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Senior Moments Are Not Inevitable: 8 Strategies To Prevent Senior Moments

Host:

Diane Carbo

With:

Stan Goldberg PhD

Episode 42

Senior Moments

Stan Goldberg



Senior Moments:

Senior Moments Angus FitzSimons, 2020-10-27 Have you had a Senior Moment yet Maybe you know someone who s had a few Check this list to know for sure You can remember being told the King was dead George not Elvis You still say colour television and you watch television on a television Your home phone rings and you answer it And you still have a phone not a landline You boast about doing it three times a night and that s just getting up to pee You realise that your wardrobe has become ironic You re not back in fashion but you re hip And ironically you now have an artificial hip If you answered yes to one or more of the above congratulations You are officially a Senior and this book is here to guide you through your best years i e the past Stroll or maybe shuffle down Nostalgia Avenue and bask in the glory of growing old disgracefully If you are a Young Person this is the easiest Senior gift idea ever You re welcome **1,000 Unforgettable Senior Moments** Tom Friedman, 2006-05-03 No you re not losing your mind And you re definitely not alone There s Jimmy Carter forgetting the nuclear launch codes in a suit at the dry cleaners Rod Stewart fumbling for the name of the intense first love who inspired Maggie Mae G K Chesterton writing a long letter to his mother announcing the good news about his engagement while his mother is in the room with him Marilyn Monroe blowing the same line through 52 takes during the filming of Some Like It Hot Celebrating history s greatest mental lapses is a perfect impulse book in the fine gift format of Famous Last Words Not just outlandishly funny it s also a book of great comfort after all having a senior moment puts you in the company of Einstein Lincoln Beethoven Newton Toscanini and a whole assortment of presidents poets philosophers popes and Nobel Prize winners Talk about gaffes Here are best men forgetting to show up at the wedding Judges staggered by the incompetence of their previous decisions Senators frozen in front of TV cameras Olympic officials gazing absently while bewildered runners continue through the finish line Bono losing the only copy of his lyrics to a new album Forget to pick up your copy today

Senior Moments with the Bible Dorman Laird, 2017-10-06 Senior Moments with the Bible presents brief daily devotionals based on scripture for senior adults whose life pace has slowed but who still enjoy hearing or reading lessons from the Bible Also families ministers and caregivers will find the book helpful in ministering to their senior loved ones The book emphasizes the special role seniors now have in Gods service and encourages them to rely each day upon Gods presence and his provision for their needs God Bless My Senior Moments Karen O'Connor, 2014-04-01 Your later years can be golden Humorist and bestselling author Karen O Connor offers brief daily prayers to highlight the joys of living while gently poking fun at the humorous moments we all experience These insightful prayers of gratitude grace and good humor will inspire you to take life in stride and look for the positives Good thinking Lord Thanks to you I remembered to take my mailbox key when I went to the post office Jesus be with me when I stumble over a word or trip on a step Pick me up dust me off and comfort me so I m ready to continue What a joy it is dear God to relax with my spouse We re as comfy and familiar with each other as a pair of worn slippers With more than 300 daily prayers God Bless My Senior Moments offers ample ways

to find humor in common foibles and plenty of encouragement to help you stay enthusiastic and in touch with God

Preventing Senior Moments Stan Goldberg, 2023-10-11 Offers practical and achievable prevention strategies for senior moments Some senior moments are what they seem brain glitches no more concerning than realizing the problem arose because of something easily fixable such as wearing hearing aids But others are the result of complex information processing errors Unfortunately until Preventing Senior Moments no book or article offered research based strategies for preventing senior moments that range from forgetting appointments to becoming disorientated People tormented with an ailment physical or emotional do not want general suggestions for alleviating it They seek something that describes the problem in detail determines its seriousness and offers advice that is specific relevant immediate and long lasting Preventing Senior Moments offers all four Using real life relatable stories Stan Goldberg reveals the processes behind senior moments how to recognize the signs and strategies for preventing them

