

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Knocking down the senior stereotypes



By SHANNON LYNCH
EXECUTIVE DIRECTOR

As our loved ones continue to age and get further into their senior years, we need to guard against stereotyping. You know, they are forgetful, they are depressed, they are cranky, they are overly

dependent. Forgetful? Depressed? Cranky? Overly dependent? We can all get that way from time to time and seniors are no exception. Seniors have earned our respect by spending their lives building careers, raising families and serving as the pillars of our community. Maybe they are now in retirement and the kids are out of the house, but many older Americans are still vibrant and active. Did you know that six of the nine Supreme Court Justices are 63

or older? They are not ready to slow down! Studies by doctors associated with the Midlife in the United States project found that seniors who were active and regularly exercised their brain did as well on intelligence tests as younger people. Age, as they say, is just a number. As caregivers, we can help by engaging seniors in activities that keep everyone sharp, such as: Brain games and exercises Social activities Physical activity Reading and continuing education

A television show that includes a forgetful older person may be good for a few laughs, but it should not be a stereotype for seniors. Caregivers and family members need to encourage their loved ones to continue being involved. Conversation can sometimes be the greatest way to keep active. Many older people are happy to share their stories, serving as historians who help connect past, present and future. We should revel in those stories and appreciate their connection to our past and where we came

from. We are fortunate to work with seniors every day who possess experiences, knowledge, cultural relevance and wisdom not yet obtained by the younger generations. They are helping us make a better future and are a resource that should be treasured. By empowering seniors, caregivers can make sure their loved ones enjoy their golden years by living life to its fullest. We find events not only keep seniors active, but give them a community to be a part of through activities

such as:
Book readings
Exercise classes
Concerts and music with dinner
Holiday crafts and baking
Field trips
Americans are living longer. The age of retirement continues to be stretched. And even when we settle down and stop working, our productivity should not be expected to stop. After all, we are not just getting older, we are getting better.

JEFFERSON

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Let's give Old Mother Nature a salute for giving us a great Thanksgiving day without any storms, we just had to put on a second layer of clothes to keep Jack Frost out of our bones. Our temperature went to above 10 degrees, even so everyone made it to enjoy a yummy deep fried turkey with all of the trimmings making the family gathering super special. There was near a dozen of the Corrigan Clan that gathered at Mark's place on Couture Road to feast together and then play a crazy new game of cards. What a blast! We hope everyone else had as good a Thanksgiving as we had. Now on to conquering Christmas the 'Blessed Holiday' of them all. Santa's Village celebrated Thanksgiving with a very busy open Saturday, Nov. 17, and the parking lots were near full much like what summer time looks like, and it as not the best weather day. Now they will take a fix up break to get all prepared for the 2019 summer season. Merry Christmas, Santa's village people. On the morning of Nov. 18 on McIntire Road, in the center of town, it looked like we were getting visited by a real black bear, until the animal turned to the north and showed us it

was a cute small pony. He/she was so spirited that it an up the road with mane and tail fling the breeze as free as the wind. Kid's Connections school would like to invite everyone to come to a Christmas Program that they are presenting at the Jefferson Town Hall on Thursday, Dec. 6 at 6 p.m. The children are presenting "The First Leon" to brighten up the Christmas holiday. There is no admission, but bring a friend to help them celebrate this special holiday season. The students do a super job in their presentations so you won't be disappointed. On Saturday, Dec. 8, the Jefferson Christmas Festival will be enjoying their 21st Annual Festival starting at 10 a.m. with the Memory Tree, presented by the Jefferson Historical Society, in front of the Town Hall. The tree light bulbs can be purchased in advance with Winnie Ward or Adele Woods. Then, 10 a.m. to 3 p.m., a craft fair will be going on at the town hall and IOOF Hall. All handcrafted items and a raffle to benefit the Jefferson Christmas Festival. From 10 a.m. to 3 p.m., a bake sale by St. John's Methodist Church will happen. The same hours an eighth grade fundraiser at the Town

Hall to support our local school children will take place. A bonfire at 10 a.m. At Route 2 and 116, the corner is sponsored by Treeline Timber thanks to the Clukay family. Christmas music will be provided outdoors at the Town Hall provided by Ken and Lauren Jacquart from 10 a.m.-2 p.m. Hay Rides will happen on Route 2 and 116 corner, enjoy a horse drawn wagon ride along Main Street. Story time will happen 10:30 a.m.-noon. Come visit Mrs. Claus and enjoy Christmas Stories. 11 a.m.-1 p.m., free pizza at the Old Corner Store, thank you to the Nelson family. 11 a.m.-1 p.m., lunch at the town hall with crockpot luncheon to benefit the children and actives of Jefferson. 11 a.m.-3 p.m., Santa and friends will be about town. Watch for Santa and friends visiting the festival events. Noon to 2 p.m., a dog sled demonstration will take place at Rt. 2 and Rt 116 corner by Muddy Paws dog sledding weather permitting. At 3 p.m., a raffle draw will happen at town hall. Come to see if you are a winner of \$100. Cash door prize donated by the Old Corner Store. Also, open house at Fishnet books from 10 a.m.-4 p.m. They are found on Route 115A in the Meadows, and

receive a free gift. Jefferson Inn 10 a.m.-noon, found on Jefferson Hill, Oleson's Tree Farm is open 9 a.m.-4 p.m. — maybe buy a tree, found in Jefferson Highlands. Otakehe Farm 10 a.m.-2 p.m.: receive a free ornament and meet some special cows/calves found on route two west of Santa's village in the Riverton area of town. Don't forget to stop at the Old Corner Store for a brochure of events. The committee wishes to thank everyone who has made this even possible.

Humor

Sometimes a couple more words can help a situation immensely. Like this is possible. A church youth group organized a car wash to raise money for their camping trip. They hung a large sign that read 'car wash for youth camping trip. In the morning business was booming and cars were lined up around the block. Around noon, however, the sky darkened and it began to rain. Cars started to pull away much to the dismay of the washers. All that changed though when one of the young people had an idea. She took a marker reached up to the sign and added we wash, God rinses.

Groveton Middle/High School honor roll

GROVETON — Groveton Middle/High School has released its honor roll for the first quarter of the 2018-2019 school year.

High Honors – Average of 93 – no grade below 90
Grade 6: Aspen Clermont, Sophia Frank, Dylan Simino

Grade 7: Logan McCarthy
Grade 9: Lacey Emerson, Madison Gilcris, Alyssa Goulet, Kayla Howland, MacKenzie Pape, Rylie Platt, Reese Routhier
Grade 11: Colleen Murray
Grade 12: Brooke Routhier

Honors – Average of 88 – no grade below 85
Grade 6: Karli Chauvette, Kathleen Laundry, Brody Platt, Kandrah Savage, Davey Weagle
Grade 7: Sierra Frank
Grade 8: Katherine Bushey, Angelina Davenport, Micki Grootenboer, Martha Hodge, Summer Ronish, Mavis

Wang, Aiden Whiting
Grade 9: Christopher Corliss, Aliana Garcia, Jonathan Gilcris, Nolan McMann, Emily Schfermeyer

Grade 10: Amanda Newman, Colby Stinson
Grade 11: Kelsea Brasseur, Victoria Vachon, Patrick Weagle, Joshua Wheelock, Samuel Willey

Grade 12: Ashalyn Chauvette, Lydia Cross, Khaley Styles



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