

"But Bear,"
Mouse cried,
"you'll miss
winter!"



EMPATHY

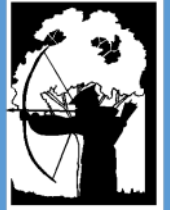
(n.) the ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions.



CE collection...
EVOLUTION

SHERWOOD ARROW

March / April 2017 Issue



Is it time to come out of hibernation yet? Whew that was a lot of snow! Well, not to worry. There's still much to be done indoors before stepping out into warmer skies and running barefoot on the grass. Or if keeping busy is not your cup of tea, then enjoy the solstice rest that only long, dark days can bring. Don't fight it! Sometimes the body needs naps in the afternoons, warm baths, and snuggly clothes. Enjoy the fireplace and a cup of cheer with others downstairs if loneliness is knocking at your door. Check out the Sherwood House activity calendar for things to do, places to go, people to see! And don't forget the Senior Center is just down the road! So while we abide our time until we can venture outside and play, let's hibernate together inside and warm each other's spirits.

"Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

FIVE PLANTS FOR YOUR BEDROOM TO HELP YOU SLEEP BETTER

ALOE VERA— Aloe Vera emits oxygen at night, helps combat insomnia, and improve the overall quality of sleep. It reproduces easily, doesn't need much direct sunlight, and does not need much watering.

LAVENDER PLANT—Lavender is a plant well-known to induce sleep and reduce anxiety. The lavender smell slows down your heart rate and reduces anxiety,.

JASMINE PLANT—The smell of jasmine has been shown to improve the quality of sleep, and increase alertness and productivity. Studies have shown that it reduces anxiety levels, leading to a greater quality of sleep.

ENGLISH IVY—It may be beneficial to those who have breathing problems and asthma. Studies show that English Ivy can reduce air mold spores by 94% in 12 hours.

SNAKE PLANT— - emits oxygen in the night while you sleep, taking carbon dioxide from the air inside your house. It filters nasty household toxins from the air.

Making Memories



The Smile Starter

Smiling is infectious.
You catch it like the flu
When someone smiled at me today
I started smiling too!
I passed around the corner
And someone saw my grin.
When I smiled, I realized
I'd passed it on to him!
I thought about that smile,
Then I realized its worth.
A single smile just like mine
Could travel 'round the earth.
So if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic, quick,
And get the world infected.
(submitted by Isabel)



Red roses and wine for a special girl on Valentines Day!
Two sweethearts, Frank & Madeleine, forever together in love



As I get older and get to know myself better, I find myself more easily dismissing shallow relationships that I thought I "should" have in the past. Lunches with coworkers where no one ever gets past "small talk", or spending time in large groups with jokes and witty banter aplenty, but little substance, has become less and less intriguing to me.

I am realizing that I no longer have to feel guilty and frustrated with myself when I would rather eat lunch by myself at my desk than make meaningless, tiring small talk for 30 minutes...Or when I want to leave a party early, or when sitting at a bar drinking with a bunch of friends leaves me bored and exhausted.

Because now I know that at least to me, it's the depth of conversations, and therefore the depth of your friendships, that is what matters. The feeling of you and the person you are talking to being so captivated in conversation with each other that hours pass like minutes...learning each other's insecurities and truths and passions....really connecting - that is what life is about. That is love. That is vulnerability. Vulnerability is everything (Jessica Avery).

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese Soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 365.25 days of drinking low-calorie beer = 1 Lite year
8. 16.5 feet in the Twilight Zone = 1 Rod Serling
9. Half a large intestine = 1 semicolon
10. 1,000,000 aches = 1 megahurtz
11. Basic unit of laryngitis = 1 hoarsepower
12. Shortest distance between two jokes = a straight line
13. 2000 mockingbirds = two kilomockingbirds
14. 1 kilogram of falling figs = 1 Fig Newton
15. 1000 cc's of wet socks = 1 literhosen
16. 8 nickels = 2 paradigms



LAUGHTER IS GOOD MEDICINE!

