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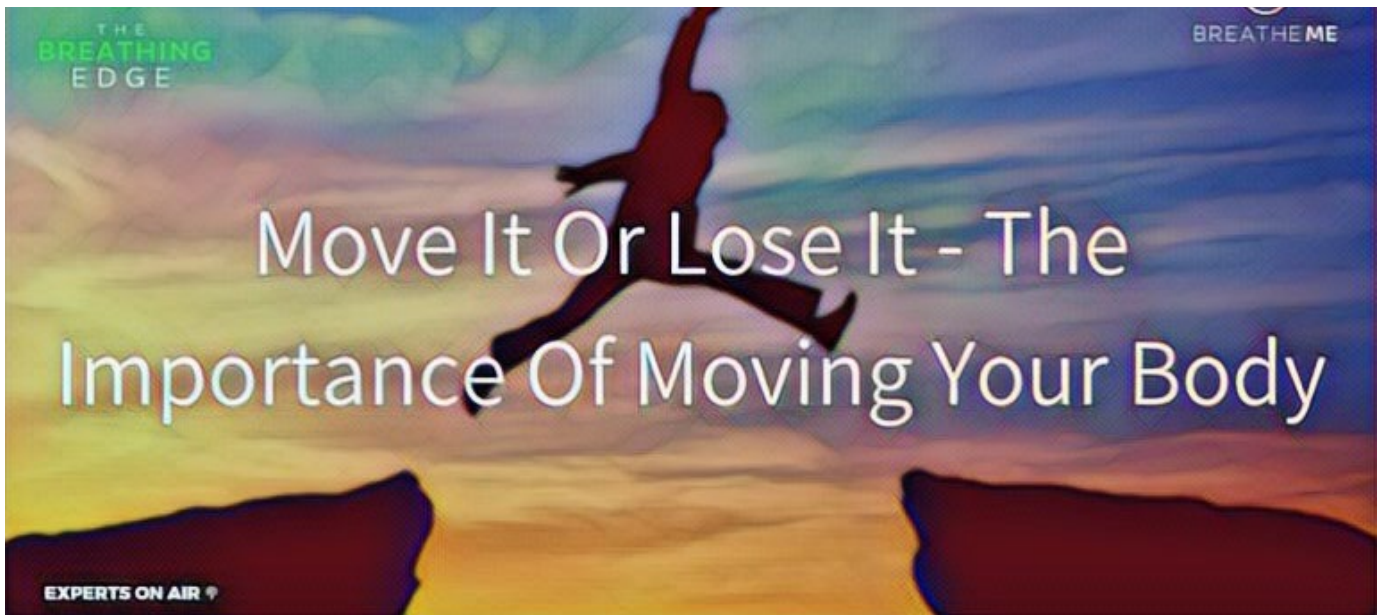
MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



TAKE CARE OF OUR BODY



PAIN is a signal from the nervous system that something is wrong. It is an unpleasant sensation, such as a prick, tingling, stinging, burning, or discomfort. The pain can be sharp or dull. It can be intermittent or constant. You may feel pain somewhere in your body, such as your back, abdomen, chest, or pelvis. Or you may have widespread pain.

The pain can help diagnose a problem. Without pain, you could seriously injure yourself without knowing or not realizing you have a medical problem that requires treatment.

There are two kinds of pain: Acute and chronic. In general, acute pain appears suddenly, due to illness, injury, or inflammation. It can often be diagnosed and treated. It usually goes away, although it can sometimes turn into chronic pain. Chronic pain lasts long and can cause serious problems.

Pain is not always curable, but there are many ways to treat it. Treatment depends on the cause and type of pain. There are treatments that use medications, such as pain relievers. There are also non-drug treatments, such as acupuncture, physical therapy, and sometimes surgery. Pain in or around the hip can also be caused by problems such as Bursitis – pain when getting up from a chair, walking, climbing stairs and driving.

Osteoarthritis can cause pain and limit your movements. Osteoporosis causes bones to become weak and easily break. Both are common in the elderly.

BCK PAIN! It is one of the most common medical problems and can range from a dull, constant ache to a sudden and intense pain. It appears suddenly and usually lasts for days, weeks, even months.

Anyone can get back pain, such as:

- People in poor physical condition, when exercising after periods of inactivity.

- When we are overweight, we get tension at the back that causes pain.

- Occupational risk factors such as lifting heavy objects, pushing or making sudden movements that injure the spine, sitting on uncomfortable chairs cause bad posture.

- Age: As we age, we may experience more back pain.

WHAT CAUSES BACK PAIN?

