April 2018 Senior Citizens Newsletter

We serve delicious home cooked meals on MOST Mondays and Thursdays for any and all Seniors 55 and older.

Center Hours
Mon, Wed, Thurs. 8:30 a.m.4:00 p.m.
Tue 8:30 a.m.3:30 p.m.
Closed on Fridays. (Except 1st Friday of month for Membership Lunch

Contact Us: Senior Citizens Center,
167 West Center St, Spanish Fork, Utah
(801) 798-5015  spanishforkseniors@yahoo.com

ACTIVITIES AVAILABLE (Membership required)
Billiards—daily
Card Games—Mon/Thurs 1:30
Ceramics — Tues all day—Sue Anderson 801 960 5920
Chorus Practice — Thurs 9:30—10:30 Stevie Boone - 801 489-6404
Craft Class — Wed 10:00
Honey Bee Quilting Wed 10:00 Sharon Ormond 801 423-0169/ Sue Dellos 801 885-8090
Line Dancing — Mon/Thurs 1:30
Oil Painting — Mon all day
Sit Down Exercises — Mon/Thurs 11:00 Linda Welch 801 368-3237
Tai Chi —Mon/Wed 9:00 Contact Ron Payne 801 369-4166
Ukulele — Mon 10;15 Gordon Warner 801 224 6531
Zumba — Tues 9:00

Mission: It is our Honor, as the staff and volunteers of the Spanish Fork Senior Center, to embrace fun loving laughter and meaningful activities, to enliven the lives of all those we touch. We are also committed to educate and provide a safe place for our participants to maintain active, healthy and productive lives. We are devoted to raising the standard of friendship and kindness. We welcome all those who are 55+ to join us in our Mission to enrich the quality of life and create pride in the lives of our friends, neighbors and community!

Thanks to our Advertisers/Sponsors Who Make This Newsletter Possible

We simply could not impact the lives of our Seniors without your support and help. Your contributions give us the tools to “Surround our Seniors with People who Care.”
You have our most sincere gratitude!

!!!!MEMBERS!!!!

Members, Please visit the advertisers of our Newsletter and let them know how much we appreciate their support!

DID YOU KNOW!!!
The Senior Center may be able to provides transportation if you are in need. Talk with Marsha or Jay or the center staff for more information. Even if you normally drive to the center but the snow is bad, the center may be able to provide transportation to the center.

Do you know of a senior neighbor or friend who is in need of help, support, transportation???? Let us know, we might be able to help, or find other resources for them.

If you have ideas for this newsletter or see any errors or omissions PLEASE let Roy Anderson know!!!!! 385 224 2390
When Alfred Joyce Kilmer wrote, “I think that I shall never see, a poem as lovely as a tree,” he surely must have envisioned the type of trees I grew up with. Trees fascinate me...they always have. They can be as soft and graceful as a dancer, like the lovely Aspen or a willow, when a summer’s breeze disturbs their slumber or as hard as stone when the winter winds whip through their barren, twisted branches. Now silhouetted against the evening sky, the first leaves of spring are changing them...almost before my eyes.

I recalled driving home a few years back when I took notice of a large Bur oak near my home. It reminded me of the oaks I had loved as a child; the ones draped in Spanish moss. Of course I only saw these when visiting my favorite aunt in South Georgia but the sight of the moss-laden trees had made a lasting impact on my memory. I think, perhaps, it is the reason I still watch trees so closely as the seasons change from one to another.

The air was sweet as I allowed my thoughts to wander without conscious direction and as I pulled into my driveway, I stopped and turned the engine off. Clouds rolled across the evening sky, while the trees rested against them. Everything was silent except for the sounds that floated from the shadows and for a fleeting moment, a memory hung in the air like a firefly on a summer’s night.

The memory of a boy I once knew, who had taught me to climb trees and to feel the power of strong branches that made us invisible and invincible to the people who were earth bound. A cricket chirped and I smiled. This simple sound completed the memory of two young kids, high in a tree on a summer’s night...lord and mistress of all things below us.

What had become of this childhood pal that I had shared so many summer evenings with? He and his family had move away, quiet suddenly, and I never saw or heard from him again. I was vaguely startled that I remembered him so vividly. Where was he now? Was he happy...was he alive? In my mind’s eye he would forever be that ten year old boy and that was a memory that had always been there among the thousands of others that I had collected over the years.

