

# The Alderman Newsflash

The newsletter by the residents, for the residents November 2015

## Lets Be Thankful

By Avery Jackson

It's beginning to feel like fall with Thanksgiving just a month away! Everyone is dusting off their favorite pumpkin pie recipes, families are making plans to visit and everyone is thinking about what they are thankful for.

What if you learned that focusing on what you are thankful for should be an everyday activity because it prolongs your life? People who consistently maintain an attitude of thankfulness are better able to cope with stress, have more positive emotions, and are more likely to reach their goals. Scientists have even noted that gratitude is associated with improved health. In the Harvard Mental Health Letter, "...expressing thanks may be one of the simplest ways to feel better."

Being thankful allows people to acknowledge the goodness in their lives. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or the Creator.

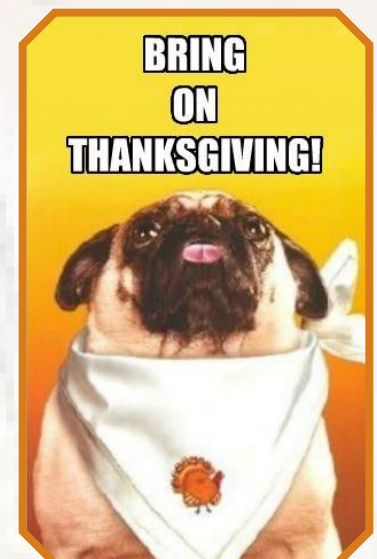
**The Lunch Bunch goes out weekly to appreciate good friends and local cuisine!**

Everyone expresses his or her gratitude in multiple ways. Here are just a few examples:

- **Focusing on positive memories and being thankful for elements of childhood or past blessings.**
- **Not taking good fortune for granted, but appreciating it as it comes.**
- **Reflect on your day before you fall asleep.**
- **Replace complaints with compliments.**
- **Maintaining a hopeful and optimistic attitude about the future.**
- **Tell those who matter to you "I appreciate you Because..." or "Thank you for..."**

One way to maintain your positive attitude of thankfulness is to keep a gratitude journal or list, where you actively write down exactly what you're grateful for each day. In one study, 3 out of 4 people who kept a gratitude journal or wrote down what they were thankful for daily exercised more and had fewer visits to the doctor compared to those who did not.

So while you should keep eating that apple a day, being grateful also helps to keep the doctor away too!



## Living Legend

### Featuring Dora Riverol

Everyone knows about Dora Riverol, and how could you not? As one of Alderman Oak's star residents, she is known for being impeccably dressed, with her fingernails matching her wardrobe and winning smile. She also takes the cake as Alderman's oldest resident at 105 and a half years young. Doctors repeatedly tell her that she is in better shape than people 20 and 30 years younger than her.

What does Dora contribute to her good health?

1. Good friends
2. Remaining Active
3. The Lord

"I just did what I wanted to do! I enjoyed my sports, I enjoyed my work and everybody liked me. I just live from day to day," Dora said with a shrug.

Born in London, England and growing up in Belize, the capitol of British Honduras in the early 1900's helped create Dora's passion for work, sports, and her love for Christ. She got a government job at 17 and didn't officially retire

from working until she was 101. She played multiple sports including basketball, volleyball, baseball, and tennis. She found that she loved tennis the most and played 15 years, and in that time won 12 cups.

She gives all the credit to the Lord saying, "I believe He is the one who has guided me all my life. I have to believe that because I can't say anything else!"

After it was decided that she could not live alone, her dear friend Ron remembered Rusty and Alderman Oaks.

"I really do love being here, and everybody loves me, and the nurses are good to me! I don't give them much trouble because I can still take care of myself. I am very thankful for what the Lord has given me."

While Dora repeatedly stated how she feels like an ordinary person, her attitude of positivity and thankfulness is catching. Just spending a few minutes chatting with Dora can brighten up an entire day.

## November Birthdays

**Cory Fuller- Nov 1**

**Quentin Jenkins- Nov 8**

**Marlene Coats - Nov 11**

**Martha Pembroke - Nov 17**

**Percy Watts - Nov 19**

**Lester Helmich - Nov 22**

## Staff Members

**Mary Joseph - Nov 19**

**Theresa McKenzie - Nov 26**

**Charles Sweet - Nov 30**



**Dora played tennis for only 15 years and is in the Belize Sports Hall of Fame and has won a total of 14 championships!**



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