My Favorite Senior Moments Karen O'Connor, 2015-03-01 Humor and joy abound in this entertaining look at senior life From handling day to day foibles to connecting with your kids and grandkids gentle humorist Karen O'Connor keeps you smiling laughing and appreciating the wisdom that comes with experience My Favorite Senior Moments encourages you to look on the sunny and funny side of the street and enjoy the benefits of living long including chuckling at how God uses children to remind you of His blessings discovering that love and romance have no time limits navigating today's technology with the help of grandkids remembering penny loafers even if the salesperson doesn't enjoy new adventures and appreciating familiar ones God is with you every step of the way and these vignettes full of character and wit prove it

My Senior Moments Have Gone High-Tech Karen O'Connor, 2016-02-01 Bestselling author Karen O'Connor offers humorous senior moments from the digital world to make you smile These short stories fun quotes insightful Scriptures and brief prayers encourage you to keep laughing while you figure out all the new gadgets that come along Have you looked for the any key after being instructed to press any key kicked up a fuss when the printer didn't work only to find it wasn't plugged in talked into the TV remote because you thought it was your cell phone You're not alone With plenty of encouragement and simple tips for navigating new technology My Senior Moments Have Gone High Tech will bolster your confidence You can successfully tackle today's gizmos to keep in close touch with your friends and family and especially your grandkids

A Senior Moment Line Grenier, Fannie Valois-Nadeau, 2020-06-03 Ageing and Memory are two cultural processes that establish their own relationships with time They affect our ways of living in the present and for a future as we move through life This book focuses on the cultural mediations of ageing and memory teasing out their complex and largely unpredictable relationships and interconnections Its overall purpose is to explore different practices commodities daily routines sounds images and technologies that configure memory and ageing and shape our experiences of living in time and with time By covering a variety of phenomena from biopics music by elderly and artefacts among other this edited collection considers the cultural stuff that ageing and memory are made of and interconnected in

singular ways for and by particular people in specific socio historical locations Help, Lord! I'm Having a Senior Moment--Again! Karen O'Connor,2005 While growing older certainly has its benefits its downside poses big challenges Physical decline loss of spouses relatives and friends memory lapses feelings of inadequacy or uselessness such things can give us those senior moments that sidetrack us with fear and worry In this sequel to her bestselling book Karen O Connor brings even more encouragement to people in their golden years prompting them to reflect laugh play and take both burdens and joys to the Lord who cares for them *Help, Lord! I'm Having A Senior Moment* Karen O'Connor,2003-10-24 Like it or not senior moments happen We might as well laugh about them and thank God for the way they add interest to our lives After all what would life be without the cordless phone ringing faintly from where you left it in the fridge Some senior moments are more heartbreaking or embarrassing than funny But in every case we can take them to the Lord who cares for us This book brings encouragement to people in their golden years Each of the 90 short pieces contains a note to God about a topic of special interest to seniors a word from God in Scripture a prayer and a place for the reader to write his or her note to God

Help, Lord! I'm Having a Senior Moment Karen O'Connor, Like it or not senior moments happen We might as well laugh about them and thank God for the way they add interest to our lives After all what would life be without the cordless phone ringing faintly from where you left it in the fridge Some senior moments are more heartbreaking or embarrassing than funny But in every case we can take them to the Lord who cares for us This book brings encouragement to people in their golden years Each of the 90 short pieces contains a note to God about a topic of special interest to seniors a word from God in Scripture a prayer and a place for the reader to write his or her note to God *Senior Moments* Margaret E. Reiter,2003

More Senior Moments (The Ones We Forgot) Shelley Klein,2011-08-31 Crammed full of anecdotes tips confessions and advice More Senior Moments will ensure that getting to grips with newfangled technology remembering your best friend s name and putting matching socks on will become a breeze How Seniors Are Saving the World Thelma Reese,BJ Kittredge,2020-06-10 Articles appear frequently about individuals whose age is noted as a feature of their activism but the activism of seniors as a growing and influential part of the population is often otherwise overlooked The speed of change the expansion of the senior demographic the growth of citizen participation and the constant visual images reminding us of these factors tell us that it is time to look to seniors who are putting their time and energies into helping others and helping the world Whatever one s political view there is consensus in recognizing that we are living in a time of tremendous change when traditionally trusted institutions and cultural mores are questioned and seriously challenged It is a time when more and more individuals feel a need to do something something about issues that concern them something that makes them aware of the need for a sense of control in a world in chaos something that makes them aware of their own strength power and the value of the wisdom that comes with age In a time when social media make shallow clicktivists of so many the people profiled here are true activists Their dedication crosses all societal lines ethnic political religious and socio economic Some have always

considered themselves activists Some find that this stage of life brings a new perspective that results in the need to do more than say They tell us in their own words the what why and meaning of their specific activism and show others how to do it Their stories are inspiring for people of all ages **365 Senior Moments You'd Rather Forget** Karen