In the Celtic tradition, there is a beautiful understanding of love and friendship and the old Gaelic term for this is anam cara. Anam is the Gaelic word for soul and cara is the word for friend. So anam cara means soul friend. With the anam cara you could share your innermost self, your mind and your heart. This friendship was an act of recognition and belonging. When you had an anam cara, your friendship cut across all convention and you were joined in an ancient and eternal way with the “friend of your soul.” I’ve been blessed with many people over the years who fit this description but as I sat thinking of this childhood friend, I realized that he was, perhaps, the first to become my anam cara. We shared dreams, scrapes and scratches and peanut butter sandwiches and we trusted one another as children often do. We could learn from a child’s ability to trust.

In everyone’s life, I think there is a great need for an anam cara, a soul friend. In this type of friendship you are understood as you are without mask or pretension. The superficial lies and half-truths of social acquaintance fall away and you can be as you really are.

Real friendship or love is not manufactured or achieved by an act of will or intention. Friendship is always an act of recognition. One of the deepest longings of the human soul, I think, is the longing to be seen. In ancient myth Narcissus looked into a pool, sees his own face and becomes obsessed with it. There is no mirror where we can see our soul. Your anam cara, your soul friend, is the truest mirror to reflect your soul. Honesty and true friendship also brings out the real spirit and beauty in each of us whether it be a childhood friend or a new acquaintance that your soul seems to recognize as an old friend.
DRESS FOR THE SEASON
Wear loose, lightweight, warm clothes in layers. Trapped air insulates. Remove layers to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half your body heat loss can be from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry. (Thanks unknown senior)

My name is Gisela Clayson
I was born in Germany and lived through bad times in WWII. I met my husband Clark Clayson in Austria and came to the U.S. in 1948 where we were married and I became an American Citizen. We had 5 children, Merrill, Marlys, Dennis, Stephen and Annette. My husband and my son Dennis passed away. I made a few trips to Europe, Italy, France Sweden, Austria and Germany where I was able to visit with friends and family. I worked in the Ideal Café for 10 years and in the Spanish Fork Clinic for Dr Ludlow for 14 years. I enjoy going to the Senior Citizens Center for the good meals and visiting with my friends.
Everyone has a creative side. Maybe you enjoy painting or sculpting—our oil painting group meets downstairs in the painting room every Monday. Or, you’ve always loved music and the poetry of the lyrics and rhythm. Perhaps you have a way with words and are trying your hand at writing a novel or biography of your life. You might spend hours tinkering away in a woodshop, knitting a blanket for your newest granddaughter, or take dance lessons at a local studio.

Whether you’re a full-time artist or simply enjoy expanding your creative horizons in your free time, studies show the arts offer certain therapeutic benefits in regards to healthy aging.

The National Endowment for the Arts (NEA) conducted research called The Creativity and Aging Study several years ago to discover the impact the arts—painting, pottery, dancing, poetry, music, theater, etc.—had on the physical and mental health of adults age 65 or older. Their findings revealed that the participants, who were an average age of 80 at the time of the study, who took part in creative and cultural activities throughout a two-year period reported an increase in their overall health. The study also found that participants had fewer doctor visits, a decrease in the need for prescription and over-the-counter medications and a decline in falls.

The Benefits of Art Activities for Seniors

It’s obvious that the arts have a positive effect on healthy aging. For instance, the use of music therapy for individuals with dementia has shown extraordinary results. For seniors in the mid-to-late stages of dementia, listening to music can help them recall memories and feelings from the past, reduce behavioral expressions like agitation and sundowning, as well as evoke emotions and strengthen ties with loved ones.

The positive effects of art activities for seniors include:

- Reducing stress and helping individuals relax
- Alleviating feelings of anxiety or depression
- Offering a form of sensory stimulation and reducing boredom
- Improving cognition and memory recall
- Providing opportunities for social interaction
- Promoting self-esteem and a sense of identity
- Improving physical and fine motor skills

Across the country, grants from agencies like the National Institute on Aging are allowing older adults access to art-related programming. Likewise, the NEA is dedicated to providing the opportunity for seniors to become involved in creative programs. The National Center for Creative Aging also makes it their mission to foster an understanding of the vital relationship between creative expression and healthy aging, by developing programs that build upon this understanding.

