use a moisturizer without alcohol or other chemicals in them.