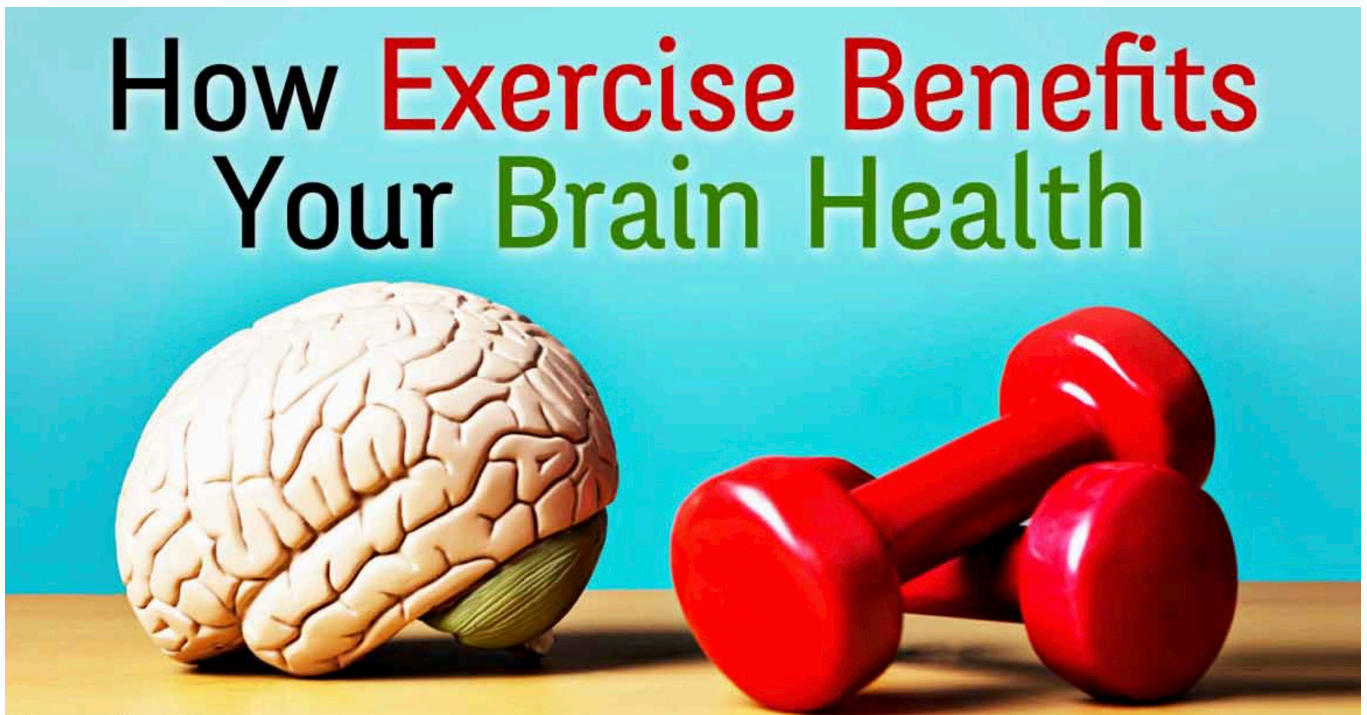
There are many causes that can lead to pain, including:

- Physical problems.

- Sprain of a limb, strain, herniated disc due to displacement.

- Broken bones.

- Arthritis.



CAN BACK PAIN BE PREVENTED?

- Exercises, help reduce the risk of falling and injuring oneself or fracture, with exercise increases the balance and strength of the back muscles.

- Eat a diet rich in calcium and vitamin "D".

- Maintain a healthy weight to avoid muscle tension and strain your back.

- Sit on an upright position and support your back.

- Use your leg and abdominal muscles to lift up heavy objects.

<https://www.youtube.com/watch?v=eakyDiXX6Uc>

https://www.youtube.com/watch?v=1becE_EGPTc

TAKE CARE OF OUR MINDS



A PAINTER WHO EXHIBITS ALMOST 100 YEARS

Her name is Etel Adnan and she is a painter who exhibits, but not in just any museum but nothing less than the Guggenheim in New York. A woman born in 1925 has become a source of inspiration for young avant-garde painters for her colorful and simple style. ***

Her facet as a painter was discovered when she was 87 years old. And the best museums in the world open their doors to you. She criticizes what she calls the hypocrisy of the art world. His paintings hung on the walls of his house and nobody paid attention to them. And, overnight, everyone claims them.

However, he assures that he is glad that it was not before, because he does not stop working. He was born in Beirut to a Christian mother and a Muslim father. And his life has passed between this city, Paris and California. In addition to painting, he writes, which was previously his best-known occupation.

In one of his poems he reflects the horror of the war in Lebanon. "This emerald lake on the other side of my journey stalks the hierarchies of the ... heavens Under a combination of pain and machine gun fire, the ... flowers disappeared."

Carefully review the reading; then write on the right how many times the letter n (ene) appears on each line and add them together.

TAKE CARE OF THE ENVIROMENT

Promote a Green Christmas to continue caring the Environment.