The best thing about the arts is that it is never too late to get started in any type of creative program! Did you know that actor Morgan Freeman didn’t appear in a film until he was 52 years old? Famous artist Grandma Moses began painting at age 78—one of her most famous paintings sold for $1.2 million in 2006! Always follow your dreams, because you never know where they may take you.
Understanding the Differences Between Alzheimer’s and Dementia

When an individual is diagnosed with dementia, they are diagnosed purely based on their symptoms. It may be unknown at the time what might be causing them. Also, it’s possible for a person to have more than one type of dementia at a time, which is known as mixed dementia. In fact, around 10 percent of people with dementia have more than one type, with the most common combination being Alzheimer’s disease with vascular dementia.

Think of dementia in terms of a headache. When you have a headache, there could be a variety of different conditions causing it: allergies, the flu, a cold, poor eyesight, etc. The same is true of dementia. While not a disease itself, it’s the clinical presentation of a group of symptoms.

On the other hand, when an Alzheimer’s diagnosis is given, the exact cause of the individual’s symptoms is understood. Additionally, some forms of dementia are reversible if treated early and properly, like dementias that are caused by nutritional issues or medications. However, Alzheimer’s disease is irreversible and progressive, meaning over time the symptoms will gradually worsen. If you’re concerned that you or a loved one may be displaying some of the common warning signs of dementia or Alzheimer’s, it’s important to talk to your doctor as soon as possible. While there’s no cure for Alzheimer’s disease, starting treatment early can help slow some of the symptoms and improve quality of life.
### Birthdays

#### April
- Leon Abbott ###
- Louise Abbott
- Heber Alldredge
- Betty Anderson ###
- Carol Ashby
- Connie Birdsey
- Jan Carlisle
- Rod Dart
- Carolyn Felix
- Sherm Frank ***
- Elaine Innes
- Coleen Johns
- Joann Jones
- Ron Lisonbee
- Norma Montana ***
- Earlene Muirbrook
- Janice Orr
- Nikki Orton ***
- Julee Pierce ***
- Estelle Porter
- Blaine Poulsen
- Clifford Rice
- Bob Spencer
- Marie Spencer
- Phyllis Spencer
- Virginia Stewart ###

*** indicates they are a new member—say ‘HI’

#### Indicates 90+

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### Anniversary Spotlight

#### the PERFECT relationship

A perfect relationship isn’t actually ever perfect. It’s just the one where both people never give up on each other!

No anniversaries this month that I know of!!!!!

BUT WHAT A TREAT—a WEDDING!!!!!!

**You are never too old to set another goal or dream another dream**

Congratulations — Soon to be

**David Harris & Dinitia Runolfson**

Let me know if you, or a senior member you know of, have an anniversary coming up.

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**Passing’s** these past few months — As we become aware, we will list our friends who have left us recently. Please let us know.

- Clair Faux
- Lois Graves

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**Death leaves a heartache no one can heal.**

**Love leaves a memory no one can steal.**
I’ve had so many requests for different recipes—thank you for all the interest in this section! If the recipe you want doesn’t come in the newsletter soon enough for you, come visit me and I will share—enjoy.

Meat Loaf

2 lbs ground beef
3/4 cup oatmeal (quick cook)
1 envelope dry onion soup mix
2 eggs (slightly beaten)
1/2 cup catsup
1 tsp accent

Top with—3/4 cup catsup and 2 tbs brown sugar
Makes 1 large loaf
Bake 350 degrees 1 1/2—2 hours.

Comment from a member: “Kitchen staff! You have a corner on the market” with making soup — Monday's chicken noodle was DELISH!! Thanks!)
Here is a guy that loved fishing, hunting, trapshooting and horses as much as anything in his life. He has had a passion for guns since an early age. His collection of firearms is the envy of most gun owners. He has some unique firearms that you would rarely ever see. He loves shotguns more than any and has his share of guns he has used for both hunting and trapshooting.

