

Last month I promised to share a short excerpt from Help, Lord! I'm Having A Senior Moment. Hope you enjoy and have a wonderful Labor Day holiday.

“MY FORGETTER”

My forgetter's getting better
But my remembering is broke.

To you that may seem funny,
But to me, that is no joke.

For when I'm "here" I'm wondering

If I really should be "there."

And when I try to think it through,

I haven't got a prayer!

Oft times I walk into a room,

Saying, "What am I here for?"

I wrack my brain, but all in vain,

Zero is my score.



At times I put a thing away

Where it is safe, but, gee!

The person it is safest from

Is generally me!

When shopping I may see someone,

Say "Hi" and have a chat,

Then, when the person walks away,

I ask myself, "Who the heck was that?"

Yes, my forgetter's getting better

While my rememberer is broke.

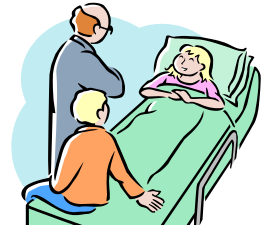
It's driving me plumb crazy,

And that isn't any joke!

I'm blessed to know, dear God, that you too forget-all my sins-and remember them no more.

ADVANCE DIRECTIVES FOR HEALTH CARE: REMOVING UNCERTAINTY WHEN YOU CANNOT SPEAK FOR YOURSELF

It is not something any of us likes to think about, but there come a time when we face a life-threatening illness or injury leaves us incapable of communicating our wishes about the



could
that

medical care we receive. If you are unable to talk in such a situation, your loved ones would be placed in a very difficult, stressful position, not knowing what to do, not knowing what you would want. That is, unless you had taken the time to create and sign advance directives for health care.

Advance directives are legal documents that describe in writing your preferences for life-saving and sustaining medical care. They speak for you when you cannot - for instance, if you are in a coma. Advance directives come in two primary forms and can be prepared by anyone age 18 and over, serving to guide family members and doctors when you cannot make your own health care decisions. You do not need a lawyer to complete advance directives, but you do need to sign them in front of required witnesses.

The differences in advance directives:

A living will is a legal document that enables you to declare your wishes to receive or to withhold life support procedures when permanently unconscious or terminally ill and unable to make informed decisions. Living wills also are referred to, in some states, as a health care declaration or health care directive.

- A durable power of attorney (POA) for health care is a legal document in which you designate a trusted individual—your "agent"—to make medical decisions for you when you are unable. Do not confuse this with a financial power of attorney, which authorizes someone to make financial decisions for you when you are incapacitated. The POA can grant broad or specific powers to the agent. In your POA you can specify the treatments you would or would not want to receive.
- A do not resuscitate (DNR) order sometimes supplements advance health care directives. Placed in a patient's medical chart, a DNR is usually used by people who are already critically ill and feel strongly against use of life-prolonging measures.
- *For more information visit www.caringinfo.org/statedownload*

HAPPY BIRTHDAY

Blessings on your special day!

Joe Betteken-September 4

Betty Hardin-September 5

Harold Greenwood-September 8

Daphanie Vansickle-September 10

Susan Fauer-September 27



HEALTHY SNACK

HERBED SALMON SPREAD

- 2 cups plain nonfat yogurt, drain liquid
- 1 can (15 Oz) red or pink salmon in water, drained
- 1 T. light mayonnaise
- 1T fresh parsley, chopped
- 1 T green onion, chopped
- 1/4 tsp. dill weed
- 1/4 tsp. thyme



DIRECTIONS

Gently mix the above ingredients. Refrigerate 2 or more hours. Serve on bagel chips or inside hollowed out round loaf of rye or pumpernickel bread.



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SMALL TOWN JUSTICE

A police officer in a small town stopped a motorist who was speeding down Main Street.

"But officer," the man said, "I can explain."

"Just be quiet!!!" snapped the officer. "...or I'm going to let you cool off in jail until the chief gets back."

"But officer, I just wanted to say...."

"And I said KEEP QUIET! Now you're going to jail!"



A few hours later, the officer checked up on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back."

"Don't count on it," said the man in the cell. "I'm the groom!"

*Thanks to Pastor Tim for this joke!
cybersalt.org/cleanlaugh

