



Your Choice: God's Way or the World's Way
James 4: 1-10

S _____ Y _____ to G _____

2 Corinthians 10: 5

Colossians 2: 6,7

C _____ N _____ to G _____

Psalm 16: 11

W _____ Y _____ H _____ and P _____ Y _____ H _____

Psalm 51: 1,2

H _____ Y _____ B _____ G _____

1 Corinthians 1: 28-31

God's grace will see you through every struggle--
James 4: 6

How do we cope with the life changes of aging. As we get to the retirement age, we should make future plans. It is easy to say, "Oh I will 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 & where we would go if we cannot live at home. For example if you need to downsize, who would you give your belongings to family or to sell. This 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 you 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, read the Bible. Proverbs 3: 5-6 Trust in the Lord 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". Look for 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.

One of the greatest fears that most of us are afraid of is a heart angiogram. Naturally they may do some lab studies to check on the heart. 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.

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.

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.