I do remember in the late 70’s grabbing our guns and heading over by Lindon and the Geneva Steel Plant to hunt Quail. Fastest little birds ever. But a challenge, and that’s what made it fun for him. A true lover of bird dogs and pheasant hunting, and he filled his fall hunting season with this passion after the big game hunts were over. As a member of the Sanpete Fish and Game club he enjoyed spending his weekends with his father John Smith, hunting geese along the river and the lake edge. Many a quarrel took place as they seemed to always shoot at the same goose. And when it came down they both claimed the kill.

Fishing was a favorite family weekend event. His father had a small cabin on the shores of Strawberry reservoir. Weekends during the hot summer were spent there. Although fishing took place, there was much more BS taking place than fishing. But when fishing was taking place there was always a bet for the first fish caught, the biggest and the most. Mom would typically win this event. She had the patience and a knack for it.

Smitty was a high-quality trap shooter in his day. A Western Zone winner and a lot of trophies were spread around the house. We spent hours together loading shotgun shells for us in competition. I would literally be up until midnight or 1 a.m. on a school night. It was an ability he taught me and that I have passed down to my children. We would go around the county and enter little cash and prize shoots in Goshen, Genola, Mona, Nephi and Santaquin. We were so successful at winning that it got to the point that when we pulled up we could not get the others to shoot against us. We took home many a turkey, ham, and cash prizes at these little events.

He loved his horses. A love he still has but in unable to enjoy like he used to. He hunted all large game from the back of a horse. He and mom would be the last out of camp and the first to return. I never claimed he was a hardy hunter, only that he went. He killed his share of prize animals, and when he and mom went, I think it was much more for the ride than the hunt.

Nothing currently gives him more joy than his association with the fine people at the Senior Citizens Center and the American Legion. He is always commenting to me that these are the finest people he has ever had the opportunity to socialize with. Thanks to both of those groups for keeping him busy, young and healthy.
Famous author Mark Twain was quoted as saying “Life could be infinitely happier if we could only be born at the age of 80 and gradually approach 18.” We have always sought ways to reverse the signs of aging; even as far back as the year 1513, Spanish explorer Ponce de Leon searched for a mythical Fountain of Youth in what is now the state of Florida.

According the United States Census Bureau, the nation’s older population continues to grow, as baby boomers began turning 65 years old back in 2011. In fact, the number of Americans age 65 and over grew from 35 million back in 2000 to 49.2 million in 2016. With so many older adults living long far into their eighties and beyond, it’s no wonder that finding ways to slow the aging process is still one of the hottest topics around.

**What is the Aging Process?** Your body goes through a variety of changes throughout the normal aging process. Getting older means you’ll be facing changes to your body’s cells, tissues and organs, which affect the functioning of all your bodily systems. Muscle mass starts to decrease, your metabolism slows down and you may become prone to an array of chronic conditions. Although the aging process is unique to every individual, we’ll all face these changes in one way or another as we continue to add candles to our birthday cakes.

**How to Slow the Aging Process?** However, there are a few ways to age as gracefully as possible. While time will continue to move forward, by taking some steps you can ensure you’re aging as healthy as possible while enjoying the highest quality of life.

A few ways to naturally slow the aging process include:

- **Eliminate processed foods from your diet.** Processed foods contain a variety of ingredients that can cause inflammation and a weakened immune system the older you get. This inflammation is the cause of a variety of chronic conditions and leads to a lack of energy. Adopt a diet full of wholesome, nutritious and fresh foods to keep your body functioning at optimal levels.

- **Stay hydrated.** When you don’t drink enough water, your skin looks dull and older. Water also helps lubricate the joints and flush out toxins from the body. To keep that youthful glow, aim to drink at least two liters of water every day.

- **Get your Zs.** As you [sleep](https://www.sleepfoundation.org), your body has time to repair and rejuvenate all its systems. It’s said that just one less hour of sleep per night can increase cortisol levels tenfold, which leads to oxidative stress and affects the balance of your blood sugar levels. Establish a nightly routine to ensure you have plenty of time to unwind and relax from your day to get a proper night’s sleep.

- **Decrease stress levels.** Just like a lack of sleep can increase cortisol levels, [feeling stressed out](https://www.nhas.org/) leads to higher cortisol levels, too. These high levels of cortisol can rob your body of essential minerals and lead to chronic conditions like diabetes, obesity, and even add more wrinkles to your skin. Try deep breathing exercises or simply [take a brisk walk](https://www.heart.org/en/lower-blood-pressure/stress-management) to lower your daily stress.