THE CELEBRATION OF CHRISTMAS S SHOULD NOT INVOLVE THE DESTRUCTION OF NATURAL RE-SOURCES



Christmas is usually one of the best seasons of the year. People share joy, enthusiasm and happy moments with their kins. However, it is also one of the times when more waste is produced.

If throughout the year we have to keep in mind that recycling is a key value to care for the environment, at this time it is even more important. The large amounts of waste that we generate end up saturating the recycling bins and the waste treatment plants.

Gift wrapping and packages are one of the reasons why waste increases at Christmas. Collect all these excesses that accumulate in the recycling containers for paper and cardboard and recover the materials for recycling and care for the environment.

<https://www.youtube.com/watch?v=AP96i-isNy0>
www.youtube.com/watch?v=-GTuBylc8lw

TAKE CARE OF THE SPIRIT

ATTITUDES TO LIVE OLD AGE

Many elders have asked me what basic attitudes would be good for old age. Well, talking with the elders and reading books and articles about old age, I have been seeing that negative attitudes to this stage are: the sadness, the loneliness and the fear.

Hence I concluded that positive attitudes should be contrary attitudes of fear, the loneliness and to the sadness.

And it was one day meditating on the Annunciation to Mary, as it tells the evangelist St. Luke in his first chapter, when I was like revealed some positive attitudes that would be good for all elderly. They were three expressions which God announced to Mary by means of the angel: "Hail", "The Lord is with you", "Fear not." Not only words were said to Mary, but also were said to each one of us.

The first thing that Mary hears from God and the first thing that we must listen to is: "Rejoice." That is the first word of God to every creature.

At the time of the old age that we seem to be a time of uncertainties and obscurities, full of problems and difficulties, the first thing we are asked not to lose the joy. Without joy, life is made more difficult and hard.

"Rejoice" : it is the first word heard by those who are preparing to live a good experience. We do not know how to be attentive to know our deepest desires. We have forgotten to wait and listen to God and we no longer know how to find true joy.

We are content with the satisfaction, pleasure and fun that well-being provides us. Welcoming God, with simple faith, can discover for us new paths to joy.

How well the great theologian Jürgen Moltmann expressed it when he said: "the last and first word of the great liberation that comes from God is not hatred, but joy; it is not conviction, but acquittal. Christ is born from the joy of God, and dies and rises again to attract his joy to this contradictory and absurd world".

However, joy is not easy, no one can be forced to be happy, joy cannot be imposed from the outside. True joy must be born deep within ourselves. Otherwise it will be outward laughter, empty laughter, passing euphoria, but joy will remain outside, at the door of our heart.

The German novelist Hermann Hesse will say that the tormented, nervous and sad faces of so many men and women are due to the fact that "happiness can only feel the soul, not reason, nor the belly, nor the head, nor the bag".

The second word that God says to Mary, through the angel, at the Annunciation, is: **"the Lord is with you"**. The joy to which we are invited is not forced optimism. It is the inner joy that is born in those who face life with the conviction that they are not alone. It is a joy that is born of faith. God accompanies us, defends us and always seeks our good.

We can complain about many things, but we can never say that we are alone, it is not true. Within each one, in the depths of our being, is God our Savior.

We do not live alone, lost in the cosmos. Humanity is not abandoned. Where can we get true hope if it is not from the ultimate Mystery of life? Everything changes when the human being feels accompanied by God.

The third word that God says to Mary, and to us, through the angel at the Annunciation, is: **“Do not fear”**.

There are many fears that awaken in old age. Fear of the future, of illness, of death. We are afraid of suffering, feeling alone, not being loved. We are afraid of our contradictions and inconsistencies.

Fear hurts. Fear suffocates life, paralyzes our forces, prevents us from walking, what we need is trust, security and light.

Joy is impossible when we live full of fears that threaten us, from outside and from within. How can we forget our helplessness and cowardice to face evil?

If we live empty inside, we are vulnerable to everything. Our trust in God is diluted and we do not know how to defend ourselves from what is harmful.

Not only Mary, we also have to listen to these words, because we all live and die sustained by the



grace and love of God. Old age is still there with its difficulties and worries.

Of course, faith is not a recipe for solving everyday problems. But everything is different when we live looking to God for light and strength to face them.

With the light of these three words we can walk through old age, and the night will become clarity. Along the paths of our old age new horizons will open and in the shadows of our sorrows a new sun will shine.

It is then that the sadness of our old age turns into joy, and fear will clothe itself with confidence.

In old age we must prepare the heart to awaken joy, banish fears and believe that God is near, ready to transform our lives.

Joy, knowing that God is with us and banishing fear with hope and confidence are new ways to live old age in a different way.

We share:

What resonates with me from everything I just read? What attitudes seem important to me to live on a day-to-day basis in the stage in which I live?



Sisters of Charity of
Santa Ana

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