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem. The Doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss. Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens." Then in a normal tone he asks, "Honey, what's for dinner?" No response.

So, the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?" Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?" Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?" Again, there is no response.

So, he walks right up behind her. "Honey, what's for dinner?"
"Clyde, for the fifth time... CHICKEN!"



Have you heard of moringa?

This plant is causing quite the stir in the health community. Also known as drumstick or Malunggay, moringa trees are often used in South Indian delicacies for their unique taste and texture. The Moringa tree can be found in native parts of Africa and Asia and every part of this amazing tree such as the pods, fruits, flowers, roots and bark are edible and rich in nutrients. There is no need to let any of it go to waste!

So, What Makes Moringa So Marvelous?

Moringa leaves are loaded with vitamins, minerals, essential amino acids, and more. One hundred grams of dry moringa leaf contains:

- 9 times the protein of yogurt
- 10 times the vitamin A of carrots
- 15 times the potassium of bananas
- 17 times the calcium of milk
- 12 times the vitamin C of oranges
- 25 times the iron of spinach



Moringa leaves are rich in antioxidants, including vitamin C, beta-carotene, quercetin, and chlorogenic acid. The latter, chlorogenic acid, has been shown to slow cells' absorption of sugar and animal studies have found it to lower blood sugar levels.

Moringa appears to have anti-diabetic effects, likely due to beneficial plant compounds contained in the leaves, including isothiocyanates. One study found women who took seven grams of moringa leaf powder daily for three months reduced their fasting blood sugar levels by 13.5 percent. Separate research revealed that adding 50 grams of moringa leaves to a meal reduced the rise in blood sugar by 21 percent among diabetic patients.

Moringa also reduces inflammation and maintains cholesterol levels!



Top 10 Reasons

To Drink Green Tea

- | | |
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| Contains bioactive compounds that improve health | Kills bacteria and improves dental health |
| Improves brain function | Lowers risk of type II diabetes |
| Increases fat burning potential | Lowers risk of obesity |
| May lower risk of various types of cancer | May help reduce risk of heart disease |
| Lowers risk of Alzheimer's and Parkinson's | May help you to live a longer life |



Eat less CRAP:

- C - carbonated drinks
- R - refined sugar
- A - artificial sweeteners & colors
- P - processed foods

Eat more FOOD:

- F - fruits & veggies
- O - organic lean proteins
- O - omega 3 fatty acids
- D - drink water



Are You Sure, Mother Bear?

Amy Hest illustrated by Lauren Tobia

'Full of feel-good warmth and reassurance, this is a lovely book to share with sleepy littles, who will enjoy both the snuggly indoor scenes and the beautiful outside woody, snowy landscapes.' *Red Reading Hub*

Books to cozy up with and read to your great grandchildren. . . .

"Are you sure Mother Bear?"

On the first night of winter, Little Miss Bear will not go to sleep. She simply refuses. "Winter is for sleeping," Mother Bear tells her. "But why, Mother?" Little Miss asks. "Because that's what bears do. All bears sleep, all winter long." All winter long is much too long for Little Miss Bear. She is going to miss her stars and her moon, and she is going to miss rolling on hills. Most of all, she is going to miss Mother Bear. But Mother finds a special way to assure her that they will all be there waiting for her—the stars, the moon, the hills, and especially Mother Bear—when she wakes in the spring. From author Amy Hest and artist Lauren Tobia comes a warm and emotionally resonant story that is sure to comfort little bears everywhere.

THE STRANGER

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on. As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors; Mom taught me good from evil, and Dad taught me to obey. But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies. If I wanted to know anything about politics, history, or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave). Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home—not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush. My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cook, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... and NEVER asked to leave. More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures. His name? We just call him 'TV'. He has a wife now... we call her 'Computer'. Their first child is "Cell Phone" and their second child 'I Pod'. And just born a few years ago was a grandchild: "I PAD".



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