

Just Remember

One woman complained to a friend that she couldn't remember anything from one day to the next.

"Let me get this straight," he said. "You can't remember anything from one day to the next? How long has this been going on?"

She said, "How long has what been going on?"

We chuckle at the story, but losing one's memory is very serious business. Providing care and support to victims of Alzheimer's disease and their families is a very important part of our work. Life Care and Century Park have established our companies as a National Team with the Alzheimer's Association. And if your facility has not signed on, you should call Leigh Atherton, director of Life Care's public relations department, and learn how to do so. We need you to belong.

This past August at Life Care's annual management meeting, we premiered our latest music video, entitled *Remember*. It deals with one family's struggles with Alzheimer's and how music can touch the soul.

But even if your memory is perfect, it may still help to focus on the few things you really need to remember. This list, compiled from several sources, may be all you really need to remember:

- Remember that your presence is a gift (a present) to the world.
- Remember that you are a unique and unrepeatable being.
- Remember that you are still becoming what you will be.
- Remember to relax; each day just comes one at a time.
- Remember to count your blessings, not your troubles.
- Remember that you have sufficient courage to face whatever comes along.
- Remember that most of the answers you need are within you.
- Remember that decisions are too important to leave to chance.
- Remember to always reach for the best that is within you.
- Remember that nothing wastes more energy than worry.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Remember that the longer you carry a grudge, the heavier it gets.
- Remember not to take things too seriously; there's always a reason to laugh.
- Remember that happiness is more often found in giving than in getting.
- Remember that life's greatest treasures are people, not things.
- Remember that a little love goes a long way.

And most of all, as a believer in Christ, remember that you are a part of the great Kingdom of God, where you will have eternal fellowship with Him. Jesus said:

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life (John 3:16 NKJV).