- **Add more physical activity.** Speaking of taking that brisk walk, [regular exercise](https://www.heart.org/en/healthy-living/physical-activity) can also help slow the aging process. The benefits of exercise for seniors are numerous and include reducing the risk for chronic conditions, improving mental health, slowing cognitive decline, and can even keep your skin looking healthier as toxins get released while you work up a sweat.

- **Make time for your friends.** Feeling lonely can increase your stress hormones and lead to a variety of health concerns like high blood pressure and heart disease. Make sure to carve out time throughout the week to spend with friends and loved ones, as staying [socially active](https://www.heart.org/en/healthy-living/healthy-sharing) can really improve your overall health.
Meet Connie Shepherd – A Sheep Man’s Daughter

I was born May 1st 1931 in Nephi Utah, to Angus and Ada Ingram. Dad owned his own sheep and had to do a lot of sheep herding himself which meant he was away from home a lot.

My mother was a strong woman and held down the home front while dad was away. I remember going swimming a lot with my older sister Jean. That is when I broke my arm. Jean let me tag along with her and her girlfriends. It was raining a little bit, and we used to get up on top of the dressing rooms to sun bath. It had an iron arch which we swung off and dropped to the ground. Well, I missed the arch and fell and broke my arm. Jean rushed me to the doctor.

I also remember mom milking our Jersey Cow for milk and cream. We would have cream and sugar on homemade bread (and loved it). We used to play house and our furniture was orange crates and we would make mud pies. We had apple trees and would gather up the fallen ones which we called pig apples.

As kids, my friends and I would play kick the can and other games. We would gather around the porch and tell ghost stories about the haunted house across the street from our house.

My dad and mom used to take the family up to the sheep herd every summer when school was out. We would pack up our old brown ford. We sure looked funny with five kids and things stacked on top of the car.

We headed for the mountains above Shoulder Summit. It was beautiful there, and you could get up in the morning and see beautiful deer and other small animals. Dad had a sheep camp and big tent. The kids slept in the tent. Our beds were made of pine boughs from the pine trees. There were four girls and one boy. My brother Jack slept at the bottom of the bed. I remember one night we were all in bed and my little sister Norma said feet, feet, feet – that’s all there is in this bed. You can guess all the laughter there was.

Dad used to take us fishing with him. I remember the first fish I caught. My sister Norma screamed so loud that it jumped back into the beaver dam. Dad and mom used to take us down to Shoulder Summit to get supplies. We would all go on horseback to get the goods. The store was owned by some very nice Japanese folks. They always gave us kids candy. Dad let Jean and me (she was 16 while I was 12) go get supplies by ourselves. We did ok, but coming back we took the wrong trail and we ended up in a muddy beaver dam. I had the heaviest load and my horse sunk to his belly in the mud. We did make it back OK but we were sure dirty.

One time, Norma and I took the horses to get water. It started to thunder and lightning, rain then hail. The horse I was on (Old Sailor) bucked all the way to camp and I was really soaked, not just from the rain but the lids from the water cans came off too.

I met my husband Homer Shepherd and we were married in September 1948. We lived in Nephi and were blessed with a boy we named Wayne. Homer joined the national guard and we were stationed in Oklahoma and Texas. Then we moved to Dugway and were blessed with a baby girl named Sandy. Then we moved back to Nephi and had Kathleen.

We built our first home in Spanish Fork. Homer worked at Geneva Quarry and I worked several jobs at the Ideal Café, Dick Hawkins Market, IGA Food Liner, and then I worked 15 years at Barbazon, which I retired from. My husband died in 1998. I joined the senior center in 1992 and have been a volunteer ever since. My hobbies are golfing, bowling, gaming and crafts.
New Medicare cards are coming soon. Here’s what you need to know about your new card. Plus, how to avoid related scams.

Starting in April 2018, Medicare will begin mailing new cards to everyone who gets Medicare benefits. Why? To help protect your identity, Medicare is removing Social Security numbers from Medicare cards. Instead, the new cards will have a unique Medicare Number. This will happen automatically. You don’t need to do anything or pay anyone to get your new card.

