*Ottawa Outlook, nee North Hero News and World Review …. ……. Mostly stuff no one else would print.*

Outlk13wc16

November 1st, 2013 `````` (2013, Letter # 15)

Busy

AH, … November is going to be one busy month for the ‘Olde Folkes’.

We’ve: Dr. appointments, Dental appointments, Elderly Drivers Class, American Thanksgiving in Connecticut & Winterizing Ottawa home & yard. Plus, … at the very end of November, or thereabouts,the Nairobe branch of the family arrives from Africa to start a month’s visit over December. Finally, we have started attending bi-weekly Therapy Sessions. As for this last, we shall expand a bit.

We can’t really complain about the state of our health, but one thing is a cause of concern. This is Alzheimer’s. If perchance ‘Senior Moments’ or ‘Forgetting’ were harbingers, we could both be in deep dodo. We knew our Doctor performed tests to determine one’s status vis-à-vis this affliction, and that the earlier one started counter measures the better it was. We decided to undergo the testing. Well, it was like no test we’d ever taken before. EX: “Draw the face of a clock, put in the numbers, hands and set the clock to 4:30”. (Was tempted to ask, “Do you want a Roman or an Arabic clock”? Decided not to be a ‘smarty’, went Arabic.)

Evaluation: no Alzheimer’s in sight, Great Relief! Should we get a second opinion? No, let’s just enjoy the first. However, we were advised that to help keep it away we should start attending Physical Therapy sessions. Found out that in Ontario a person over 65 could take these sessions at a very reasonable rate, and should there be two in the family the second could attend at half the first. We started. First a recommendation from our Doctor. Then an evaluation to see which level session it would be best for us to attend, there were three: Beginner, Intermediate, and Advanced. We were told our scores and OK’d for the advanced class. Lucille scored a few points better than Ken.

(An aside from Lucille, …Chuckle, Chuckle.)

Our 1st session went pretty well. It lasted 45 minutes overall. 1st came a joke spoofing old people. Then a “Happy Birthday song for one of attendees. She was 88!

(An aside from Ken, …Good, someone older than me.) Next exercises aimed at balance and consisting mainly stretching all parts of the body. (Parts we didn’t know we had till the following morning, a little achy.) All in all, not too physically exhausting and throughout, great music in the background. All people one doesn’t hear all that much anymore: Crosby, Elvis, Sinatra, Clooney, Cline, Lee, etal. Plus, … seems like this has great potential as an inspiration for future letters.

All for now, Lucille & Ken,

From Ottawa. Have a fine November.

Ken Jefferson  
.jefferson@sympatico.ca

ken