O'Connor,2012-09-01 Karen O Connor bestselling author of Gettin Old Ain t for Wimps more than 300 000 copies sold offers a great collection of humorous anecdotes on senior moments Readers in the better half of life will discover 365 rather funny situations to avoid with some of them sounding all too familiar They are encouraged to avoid leaving the key in the front door and going to sleep feeling secure purchasing a book to improve your memory but leaving it at the checkout counter dropping the boat anchor and then realizing it wasn t tied to the boat This warmhearted and playful book encourages laughter and taking life in stride *Help, Lord! I'm Having a Senior Moment Again* Karen O'Connor,2005-04-06 While growing older certainly has its benefits its downside poses big challenges Physical decline loss of spouses relatives and friends memory lapses feelings of inadequacy or uselessness such things can give us those senior moments that sidetrack us with fear and worry In this sequel to her bestselling book Karen O Connor brings even more encouragement to people in their golden years prompting them to reflect laugh play and take both burdens and joys to the Lord who cares for them Squeeze the Moment Karen O'Connor,2006-02-10 Every day is filled with opportunities to seize joy Yet true joy cannot be forced It springs from the hearts of those who are content grateful and at peace with themselves with others and with God Though trials and challenges are a part of every life joy can be developed cultivated and then practiced on a daily basis Karen O Connor offers seven keys to finding true joy in Squeeze the Moment Learn how to look at life in a fresh way full of gratitude to God and to squeeze the moments the happy ones the tragic ones the predictable ones and the unexpected ones for all they re worth

333 *Journal Pages* Linda Wright,2018-02-05 In memory of my husband James A Wright I have written this book of 333 journal pages For each entry I have selected a Bible verse for you to reference or study and then some of my thoughts on the topic at hand After a short prayer there is room for your thoughts and ideas I love to journal and I pray you will join me in loving it too Discover why this book is titled 333 Journal Pages in my introduction and Journal Page 1 **The Book of Senior Moments** Shelley Klein,2015-12-02 Have you ever referred to your oldest and closest friend as Thingy Reached the top of the landing only to realize that you have no idea why you came upstairs in the first place Congratulations or commiserations you ve had your first senior moment Fear not for help is at hand The Book of Senior Moments introduces the reader to a wonderful collection of these little passages drawn from the experiences of everyone from politicians to pundits It includes exit strategies for when you ve been ambushed by your memory as well as tips on how to avoid getting ambushed in the first place Part guide part humorous overview and crammed with advice examples anecdotes confessions tips retorts and excuses this is an absolutely essential book for anyone growing long in the tooth and short of memory **Memoirs of a Geriatric Ski Bum** Stanley Hirsch,2011-09-02 This lighthearted memoir refl ecting the authors 39 years of skiing is meant

to entertain educate and above all elicit the spirit of staying young His learning experiences are related with humor insight and deeply felt observations Not primarily a book of instruction the techniques he has learned and passed on to others are clearly described to help the senior skier Notables in the world of skiing vividly described include Jean Claude Killy Alberto Tomba Ingemar Stenmark and Pepi Gramshammer Adventure history joy and tragedy are intertwined in narratives concerning such diverse individuals as Albert Einstein Sonny Bono and Michael Kennedy Descriptions of many of the slopes and runs in the 152 areas Hirsch has skied include tales of the sites and sounds of the Winter Olympics at world famous resorts Triumphant adventures are woven into stories of celestial sightings off piste skullduggery and confessions of some horrendous even life threatening mistakes frequently providing additional romantic fascinating and exhilarating experiences

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