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MORE YEARS, MORE LIFE



"TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER"





## TAKE CARE OF OUR BODY

We continue with our activity of **MORE YEARS MORE LIFE**, thank you for welcoming it, to make it useful and to be aware of the reality of our everyday life.

I think: Sometimes I am conscious that I keep on repeating the sentence "I am becoming old" ... and that this hurts the ears of some of my Sisters who cannot accept it, but we can BECOME OLD... WITH JOY. The word Retirement or Jubilee comes from the word "joy". That means happiness, gladness.

We grow old from the very first day of our life. We get old all through the life. All life is a kind of time capital that is used slowly. The next stage must be prepared at each stage. For example, the professional stage is prepared in childhood, with studies. The stage of old age must be prepared during the professional period. The preparation of old age (of retirement), is to live in such a way that old age is prepared to be a manifestation of joy (a flowering) of life, an apotheosis and not a decline.

Old age is the fruit of life, because life has been lived with meaning and continues into old age.

Most of the time, we associate old age with feelings such as: illness, limitation, misunderstanding, rebellion, resignation, withdrawal, acceptance. We invite you to transform and include thoughts and actions of trust, of joyful and generous service, getting closer to what God dreams of each Human being.

Sometimes dementia comes, As it is described by experts, these are a group of symptoms that affect memory, thinking and social skills severe enough to interfere with your daily life. It is not a specific disease, there are several diseases that can cause it. Let us watch the video about risk factors:

<https://www.youtube.com/watch?v=rVfQgrekXUk>

# TAKE CARE OF OUR MINDS

**How to expand our cognitive reserve** “To keep your body in shape you don’t have to become an elite athlete. Thus, to exercise the mind it is not necessary to compete with Einstein, it is enough to seek stimulating activities for the intellect even in the apparently simplest daily activities.

**If you watch TV...** Choose programs that involve a challenge such as answering questions, guessing concepts, solving puzzles ... and if you watch movies, try to discuss them with someone to make sure you are aware of the plots and understand them



**Play.** Playing games is not just for children. To make puzzles, crosswords, doing puzzles, crosswords, sudoku puzzles, word searches, playing cards or other board games, coloring, doing crafts, knitting ... anything that requires you to concentrate and think is welcome when it comes to working your brain. The game makes training is also fun and promotes social relations, which also helps to have an agile brain.

**Read.** Reading is not only the key to acquiring knowledge. According to neurologists, reading forces the brain to be active, which is great in order to have more stuff in our cognitive reserve. When reading, we force the brain to think, to order ideas, to follow plots, to relate concepts and personalities, to exercise memory and to imagine, which allows us to improve our intellectual capacity by stimulating our neurons.

**Relate.** Organize meetings with family, friends, sisters to talk, take walks, see exhibitions ...

**Learn.** Do not believe that at certain ages new knowledge or new skills are not acquired. It is not true and also you are not in a hurry. So, if you always wanted to learn to play an instrument, study, read a special book....

As a general rule, and to serve as a guide, specialists argue that everything that is good for a healthy heart is also good for the brain. Joining the Mediterranean Diet, fleeing sedentary lifestyle and cultivating social relationships keep us in shape in body and mind. Written by: Alejandra Rodríguez, «Mental gymnastics, how to train your brain» Adapted: hcsa

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

## TAKE CARE OF THE ENVIROMENT



### Let us listen the planet



« It is necessary to feel again that we need each other, that we have a responsibility for each other and for the world, that is worth to be good and honest ... a culture of care that permeates the whole society » (Document of the Amazon Synod 66, LS 229. 231).

In this culture of comprehensive care, there is an urgent need to review and renew “lifestyles”: simplicity, everyday life, closeness, solidarity, compassion, tenderness, responsibility, dialogue, meeting and company.

## TAKE CARE OF THE SPIRIT

### **Caring the spirit: “Keys for Spiritual wisdom” By Teresa Gil, stj**

Let’s read carefully the text and see in which way it can help us to continue living from what moves our being, the spirit inhabited by the Spirit. What do you think about it? Does it say something for your life here, now? What does it tell you?

**BE FAITHFUL TO THE “INNER VOICE” THAT LEADS YOU**, open your mind and your heart. It is identified with the deep meaning that you live. And if you are aware, you can recognize the voice of Jesus there, the voice of GOODNESS, the voice of TRUTH...It opens the mind and the heart because makes you capable to recognize the same voice in other people, in the situations...and to live the evangelical attitudes such us the inclusion, the compassion, the forgiveness, the trust or the love.

**CHOOSE TO LOVE:** Those who truly love give themselves. To love is to give the best of ourselves in everything that we live, that we do. “little or much”, “may each one give whatever they have” as St. Therese of Avila says. Because the Lord “doesn’t look the greatness of the works but the love with which they are done”. And when we live in this constant dynamism and movement of “giving the best of ourselves in everything we do”, we will never stop growing more and more, because “Love is never idle”.

**ACCEPT GOD’S MYSTERY AND PERSPECTIVE.** This is a question about humility too: « I cannot understand everything ». « I don’t have the whole truth », « I can’t do everything » ...There is a dose of mystery in the people, in the events, in the history, in myself...which surpasses my mind . But my reaction is not the skepticism, cynicism, or the resignation. But the Hope and the confidence springs, I will not lower my arms, not because I trusts myself, but because I know that we are and I am in good hands !

**LIVE TO SERVE.** The Gospel reminds us that “There is more joy in giving than in receiving”. And St Therese of Avila warns us that the fullness of life becomes fruitful through works and service. “Doing that little bit that is in me.” And ensuring that those with whom we work and live do the same. Such a life is contagious, radiates peace, joy and service. And as a conclusion, one last Teresian advise to move forward on the path and not stop growing:

**« For love will make us quicken our steps, while fear will make us look where we are setting our feet so that we shall not fall on a road where there are so many obstacles. Along that road all living creatures must pass »**  
**(Way of Perfection 40,1)**

It reminds us that the energy that moves the world (and me) is love. And she invites us to be watchful, and invites us to be vigilant, to that healthy suspicion and attention to identify those obstacles that can paralyze or divert me.





Sisters of Charity of  
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Your opinion is important to us:  
If you want to give us ideas, if we can improve something ... tell us!  
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