Medicare will mail your card, at no cost, to the address you have on file with the Social Security Administration. If you need to update your official mailing address, visit your online Social Security account or call 1-800-772-1213. When you get your new card, your Medicare coverage and benefits will stay the same.

If your sister who lives in another state gets her card before you, don’t fret. The cards will be mailed in waves, to various parts of the country, from April 2018 until April 2019. So, your card may arrive at a different time than hers. You can check the rollout schedule to get a better idea when you may be receiving yours.

When you get your new card, be sure to destroy your old card. Don’t just toss it in the trash. Shred it. If you have a separate Medicare Advantage card, keep that because you’ll still need it for treatment.

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

**Don’t pay for your new card.** It’s yours for free. If anyone calls and says you need to pay for it, that’s a scam.

**Don’t give personal information to get your card.** If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that’s a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.

**Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you’ll still want to protect your new card because identity thieves could use it to get medical services.

For more information about changes to your Medicare card go to go.medicare.gov/newcard. And if you’re a victim of a scam, report it to the FTC.

Personal and free Medicare Counseling is available with Dawn Loper, SHIP Counselor at Mountainland Association of Governments, 801-229-3819. You can also get information about programs for Extra Help with your prescription drug cost for those who meet income and assets requirements. The new Medicare cards will not be coming to Utah until after June 2018.
The board and staff are here to represent “you” the membership! Let us know what you think of this Center and what you would like to see improved or changed. Board Members: Roy Anderson (385 224-2390)–Secretary/Treasurer, Mary Lou Brandon (801 798-2451) Board Chair, Jan Carlisle (270 985-8411), Kaye Poulson (801 798-2411) Membership, Jay Rindlisbacher (801 798-7220) Driver, Marie Spencer (801 798-3484) Membership, Marsha Steggell (801 787-6299) Driver
Officers: (801 798-5015) Verna Jo Hollingshead —Director, Dixie Webb—Assistant Director, Beverly Schofield – Host/Receptionist, Karen Bradford (city parks and recreation, Chad Argyle (city council representative)
Newsletter Editor: Roy Anderson 385 224-2390

April Meals and Menu

(all meals include 2% milk)

**PLEASE REMEMBER** Check in for each meal and make reservations for the next meal.

Membership meals: Dues must be paid

**Mon 2nd** Ham slice, Scalloped potatoes, Peas and carrots, French bread, Fruit cut, Easter bunny treat.

**Thur 5th Closed**

**Fri 6th** Membership Luncheon—REMEMBER TO BRING YOUR OWN PLATES AND SILVERWARE!! Turkey, Stuffing, Mashed potatoes, Buttered baby carrots, Cranberry sauce, Roll, Spice cake with cream cheese icing

**Mon 9th** Chicken Noodle Soup, Carrot and Celery sticks, French bread, Oranges, Chocolate chip cookie.

**Thur 12th**—Birthday Celebration Albacore tuna casserole, Jell-O salad, French bread, Fruit cup, Rice pudding or Chef salad

**Mon 16th**—Beefy hamburger gravy over mashed potatoes, Green beans, Pickled beets, French bread, Oatmeal raisin cookie

**Thur 19th**—Turkey and stuffing casserole, Potatoes and gravy, Green salad, Fruit cup, French bread, Vanilla pudding

**Mon 23rd**—Breakfast for lunch
Biscuits and sausage gravy, Scrambled eggs, Hash browns, Apple sauce, Oranges Juice

**Thur 26th**—Spaghetti, Green beans, Green salad, French bread, Oranges, Chocolate pudding or Chef salad

**Mon 30th**—Meatballs, Scalloped potatoes, Mexican corn, French bread, Banana, Strawberry ice cream cup

**May Thur 3rd** — Birthday Celebration
Vegetable beef soup, Green salad, French bread, Oranges, Cupcake and ice cream or Chef salad

The membership lunch for May will be on the 11th.

**Dangerous Driver**

One day at the office of the orthopedic specialist I work for, we had to make arrangements for an elderly patient with spinal arthritis to have a special injection. We said we would phone him with the information. Two days later, the patient called us, concerned that he had missed our call because of his poor hearing. "I can barely hear, barely see and barely walk," he told me.

Then he added cheerfully, "Things could be worse, though. At least I can still drive."